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ERECTILE DYSFUNCTION AMONGST MEN WITH DIABETES MELLITUS IN A PRIMARY HEALTHCARE SETTING, MALAYSIA.

Mohd Rohaizat H¹, Saharuddin A², Nizam B¹, Suhaida MS¹, Norsasinaz M¹, Eva Nabiha Z¹, Nazarudin S¹.

Department of ¹Community Health and ²Family Medicine, Faculty of Medicine, UKM Medical Centre, Kuala Lumpur, Malaysia.

Background:

Erectile dysfunction (ED) can disrupt men's quality of life to various extend. It is associated with numerous co-morbidities and is a well known complication of diabetes mellitus (DM). The objectives of this study are to estimate the prevalence and identify factors associated ED among DM men in our primary healthcare setting.

Materials and Methods:

This cross sectional study was conducted in a primary healthcare clinic at Pusat Perubatan Primer UKM from February 2010 until March 2010. A total of 281 male diabetic patients participated in this study by using convenience sampling method. The questionnaire used consists of three parts; demography, 5-Item Version of the International Index of Erectile Function (IIEF-5) and medical information.

Results:

The prevalence of perceived erectile dysfunction is 56.0% and the prevalence of proven erectile dysfunction is 86.6%. The significant factors of ED in this study are duration of diabetes mellitus ($p=0.005$), ischemia heart disease ($p=0.014$), nephropathy ($p=0.022$) and age ($p<0.001$). From logistic regression analysis, age is the only variable found to be significantly associated with erectile dysfunction ($p=0.010$).

Conclusion:

ED is common among men with DM especially with the advance of age. Increased duration of DM is significantly associated with higher prevalence of ED. Screening for ED should be routinely performed among men with DM and it is significantly associated with cardiovascular disease and other complications of DM such as nephropathy, neuropathy and retinopathy.

Key Words:

erectile dysfunction, diabetes mellitus, primary healthcare, screening.