ERECTILE DYSFUNCTION AND CARDIOVASCULAR RISK FACTORS IN PATIENT WITH DIABETES IN COTONOU – BENIN

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Background: Erectile dysfunction in patients with diabetes has been for a long time considered as only an autonomic neuropathic complication. Numbers of recent studies have shown erectile dysfunction as a cardiovascular risk factor in patients with diabetes.

Objective: To study the association of erectile dysfunction with traditional cardiovascular risk factors in patients with diabetes.

Patients and method: It's a cross sectional study concerning men with diabetes intending the ambulatory diabetes center in Cotonou. Erectile dysfunction was defined using the International Index of Erectile Function. Cardiovascular risk factors studied were: high blood pressure, obesity, tobacco consumption and lipid disturbance. Statistical analysis was realized using the χ^2 test.

Results:

Characteristics of men with diabetes

A total of 374 Patients with diabetes were included in the study with mean age of 54.9 ± 6.5 years (extremes: 23 and 92 years). Mean known duration of diabetes was 8.8 years, running from 2 weeks to 38 years.

Prevalence of erectile dysfunction

In 374 patients included in the study, 284 presented erectile dysfunction meaning a prevalence rate of 75.9%. Prevalence of erectile dysfunction was significantly higher in patients with diabetes presenting

electrocardiographic signs of ischemic heart disease than in others, 83.30% versus 63.48% ($p < 0.03$).

Erectile dysfunction and Cardiovascular risk factors

FACTORS	PREVALENCE OF ERECTILE DYSFUNCTION		p
	Present	Absent	
Abdominal obesity	75%	76%	0.57
High blood pressure	83%	69.3%	0.002
Tobacco consumption	41.7%	23%	0.005
Hypercholesterolemia	72.3%	66.3%	0.47
Low HDL cholesterol	75%	66.7%	0.39
Hypertriglyceridemia	66.7%	68.4%	1

Conclusion: Erectile dysfunction is a very prevalent complication in black African people with diabetes in Cotonou and in some cases precedes the diabetes. As reported in a few recent studies, it's representative of cardiovascular risk factor in patients with diabetes. In the presence of erectile dysfunction, patients must be screened not only for diabetes but also for ischemic heart disease.

Key words: Diabetes, erectile dysfunction, cardiovascular risk factors.