

Can sexual dysfunction be prevented?

YES

Conflict of Interest

- For the last two years, I have been
 - Investigator for: Astellas, Astra, Cubist, Lilly, Medivation
 - Speaker for: Bayer, EMS, Eurofarma, Lilly
 - Consultant for: Besins, Lilly

XIII CONGRESSO

DA SOCIEDADE LATINOAMERICANA

DE MEDICINA SEXUAL



XIII CONGRESS OF THE LATIN AMERICAN SOCIETY FOR SEXUAL MEDICINE

MONTEVIDEO, URUGUAY

RADISSON MONTEVIDEO VICTORIA PLAZA HOTEL

13 AL 16 DE AGOSTO 2015

www.slams2015.org | info@slamsnet.org

Prevention

- Identify the risks!
- Implement actions to reduce the risks!
- Educate public and doctors!

Risk factors for ED

Disfunción Eréctil em el Norte de Sudamérica

DENSA Study

Risk Factor	O.R.
Age: 60 to 69	3x
> 70	6x
< 5 years of education	2x
LUTS	1,5x
Hypertension	2x
Diabetes	4x
Depression	2x
Unemployment	2x

ED Risk Factors on a multicentric survey in Brazil

Risk Factor	O.R. (I.C> 95%)
40 - 49 y.o.	1,7
50 - 59 y.o.	2,55
> 60 y.o.	5,95
University level	1
High School	2,08
Primary School	3,65
Diabetes	2,18
Hypertension	2,3
Depression	1,87

Co-morbidities and ED

	ED (n=853)	No-ED (n=3581)	OR
Pelvic surgery	18,8%	2,4%	6,03**
Diabetes	20,2%	3,2%	3,95**
LUTS	72,2%	37,7%	2,11**
Hypertension			1,58**

Alcatrão: 8 mg - Nicotina: 0,7 mg - Monóxido de Carbono: 8 mg

NÃO EXISTEM NÍVEIS SEGUROS
PARA O CONSUMO DESTAS SUBSTÂNCIAS.

O Ministério da Saúde adverte:

**FUMAR CAUSA
INFARTO DO CORAÇÃO**



Disque Fone de Fumar
0800 703 7033

**FUMAR NA GRAVIDEZ
PREJUDICA O BEBÊ**



Disque Fone de Fumar
0800 703 7033

O Ministério da Saúde adverte:

**FUMAR CAUSA
IMPOTÊNCIA SEXUAL.**



Disque Fone de Fumar
0800 703 7033

Is there a relationship between smoking and ED?

- population-based cross-sectional study of 1,580 men
- Postal questionnaire and IIEF-5
- **Compared with never smokers, the odds of ED, adjusted for age, square of age, and CVD, were significantly higher among current smokers (odds ratio [OR] = 1.40; 95% [CI] 1.02, 1.92) and ever smokers (OR = 1.57; 95% CI 1.02, 2.42)**
- Compared with never smokers without CVD, the age-adjusted odds of ED among former smokers and ever smokers without CVD were about 1.6

*Chew KK, Bremner A, Stuckey B, Earle C, Jamrozik K.
J Sex Med. 2008 Aug 28.*

Association of Quantity and Duration of Smoking with Erectile Dysfunction: A Dose–Response Meta-Analysis

- Potential association between quantity and duration of smoking and the risk of ED.
- Literature search through March 2014 for observational epidemiological studies examining the association between smoking and risk of ED.

