

The relationship between serum free testosterone and erectile function in aging men at the General Hospital.

BACKGROUND: People with low serum testosterone often complain of erectile dysfunction. (1)

OBJECTIVES: To evaluate the relationship between serum free testosterone (FT) and erectile function in aging men at the General Hospital.

MATERIALS AND METHODS: FT was measured between 8:00 and 10:00 a.m. in all men aged older than 55 assisted (for any reason) in the Internal Medicine and Urology rooms of the Hospital. Low FT was defined as FT lower than 7,2 ng/dL between 55-60 years old and lower than 5,6 ng/dL in patients older than 60 years old. All the patients included completed the IIEF-5 questionnaire, which score ranges from 1 to 25 and the ED was classified into five groups according to the scores: severe (1-7), moderate (8-11), mild-moderate (12-16), mild (17-21) and no ED (22-25).

RESULTS: 52 patients were included. The prevalence of all degrees of erectile dysfunction was 43/52 (RF= 0,83). The degree of erectile dysfunction was mild in 7/43, mild to moderate in 10/43, moderate in 14/43 and severe in 12/43.

27/52 (RF=0,52) had significantly low FT levels and 11/52 (RF=0,21) had low-normal levels.

It was a statistical significance between the presence of low FT and moderate and severe ED ($p < 0.05$, chi-squared test – alpha of 0,05).

CONCLUSIONS: We found high prevalence of DE in hospitalized patient. It showed a clear correlation with low FT. We should screen this groups of patients to offer specific treatment.

REFERENCES:

- (1) Bancroft J. The endocrinology of sexual arousal. J Endocrinol 2005;186:411