

IMPROVEMENT OF SEXUAL FUNCTION IN MEN WITH PARCIAL ANDROGEN DECLINE AFTER ANDROGEN REPLACEMENT THERAPY.

INTRODUCTION: The decrease of plasma testosterone (T) in old age may be inherent to the aging process or secondary to environmental factors. This is called “PADAM” (Partial Androgen decline in the aging male), defined as bioavailable testosterone (BT) < 0,75 ng/ml⁽¹⁾. The Androgen replacement therapy has demonstrated great improvement of quality of life and sexual function ⁽²⁾.

METHODS

We determined plasma T, luteinizing hormone (LH) and calculated the BT of patients that consulted for sexual dysfunction without severe prostatic disease, and not using potentially interfering medications. The aims were to determine the presence of PADAM, to find a relation with chronic illness, to study the changes in sexual function and to determine the presence of adverse effects (benign prostate hyperplasia, polycythaemia, changes liver function tests or in lipids test) after 6 injections of Testosterone enanthate (250 mg) in oil vehicle deep intramuscular. Sexual function was assessed with the International Index of Erectile Function and the Sexual Desire Test at baseline and after treatment.

RESULTS:

92 patients consulted for sexual dysfunction, and 72 had PADAM (mean age 58 years). There were considerable comorbidities : 54/72 (FR=0.75) stress, 51/72 (FR=0.70) type 2 diabetes, 50/72 (FR=0.69) smokers, 48/72 (FR=0.67) social alcohol ingestion, 28/72 (FR=0.39) cardiac failure, 10/72 (FR=0.14) renal insufficiency and 49/72 (FR=0.68) overweight. The duration of sexual complains was on average 2.5 years. 70/72 were hipergonadotropic hipogonadism (high LH). In all patients serum testosterone levels were restored to normal within 4 weeks. All of them reported a significant improvement in all domains of erectile function and sexual desire after treatment (p<0.005 – Wilcoxon pairs range test).

After treatment, no significant changes were noticed in serum PSA, liver function, lipids tests, haemoglobin or haematocrit.

CONCLUSIONS:

All patients with sexual dysfunction need to be screened for hipogonadism. Testosterone supplementation improves sexual function in all of them.

REFERENCES:

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2. Vermeulen A. Androgen replacement therapy in the aging male. A critical evaluation. *J Clin Endocrinol Metab* 2001; 86: 2380 - 2390.