Smoking and Erectile Dysfunction

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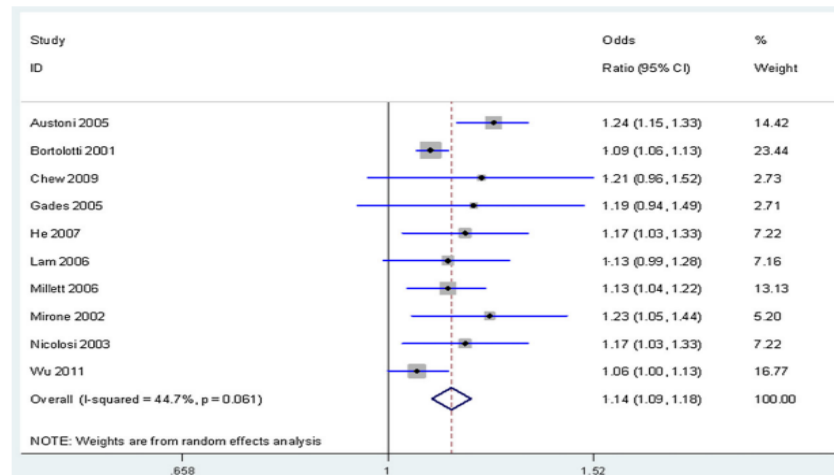


Figure 3 Forest plot of the summary odds ratio of ED for an increase of 10 cigarettes smoked per day. CI = confidence interval; ED = erectile dysfunction.

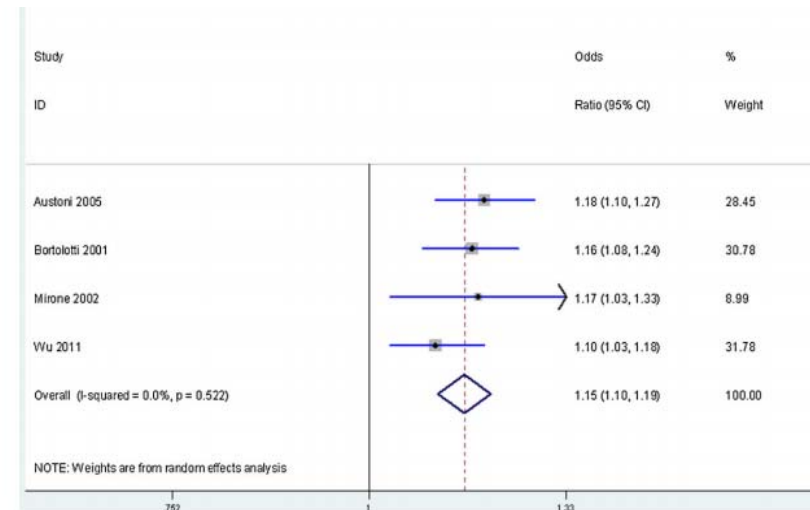


Figure 5 Forest plot of the summary odds ratio of ED for an increase of 10 years of smoking. CI = confidence interval; ED = erectile dysfunction.

Cao S, Gan Y, Dong X, Liu J, Lu Z. J Sex Med. 2014 Jul 22. doi: 10.1111/jsm.12641. [Epub ahead of print]

Obesity and ED

- MMAS longitudinal
- 593 men / no ED / no prostate cancer / no diabetes or CVD/
- Rechecked after 9 years
- **Obesity was a main risk factor for ED.
Initial weight was a strong predictor**

