

IS SEX IMPORTANT TO SINGAPOREAN MEN ?

Understanding the Sexual Needs of Urology Patients

Introduction

- Sexual health can influence mental well-being, stress levels and relationship.
- Common urological treatments such as alpha blockers and 5-alpha reductase can have side effects such as retrograde ejaculation and affect libido.
- However, there are limited studies that look into sexual health among Singaporean men, and the impact of urological treatment on sexual function is sometimes overlooked.

Objectives

Understanding how demographical variables, erectile function, medical and urological conditions influence sexual activity, sexual interest and satisfaction

Study Design

Inclusion Criteria: Singaporean / Permanent Resident, Males, Age 40 to 75, Attending a general urology team clinic in Singapore General Hospital / Seng Kang General Hospital

Exclusion Criteria: Mentally or physically incapable of completing survey, ECOG \geq 4

Method: Outpatient-based questionnaire study in a Singapore tertiary hospital consisting of:

- Demographical data
- International Index Erectile Function 5 score (IIEF-5)
- Patient-Reported Outcomes Measurement Information System (PROMIS® SexFS questionnaire).
- Medical Comorbidities
 - Hypertension, Dyslipidaemia, Diabetes mellitus, Cardiovascular disease, COPD, Chronic Renal Disease, Cancer (metastatic / non-metastatic)
- Urological Conditions
 - BPH, Bladder cancer, RCC, Stone disease, ED/Subfertility, Haematuria, Prostate cancer/Raised PSA

Statistical Analysis: Two sample t-test and ANOVA was used for comparison of mean values. Chi-square test was used to compare categorical variables. Spearman's correlation test were used to for continuous variables.

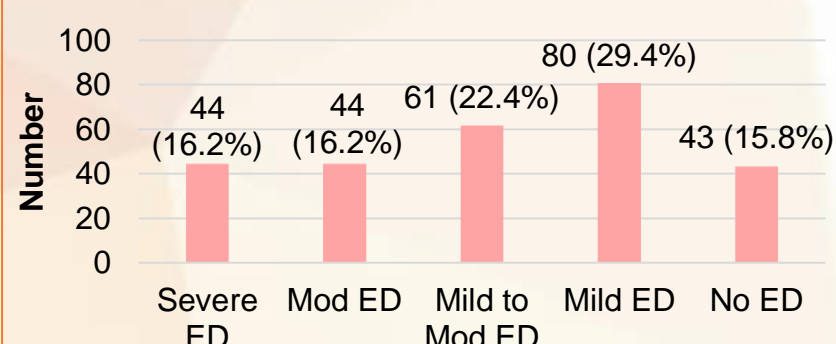
Descriptive profile

Age	n	%	Ethnicity	n	%
40-49	20	7.4	Chinese	214	78.7
50-59	60	22.1	Malay	18	6.6
60-69	124	45.6	Indian	32	11.8
70-75	68	25.0	Eursian /Others	8	2.9

Housing Type	n	%	Education	n	%
HDB	115	42.3	Primary	57	21.0
EC/condo	127	46.7	Secondary	145	53.5
Landed	29	10.7	College	69	25.5

Marital status	n	%
Married	239	87.9
Single	16	5.9
Divorced	13	4.8
Widower	4	1.5

Erectile function



IIEF score stratification: Severe (5-7), moderate (8-11), mild to moderate (12-16), mild (17-21), and no ED (22-25)

Analysis / Results

Sexual Activity (SA)

- 51.4% of men reported having sexual activity in the last 30 days
- Mean age of 61.3 years versus 65.6 years in men who did not have sexual activity ($p < 0.01$)
- % of sexually active males drops with older age groups and erectile dysfunction (ED) severity ($p < 0.01$)
- Low education levels ($p < 0.01$) and public housing class ($p = 0.02$) were associated with lower SA.
- Marital status ($p = 0.15$), ethnicity ($p = 0.67$) did not carry significant associations with SA.
- Medical comorbidities and other urological conditions carries no significant association, except for men with non-metastatic cancer who have less SA ($p = 0.01$)

