Risk factors for erectile dysfunction in a cohort of 108 477 Australian men.
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Abstract

OBJECTIVES: To quantify relationships between erectile dysfunction (ED), ageing and health and lifestyle factors for men aged 45 years and older.

DESIGN: Cross-sectional, population-based study seeking data on health, sociodemographic and lifestyle factors by questionnaire (the 45 and Up Study).

PARTICIPANTS AND SETTING: 108 477 men aged 45 years or older, living in New South Wales, and recruited into the 45 and Up Study between 10 January 2006 and 17 February 2010.

MAIN OUTCOME MEASURES: Self-reported ED.

RESULTS: In the 101 674 men reporting no prior diagnosis of prostate cancer, 39.31% (95% CI, 39.01%-39.61%) had no ED, 25.14% (95% CI, 24.87%-25.40%) had mild ED (ie, experienced ED sometimes), 18.79% (95% CI, 18.55%-19.03%) had moderate (ie, usually experienced) ED and 16.77% (95% CI, 16.55%-17.00%) had complete ED. After adjusting for sociodemographic characteristics, the odds of moderate/complete ED increased by 11.30% (OR, 1.11; 95% CI, 1.11-1.12) each year from the age of 45 years. Overall, the risk of moderate/complete ED was higher among men with low socioeconomic status, high body mass index, those who were sedentary, current smokers and those with diseases including diabetes, heart disease, and depression/anxiety, compared with men without these risk factors. Moderate alcohol consumption was associated with a significantly reduced risk of ED in men aged 45-54 years, but not in older men. Almost all men aged 75 or older reported moderate/severe ED; however, increased physical activity was associated with a lower odds of ED in this group.

CONCLUSIONS: In a large population-based cross-sectional study, ED increased considerably with age. There are a range of potentially modifiable risk factors for ED, including smoking, low physical activity, and high body mass index.

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