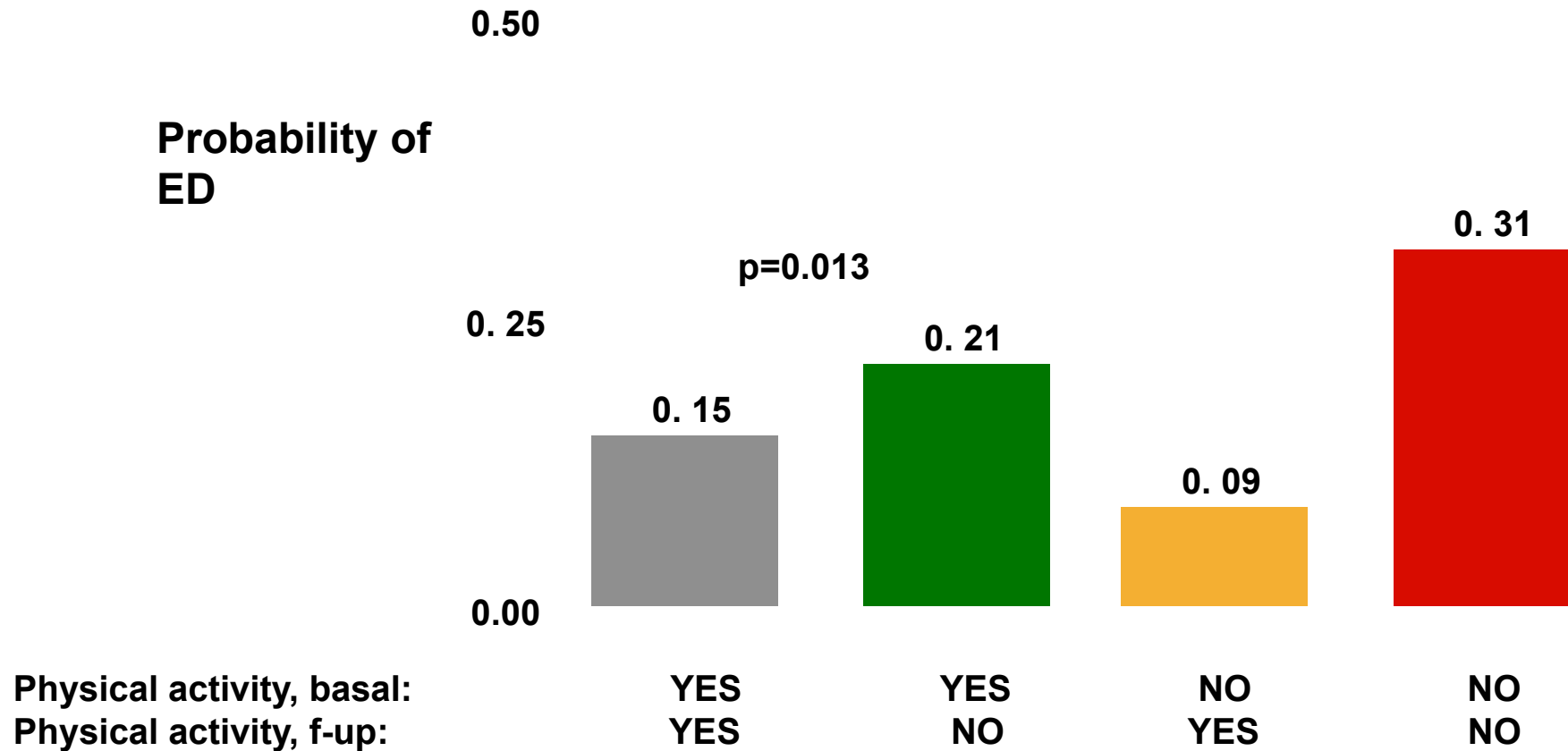
*Derby CA et al
Urology 2000; 56:302-6.*

**Do we know how to
reduce the risks?**

Do cigarette smokers with erectile dysfunction benefit from stopping?: a prospective study

- Evaluated prospectively patients who requested nicotine replacement therapy and complained of ED with no risk factors such as hypertension, dyslipidaemia, diabetes, psychiatric disorders and drug history.
- 118 patients stopped (ex-smokers) and 163 continued smoking (current smokers).
- Severity of ED correlated significantly with the level of exposure to smoking.
- Age and ED status before the follow-up were not significantly different between ex-smokers and current smokers.
- **After 1 year, ED status improved in $\geq 25\%$ of ex-smokers but in none of the current smokers.**

