

Prevalence of erectile dysfunction among Egyptian male patients with type 2 diabetes mellitus

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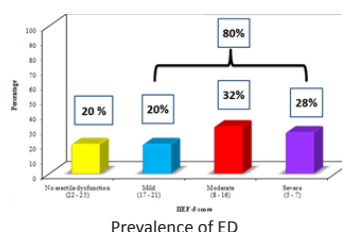
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Objectives: The relation between type 2 diabetes mellitus (T2DM) and erectile dysfunction (ED) has been identified in multiple studies. The aim of this study was to estimate the prevalence of ED among a sample of adult Egyptian male patients with T2DM.

Subjects and methods: This cross-sectional study included 150 adult male patients with T2DM (aged 40-60 years) who attended the outpatient clinic of Diabetes in Alexandria Main University hospital. They were evaluated for the presence of ED which was assessed by the validated Arabic-translated five-item version of the International Index of Erectile Function-5 (IIEF-5) questionnaire. Fasting blood glucose (FBG), HbA1c, total serum cholesterol, HDL-C, total serum testosterone (TT) and urinary albumin creatinine ratio (ACR) were measured for all study subjects.

Results: The prevalence of ED was 80% among the studied sample. Significant negative correlation was found between ED and age, duration of diabetes, urinary ACR, TT and FBG. On performing multiple linear regression analysis for the parameters affecting (IIEF-5) questionnaire score, TT, urinary ACR, age and FBG were the predictors of ED.

Conclusion: ED was a common finding in our sample of Egyptian men with T2DM. The relation between albuminuria and ED was an interesting finding and requires further exploration.



Speaker Biography

Mohammed Zeitoun, MD, is currently a lecturer at the Department of Diabetes & Metabolism, Faculty of Medicine, Alexandria University, Egypt. He received his Doctorate of Internal Medicine (Diabetes & Metabolism) from Alexandria University in 2013. As one of the top international raising stars in the field of diabetology, in 2015, Dr Zeitoun was honored as a "Donnell D. Etzwiler International Scholar" recipient and accordingly he attended a special program at the International Diabetes Centre in Minneapolis, Minnesota, United States and the Mayo Clinic in Rochester, Minnesota, United States. In 2017 he received a Post Graduate Diploma in Diabetes, Cardiff University. Dr Zeitoun is a recognized educator and has given more than 100 continuing medical education (CME) talks to audiences comprising endocrinologists, internists, family physicians, residents and diabetes educators in Egypt and abroad. Dr Zeitoun has publications in national and international peer-reviewed journals and presented posters in national and international congresses.

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