Can ED be Prevented?
The CON Position

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Bottom Line

No, No, No!
1. To keep from occurring
2. Prevention ≠ Treatment
3. Prevention ≠ Reverse (cure)
We should care because ....

  - 95% of men 46-50 years had sex weekly
  - 28% of men 66-71 years

  - 83% of men 39-50 years had sex weekly
  - 68% of women of same had weekly sex

- Charleston Heart Study Cohort (1995)
  - 40% of 80 year old having regular sexual activity

- Braun et al. IJIR. 12:305, 2000
  - 71% of 70-80 year olds were having sex
  - 41% of 70-80 year olds were having sex weekly

- Lindau et al, NEJM 2008
  - 50% of men >70 years sexually active
  - 30% of women >70 years sexually active
We should care because ....

<table>
<thead>
<tr>
<th>Population</th>
<th>Age (y)</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boston Area (MMAS)</td>
<td>40-70</td>
<td>52</td>
</tr>
<tr>
<td>Cologne, Germany¹</td>
<td>30-80</td>
<td>19.2</td>
</tr>
<tr>
<td>Iberian Peninsula, Spain²</td>
<td>25-70</td>
<td>18.9</td>
</tr>
<tr>
<td>Perth, Australia³</td>
<td>40-69</td>
<td>33.9</td>
</tr>
<tr>
<td>Krimpen, Netherlands⁴</td>
<td>50-78</td>
<td>11.0</td>
</tr>
<tr>
<td>London, UK⁵</td>
<td>16-78</td>
<td>19.0</td>
</tr>
</tbody>
</table>

We should care because ....

Worldwide prevalence will increase from 152 million men in 1995 to 322 million men by 2025.

- North America: 9.1 million
- South/Central America and Caribbean: 15.6 million
- Africa: 19.3 million
- Europe: 11.9 million
- Asia: 113 million
- Oceania: 0.9 million

Root Causes

Diabetes  Obesity  Hypertension  Dyslipidemia
Organic Causes of ED
Percentage Distribution

- 40% Vascular
- 30% Diabetes
- 15% Medication
- 6% Pelvic surgery, radiation, or trauma
- 5% Neurological causes
- 3% Endocrine problems
- 1% Other
Organic Causes of ED
Percentage Distribution

- 40% Vascular
- 30% Diabetes
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- 6% Pelvic surgery, radiation, or trauma
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- 1% Other
- Aging
Major Risk Factors for ED: Aging

Age and ED

• 2% reported first experiencing ED before age 40y
• 4% reported first experiencing ED 40-49y
• 26% reported first experiencing ED 50-59y
• 40% reported first experiencing ED 60-69y
Reversing ED

• Sommers: Daily PDE5i reverses arteriogenic ED on duplex Doppler ultrasound (very limited study)

• Esposito: Exercise and change in diet improved EF (statistically yet likely not clinically meaningful)\(^1\)

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Truisms

What is good for your heart is good for your penis!
No robust data that ED can be prevented in the general population
Therapeutic Options

- Stop men aging
- Eliminate stress
- Eliminate cigarette smoking
- Abolish HG – genetics?
- Prevent DM – lag time, genetics
- Prevent hypertension – lag time, genetics, behavior
- Prevent dyslipidemia – lag time, genetics, behavior
- Prevent CVD – lag time, genetics
- Prevent sleep apnea – lag time, behavior
- Do not perform RP – genetics? Oncologic philosophy
- Do not prescribe offending medications ……
Aging

• Inescapable fact
• As our population lives longer, ED rates will increase
• Is ED related to age or para-aging phenomena

• Prognosis: Poor
Eliminate Stress

• Good Luck!

• Prognosis: Poor
Stop Cigarette Smoking

• Acute and chronic effects
• Battle with industry – not over

• Prognosis: Fair
Abolish TDS

• Address risk factors for TDS
• Increase awareness of condition - and its sequelae

• Prognosis: Fair
Prevent DM

• Increase awareness of condition - and its sequelae
• Heavy focus on genetics research
• Focus of human behavior

• Prognosis: Fair
Prevent CVD

- Increase awareness of conditions - and their sequelae
- Early intervention
- Improve therapy
- Human behavior modification
- Genetics research

- Prognosis: Good
Decrease Prostate Cancer Treatment

• Trend in this regard
• Increasing focus on focal therapy

• Prognosis: Good
Offending Medications

• Awareness
• Better research

• Prognosis: Good
Summary

The public health challenges that ED prevention faces are enormous from numerous stand-points

- Financial
- Patient motivation
- Pharmaceutical industry resistance?
In Reality ….

No matter what our motivation is as researchers and clinicians ….

- Men do not utilize health care resources
- Men are poor at following medical advice
- Men do not focus on their penis until it stops working
Ladies .... Be aware....