Physical activities and ED



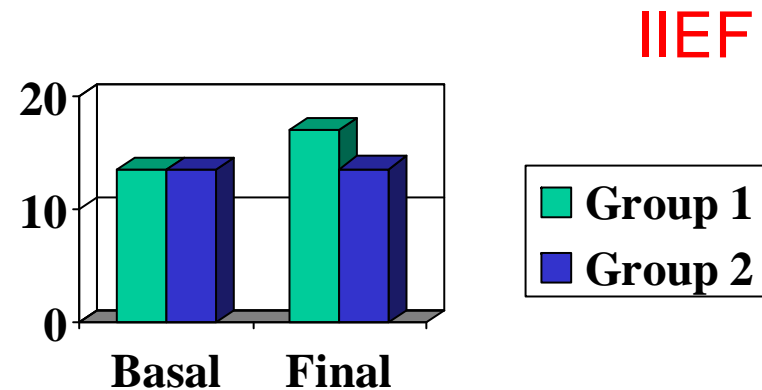
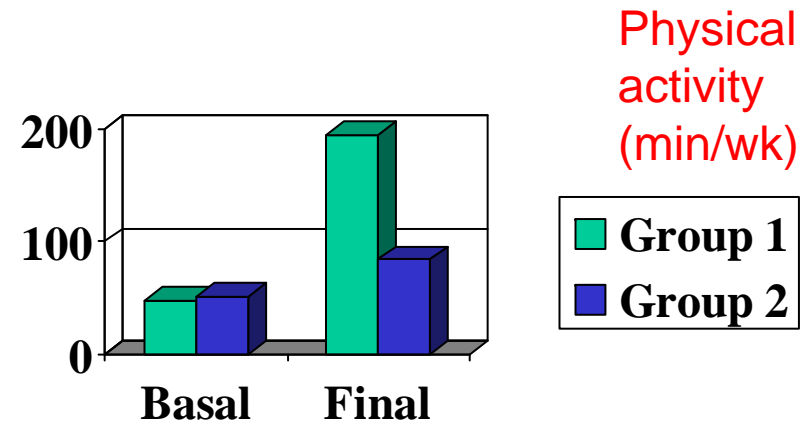
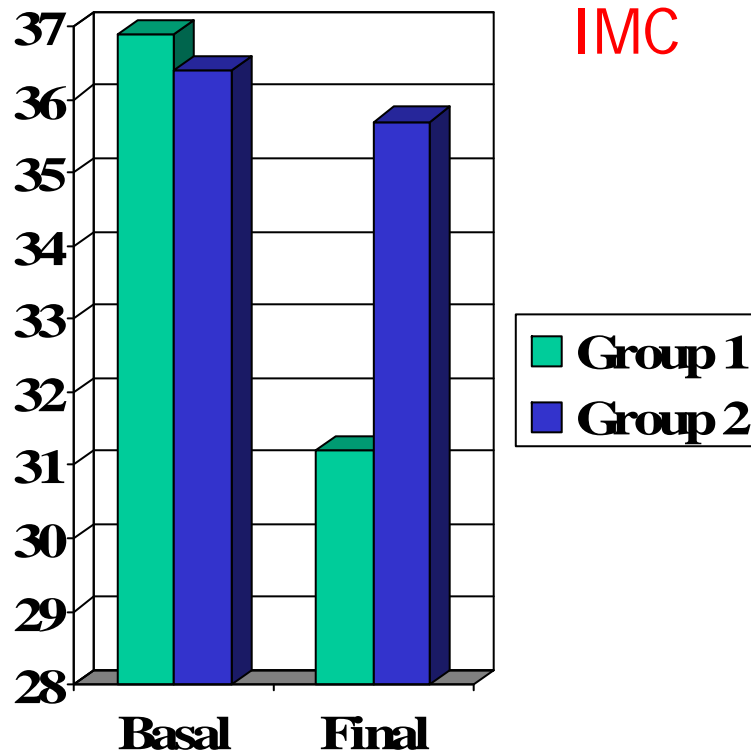
*Derby CA et al
Urology 2000; 56:302-6.*

Obesity, Physical Activity and ED

- **Randomized study, 110 men, IMC > 30**
- **36 – 55 yo, no diabetes, hypertension or dislipidemy with ED (IIEF < 21)**
- **Grupo 1 – 55 men: strong oriented to loose 10% IMC (diet and exercíses)**
- **Grupo 2 – 55 men: oriented of the benefits of loosing weight with exercises and diet**

Esposito et al
JAMA. 2004; 291:2978-84.

Obesity, Physical Activity and ED



Esposito et al
JAMA. 2004; 291:2978-84.

