

Prevalence of Risk Factors of Erectile Dysfunction among Men with Diabetes

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Objective: The aim of this study is to evaluate the prevalence of risk factors of Erectile Dysfunction (ED) among males with diabetes.

Design: A Cross-Sectional Study.

Setting: Four Primary Health Care Centers.

Method: Males attending diabetes clinics in 4 randomly selected health centers were screened by the Arabic version of International Index of Erectile Function 5 (IIEF5) questionnaire. In addition, participants' medical records were reviewed for the following ED risk factors: age, body mass index, waist circumference, duration of diabetes, glycated hemoglobin, smoking, chronic kidney disease, diabetic retinopathy, lipids, blood pressure, history of previous cardiovascular diseases and the presence or absence of previous ED.

Result: Four hundred fifteen questionnaires were analyzed. The mean age of the patients was 54.6 years. The prevalence of ED was 81.9%. Based on IIEF5 scoring, it was found that 136 (32.8%) patients had mild, 159 (38.3%) had moderate and 45 (10.8%) had severe ED. There was a statistically significant association between ED severity and age ($P=0.000$), diabetes duration ($P=0.002$), the presence of CVD ($P=0.002$), poor metabolic control ($P=0.038$), and retinopathy ($P=0.040$). Previous ED diagnosis was present in 51 (12.3%) patients.

Conclusion: ED is very common among our patients. However, the majority were undiagnosed. Regular screening and increasing awareness of the treating physicians of ED is needed.
