Sexual Function Recovery in Kidney Transplant Donors and Recipients After a Year of Follow-Up

Herrera-Caceres JO, Magaña-Rodríguez JD, Davila F, Gabilondo-Pliego B, Rodriguez-Covarrubias F, Castillejos-Molina RA
As a donor, possible risks must be considered before undergoing a surgery for someone else’s benefit.

Sexual dysfunction has an important impact on quality of life.
Objective

To analyze the dynamics in sexual function among male kidney donors and recipients, before and one year after surgery
Material and Methods

- Prospective study including male kidney transplant recipients and donors from July 2011 until March 2014
- IIEF (spanish validated version)
  - At hospital admission before surgery
  - Monthly after surgery during the first year
- eGFR was measured
Results

- 52 kidney recipients and 12 donors
  - Cadaveric donors 10
  - Living donors 42

- Mean age of recipients was 34.48 (SD 12.97) years old
- Mean age of donors was 37.82 (SD 9.15) years old
## IIEF (SD)

<table>
<thead>
<tr>
<th></th>
<th>Donor</th>
<th>Recipient</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseline</td>
<td>61.5 (12.2)</td>
<td>35.33 (22.04)</td>
<td>0.02</td>
</tr>
<tr>
<td>1 Month</td>
<td>32.21 (16.15)</td>
<td>37.3 (24.87)</td>
<td>0.67</td>
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<tr>
<td>3 Months</td>
<td>57.75 (14.93)</td>
<td>47.67 (21.4)</td>
<td>0.38</td>
</tr>
<tr>
<td>6 Months</td>
<td>56.75 (12.5)</td>
<td>61.00 (21.4)</td>
<td>0.66</td>
</tr>
<tr>
<td>12 Months</td>
<td>45.75 (25.47)</td>
<td>61.78 (15.54)</td>
<td>0.18</td>
</tr>
</tbody>
</table>
Results – Individual domains

- **Before Transplantation:** All individual domains had statistically significant worse scores in recipients.

- **One Year After Transplantation:** All individual scores were comparable.

- **Mean Glomerular Filtration Rate** at one month ($p=0.55$), and at one year after transplant ($p=0.85$) were similar in both groups.
Before transplantation, kidney recipients have a worse sexual function in comparison to healthy individuals, such as kidney donors.

Just a month after the surgery the difference among groups was not significant.

One year after nephrectomy, donors had not reach baseline IIEF values.