Protective effect of prior physical conditioning on relaxing response of corpus cavernosum

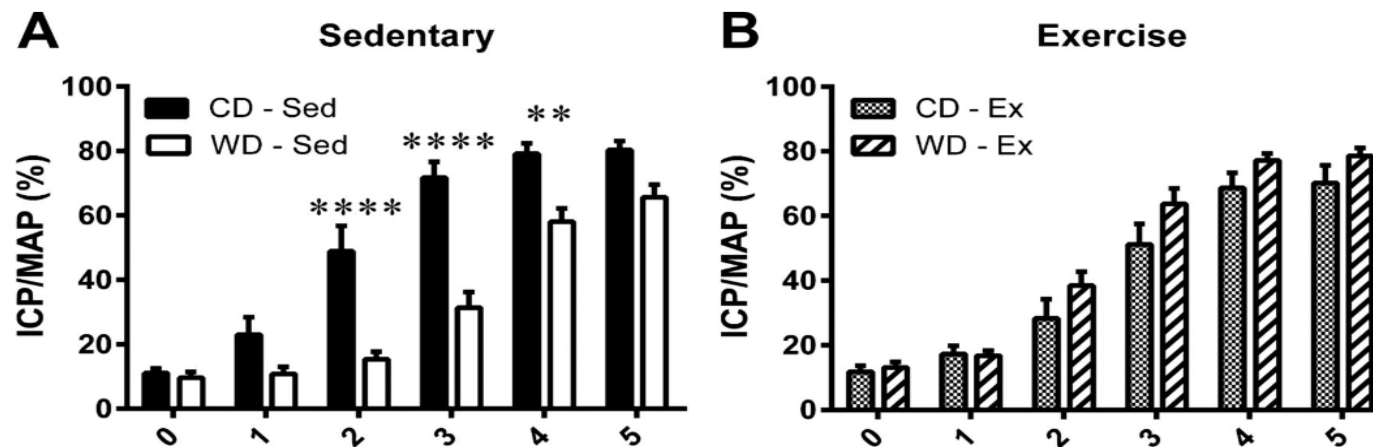
- **Wistar rats**
- **4 groups:**
 - **Sedentary control**
 - **Exercise training**
 - **Sedentary hypertensive**
 - **Trained hypertensive**
- **Hypertension was induced with L-NAME**
- **Exercise program: 8 wks in a treadmill, 5 days/wk, each session 60 minutes**

Protective effect of prior physical conditioning on relaxing response of corpus cavernosum

- **Effect of electrical field stimulation on the relaxation of CC smooth muscle**
- **EFS(increase in the maximal response)-%**
 - Sedentary control: 47 +/-3
 - **Exercise training : 52 +/-1**
 - Sedentary hypertensive: 42 +/-1
 - **Trained hypertensive: 53+/-3**

Exercise and ED

- Male Sprague-Dawley rats were fed a Western diet (WD) or a control diet (CD) for 12 wk.
- Subgroups within each diet remained sedentary (Sed) or participated in aerobic interval treadmill running throughout the dietary intervention.
- Erectile function was evaluated under anesthesia by measuring the mean arterial pressure and intracavernosal pressure in response to electrical field stimulation of the cavernosal nerve



Mediterranean diet improves erectile function in subjects with the metabolic syndrome

- 65 men with Metabolic Syndrome and ED
- Mediterranean Diet (MeD): fruits, vegetables, grains, olive oil
- 35 MeD and 30 control
- After 2 years:
 - Improvement of endothelial function and inflammatory tests
 - Improvement of erectile function (IIEF-5 > 22):
 - 13 MeD and 2 group control

