

Prevalence and factors associated with erectile dysfunction among diabetics in Temerloh

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ABSTRACT

Introduction: Erectile dysfunction (ED) is a complication commonly seen among men with diabetes. ED can be assessed based on the International Index of Erectile Function (IIEF-5) questionnaire. This study is to evaluate the association between ED, determined by the IIEF-5 scores with Creatinine, Urine protein, HbA1c and Cholesterol levels in diabetic men attending Temerloh Health Clinic, Pahang, Malaysia. Hence, to identify whether raised Creatinine, HbA1c, Cholesterol levels and the presence of protein in urine among diabetics are related to ED or not and to determine the prevalence of ED. **Methods:** All married diabetics answered the IIEF-5 questionnaire. Creatinine, Urine protein, HbA1c and Cholesterol levels were measured using the standard method. Patients with no sexual partner, refusal, cancer, stroke, heart disease and language barrier were excluded. Data obtained were analyzed by using the Spearman Coefficient Correlation test. $p < 0.05$ was considered statistically significant. ED was categorized as none, mild, moderate, severe and very severe. **Results:** A total of 385 patients were included with an age range from 29 to 85 years old. 7% had no ED, 27% mild, 30% moderate, 17% severe and 19% very severe. There was a significant negative correlation between IIEF-5 scores with Creatinine ($r = -0.154$, $p < 0.001$) and Urine protein ($r = -0.115$, $p < 0.05$). However, HbA1c ($r = 0.021$, $p > 0.5$) and Cholesterol ($r = 0.034$, $p > 0.5$) had no significant correlation. **Conclusion:** The prevalence of ED was 93%. High levels of creatinine and proteinuria were associated with ED meanwhile HbA1c and cholesterol levels were not associated with ED among diabetics in Temerloh.