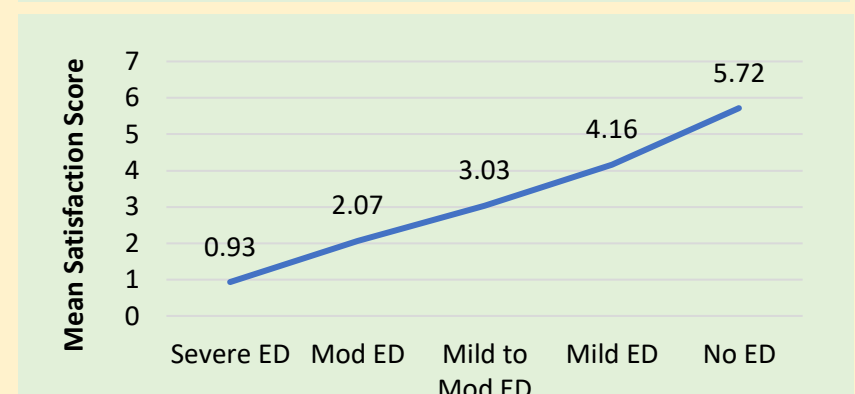
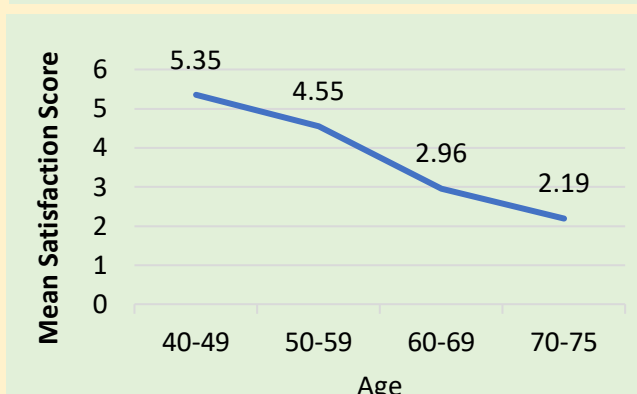
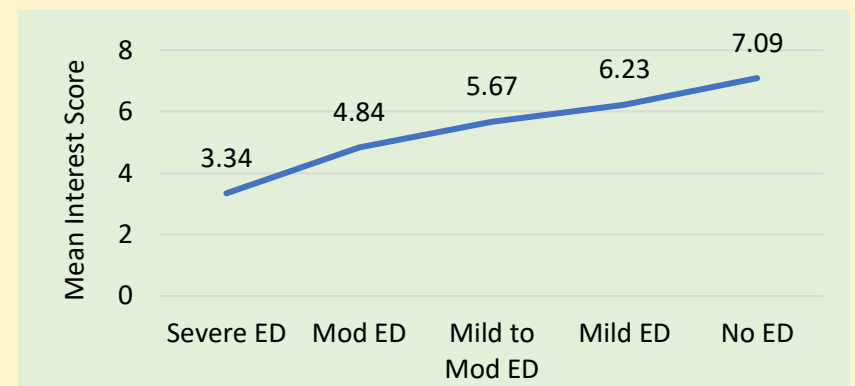
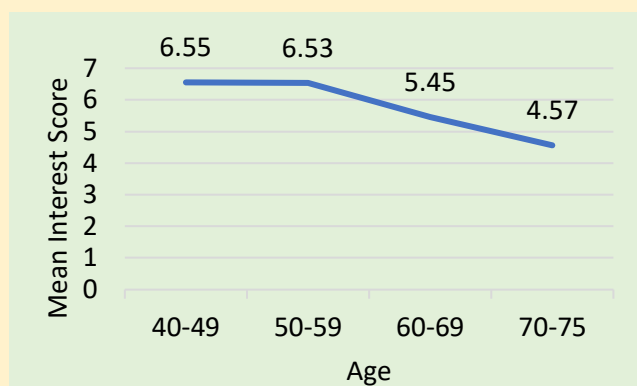
Age	SA in the last 30 days	
	Yes (n / %)	No (n / %)
40-49	15 / 75%	5 / 25%
50-59	42 / 70%	18 / 30%
60-69	58 / 46.8%	66 / 53.2%
70-75	25 / 36.8%	43 / 63.2%

ED Severity	SA in the last 30 days	
	Yes (n / %)	No (n / %)
Severe	10 / 22.7%	34 / 77.3%
Moderate	20 / 45.5%	24 / 54.5%
Mild to Mod	32 / 52.5%	29 / 47.5%
Mild	48 / 60%	32 / 40%
No ED	30 / 69.8%	13 / 30.2%

Sexual Interest (SI) and Sexual Satisfaction (SS)

Demographical Factors

- Age has a weak negative correlation with interest scores ($r(270) = -0.37$ ($p < 0.01$), and sexual satisfaction $r(270) = -0.30$ ($p < 0.01$).
 - biggest drop in mean scores seen in men age 60
- Higher IIEF score is associated with improved SI and SS (both $p < 0.01$).
- Ethnicity, marital status, housing type, did not have significant associations with SI or SS.
- Men who receive primary education level showed reduced sexual interest ($p < 0.05$).



Medical Comorbidities

- No significant association with SI and SS seen with medical comorbidities, except for men with diabetes mellitus, who showed higher satisfaction scores (3.51 vs 2.53) ($p = 0.03$)

Urological Conditions

- Men with no LUTS/BPH reported higher levels of sexual interest score (avg score 5.85 vs 5.28) ($p = 0.02$), no association with satisfaction scores ($p = 0.38$)
- Men with ED/Subfertility reported higher levels of sexual interest score (6.85 vs 5.42) ($p < 0.01$), but no significant difference in satisfaction scores (4.04 vs 3.23) ($p = 0.26$)
- Men with who were not followed up for raised PSA/Prostate ca reported higher levels of sexual interest (5.93 vs 4.8) ($P < 0.01$)
- No significant association seen with other urological conditions.

Discussion / Conclusion

- Increasing age and ED are significant factors associated with reduced SA, and impair SI and SS.
- Medical comorbidities and most urological conditions have minimal bearing to sexual health, however, results may be limited by small sample size.
- Surprisingly, the prevalence of moderate-severe ED is 54.8%, yet only 10% of participants are followed up in clinic. This may suggest that ED in the general population is undertreated.
- Urologist should take an active role in raising sexual issues and be mindful of how treatments can influence sexual health.
- Further studies will add value to understanding men's sexual health in Singapore