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Characteristics of patients with erectile dysfunction in a family physician-led Erectile Dysfunction Clinic: retrospective case series review

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Introduction

A Hong Kong Survey showed that 62% of men aged between 40-80 years old had experienced erectile dysfunction (ED). It was commonly thought in the past that ED was mainly psychological or emotional related. Meta-analysis provides strong evidence that erectile dysfunction is indeed significantly and independently associated with an increased risk of cardiovascular disease (CVD), coronary artery disease (CAD), stroke, and all-cause mortality. Men with ED need to seek medical advice not only for the sexual problem itself, but also because of its close association with other medical conditions and cardiovascular risk factors. Family physician are judged among patients to be the most appropriate person to help their predicament and the doctors to take the lead.

Objectives

1. To examine the demographics of patients with erectile dysfunction in a family physician led erectile dysfunction clinic; 2. To review disease spectrum of patients with erectile dysfunction; 3. To review treatment outcome of patients with erectile dysfunction

Methodology

Family Physician led ED clinic, established in April 2014 is a collaborative clinic of Family Medicine and Urology of Kwong Wah Hospital. This is a retrospective case series study involving all consecutive patients seen in ED Clinic from April 2014 to March 2015. Descriptive statistics was used to summarize the patient characteristics and associated chronic comorbidities. The severity of erectile dysfunction was assessed with international index of erectile function (IIEF-5). Treatment options of phosphodiesterase 5 inhibitor (PDE5) and its outcome were reviewed.

Result

183 patients with mean age 58.7 and ranged from 23 to 82 years old were seen during the study period. 66 patients (36.1%) were active or ex-smoker. 50.8% of patients had comorbidity of hypertension, 38.8% had diabetes mellitus and 33.9% had hyperlipidaemia. Their mean body mass index was 25.7 kg/m², the mean blood pressure was 137.3/79.5 mmHg. The mean IIEF-5 score was 10.5, while 50.3%,

30.6% and 18.6% had severe, moderate and mild erectile dysfunction respectively. The average duration of ED before seeking medical help was 3.9 years, while 9.8% presented less than one year and 7.7% had more than 10 years. PDE5 inhibitors were prescribed to 119 (65%) patients, and 57.1% of them achieved good response. Among PDE5 inhibitor users, 83.2% attempted one, 10.1% attempted 2 and 6.7% attempted 3 drugs respectively. 29 patients (15.8%) were referred back to Urology or Medical for further management. Among them, 8 patients (27.6%) had contraindication for PDE5 inhibitor, 6 patients (20.7%) had premature ejaculation while 4 patients (13.8%) had penile deformity.