Erectile Dysfunction and Fruit/Vegetable Consumption Among Diabetic Canadian Men

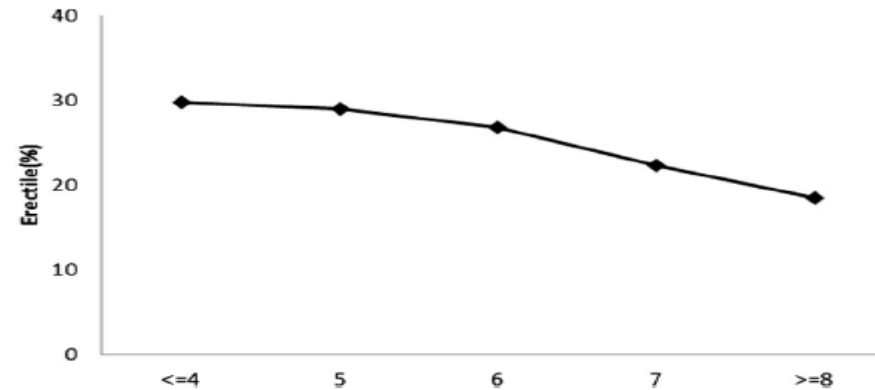


Figure 1. Relationship between erectile dysfunction and fruit/vegetable consumption among Canadian men with diabetes, aged 20 y and older, Canada. Fruit/vegetable consumption (number of servings/d). Data source: Survey on Living with Chronic Diseases in Canada 2011.

The rate of ED decreases by 10% with each increase of 1 serving of fruit/vegetable per day

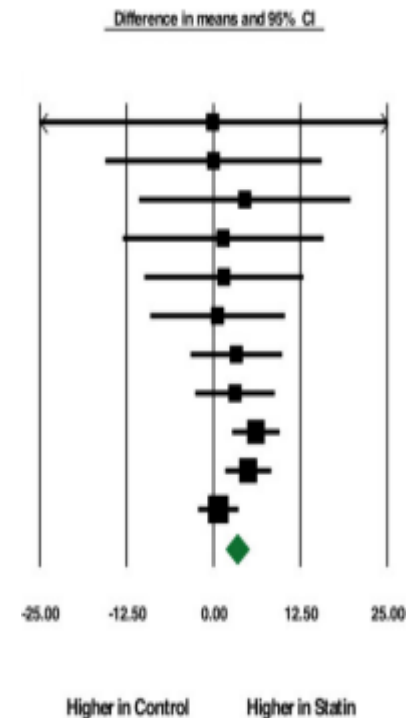
Wang F, Dai S, Wang M, Morrison H. Urology. 2013 Dec;82(6):1330-5. doi: 10.1016/j.urology

The effect of statins on erectile dysfunction: meta-analysis of randomized trials

- The effect of statin therapy on ED (IIEF).
- Random-effects meta-analysis of studies identified by a systematic search of MEDLINE, Web of Knowledge, the Cochrane Database, and ClinicalTrials.gov.
- 186 retrieved citations resulted in the selection of 11 randomized trials.

RESULTS:

- IIEF increased by 3.4 points (95% CI 1.7-5.0, P = 0.0001) with statins compared to control.
- The average age of participants and the degree of LDL cholesterol lowering did not alter the effect on IIEF.



