Frequency and predictors of sexual dysfunctions among male Nigerians with diabetes mellitus (A Preliminary report)

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Introduction: Evaluation of sexual function is an integral part of general assessment of people with diabetes mellitus but this is rarely done. These comprises hypoactive sexual desire, erectile dysfunction (ED) and ejaculatory disorders. Presence of any of this will negatively impact on the sexual life of female partners.
Objectives: To determine the frequency and determinants of sexual dysfunction among male patients with type 2 diabetes mellitus (T2DM).

Methods: Cross sectional study carried out among consenting T2DM patients attending diabetes clinic using IIEF questionnaire. Anthropometric, clinical and biochemical parameters were obtained. Data was analyzed using SPSS version 20.

Results: Sixty-five male consenting T2DM were analysed. The mean age of the participants was 58.6±12.3 years with duration for DM ranged from one to fifty years. 63.1% had both T2DM and hypertension while 33.8% had only DM. 44.6% were overweight and only 24.6% were on diuretics. Mean HbA1c and FBS values were 7.4±2.1% and 118±30 mg/dl respectively. The prevalence of hypoactive sexual desire is 78.4% while ED was 67.7% (38.6% had severe erectile dysfunction). 46.1% had ejaculatory disorders. Only 44.6% and 49.3% had intercourse satisfaction and overall sexual satisfaction respectively. There were significant association between advancing age, duration of DM and ED.

Discussion: All the domains of sexual function were affected with hypoactive sexual desire being more frequent. Though predictors such as age, duration of DM and glycaemic controls affects ED, lack of sexual drive and ejaculatory problems could impact negatively on their female partners. This could lead to friction in relationships and eventually lack of social support needed by persons with DM.

Conclusion: Focus on all aspect of sexual function in term of counselling and active treatment of affected individuals will probably improve quality of care for persons with DM.
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