

Assessing the Influence of Benign Prostatic Hyperplasia (BPH) on Erectile Dysfunction (ED) Among Patients in Poland

Introduction and Objective: Erectile dysfunction (ED) and the lower urinary tract symptoms caused by benign prostatic hyperplasia (LUTS/BPH) are highly prevalent among aging men. More data are needed from studies evaluating the impact LUTS/BPH on ED. Aim: this study aimed to assess ED in patients with LUTS/BPH independent of comorbidities.

Materials and Methods: During 2007 and 2008, we examined 10,932 patients aged from 50 to 69 years with LUTS/BPH (IPSS = 8-19 points) using questionnaires: Sex-Score and International Index of Erectile Function 5 (IIEF-5). Patients with comorbidities were excluded from meta-analyses and included those who used alcohol and/or cigarettes and those with hypertension, diabetes, or hyperlipidemia and cholesterolemia, which left 4,354 patients with LUTS/BPH without any comorbidity subjected to the analyses. Main Outcome Measures: the main survey instruments used were the Sex-Score and IIEF-5.

Results: Regarding sexual coexistence, 1,497 (34.4%) and 2,638 (60.6%) patients considered it very important or important, respectively; however, 219 (5%) patients reported no sexual activity. After excluding sexually inactive patients, only 1,088 (25%) patients had the ability to obtain an erection during sexual activity always or nearly always. However, that erection was only strong enough to penetrate their partner almost always or most of the time in 218 (5%) and 826 (19%) patients, respectively, and only 610 (14%) patients were always able to maintain their erection during sexual intercourse. While only 87 (2%) patients had no difficulty maintaining their erection until the completion of intercourse, 174 (4%) and 914 (21%) patients stated that sexual intercourse gave satisfaction nearly always or most of the time, respectively.

Conclusion: The impact of ED on patients with LUTS/BPH is evident across domains.