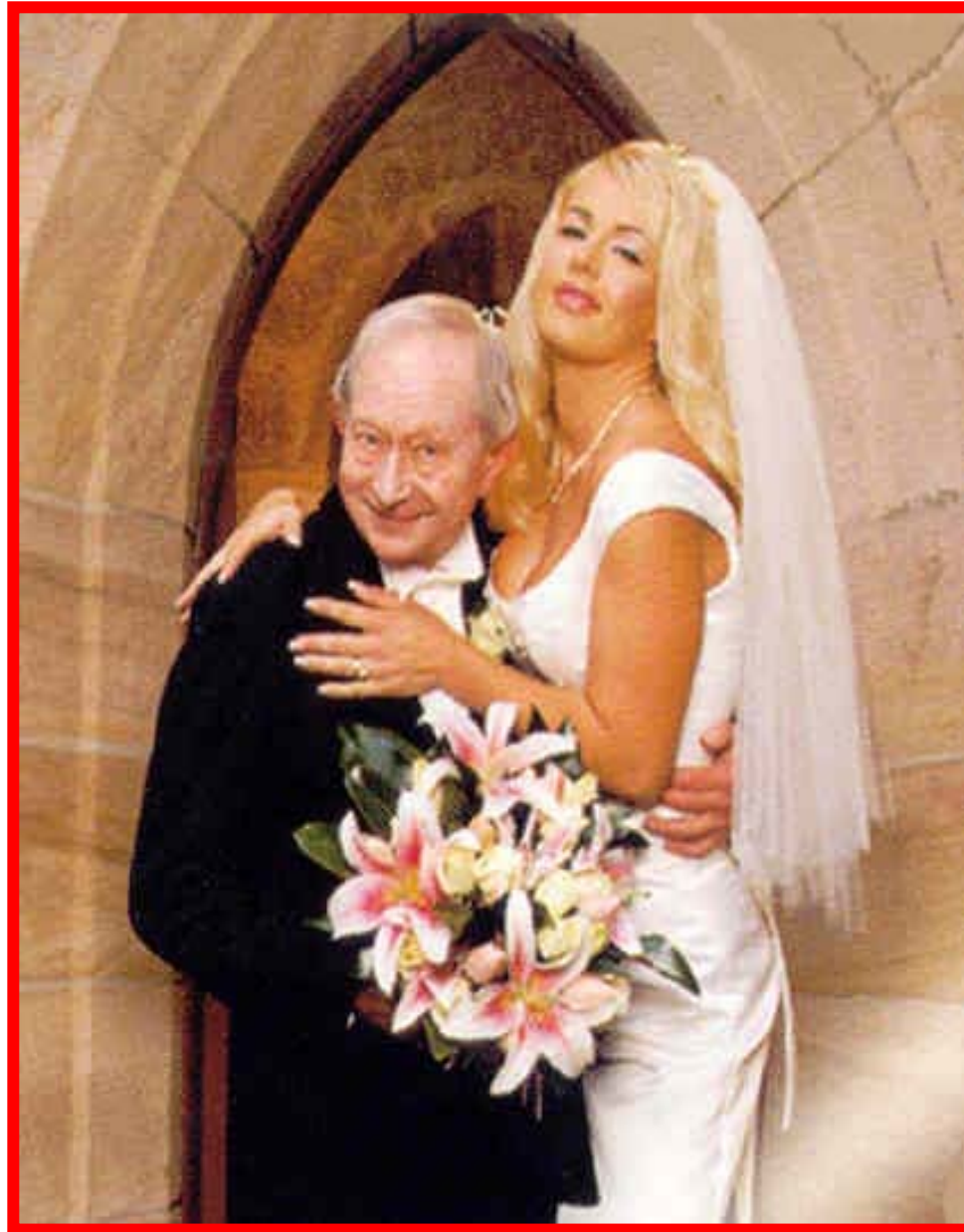
Rebuttal

Regular intercourse protects against ED

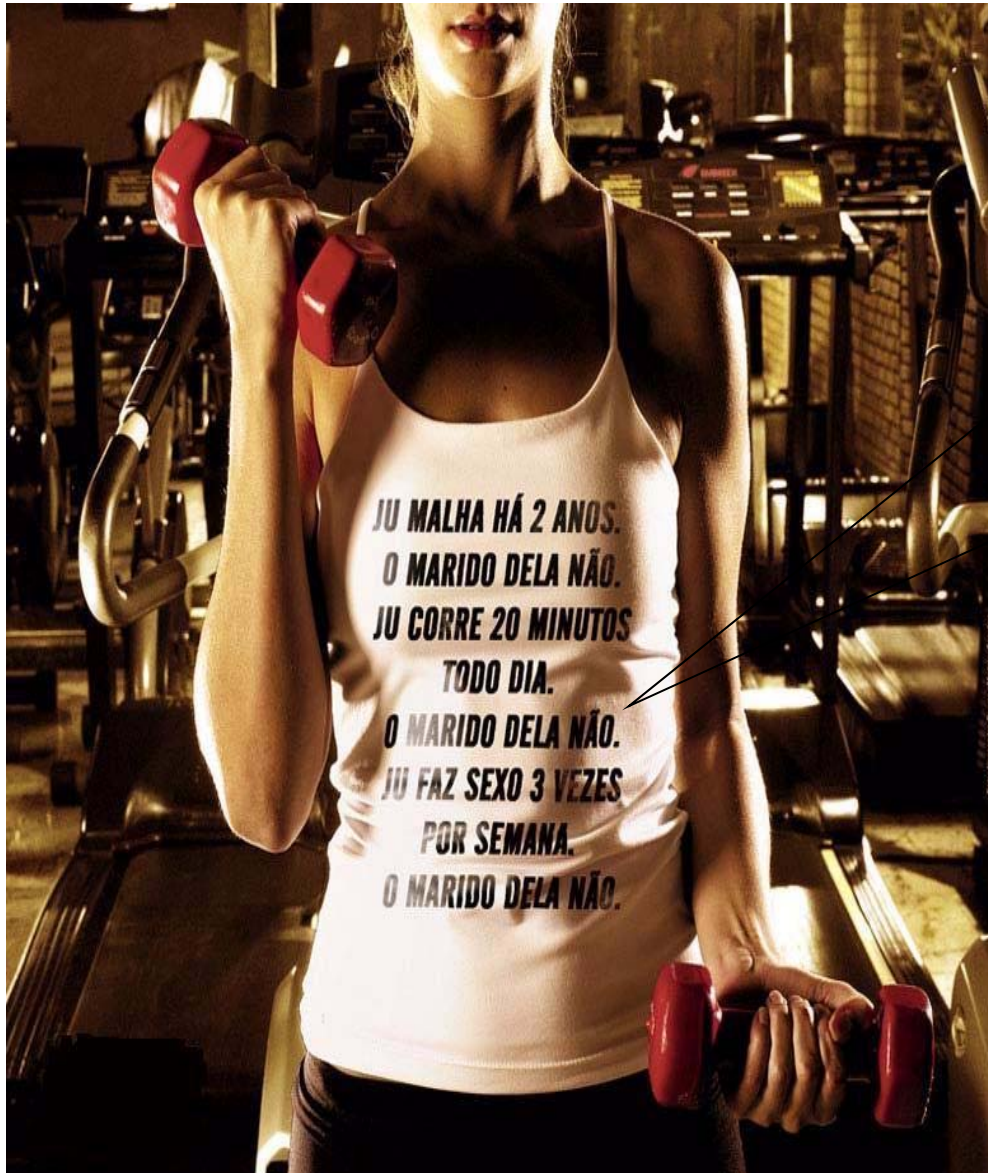
- Population-based 5-year follow-up study
- IIEF - 5
- 989 men aged 55 to 75 years (mean 59.2 years)
- Overall incidence of moderate or complete ED was 32 cases per 1000 person-years

- < 1 intercourse/wk: 79 cases per 1000 person-years
- 1 intercourse/wk: 32 cases per 1000 person-years
- > 3 intercourses/wk: 16 cases per 1000 person-years

Koskimäki J, Shiri R, Tammela T, Häkkinen J, Hakama M, Auvinen A. Am J Med. 2008;121:592-6.



Sedentary life can be harmful!



- Ju has worked out for 2 years
 - Her husband has not
- Ju runs 20min every day
 - Her husband does not
- Ju makes love 3 times/wk
 - Her husband does not

How you can prevent ED

- Do not get prostate cancer
- Do not have any cardiovascular disease or neuropathy
- Do not be submitted to any pelvic surgery or radiotherapy
 - Do not have diabetes, but if you have control it well
 - Take statins
- Do not have hypertension, but if you have it take alpha-blockers

How you can prevent ED

- **Educate yourself**
 - **Do not smoke**
 - **Drink moderately**
 - **Have erections regularly**
- **Do not be stressed or depressed**
 - **Do exercises**
- **Have an active sexual partner**
 - **Stay young**

We'll try everything to prevent this from happening!



**Out of
Order!**