Prevalence of Erectile Dysfunction Varies by Race

**Orlando** — Racial differences in prevalence of erectile dysfunction in a large study were independent of traditional risk factors, including age, medical comorbidity, current tobacco use, and obesity.

Increased cardiovascular disease and diabetes risk in some racial groups prompted the researchers to verify the prevalence rates of erectile dysfunction (ED) in men. Of note, 12% of respondents reported sexual dysfunction.

**Sexual Health in Men With Lower Urinary Tract Symptoms**

**Orlando** — Assess sexual health in men with lower urinary tract symptoms because these symptoms negatively affect the frequency and enjoyment of sexual activity, according to an international, Internet-based survey with nearly 11,000 respondents.

Although lower urinary tract symptoms (LUTS) are a known risk factor for erectile dysfunction (ED), the impact of individual symptoms on men's sexual health had not been reported, Karen Coyne, Ph.D., said.

She and her colleagues launched the EpiLUTS study, a cross-sectional, population-representative survey conducted in three countries, to assess the impact of LUTS in men on sexual health. A total of 9,416 U.S. men and 3,517 U.K. men responded, for an overall response rate of 59%. Data from Sweden were still pending when Dr. Coyne presented findings at the annual meeting of the American Urological Association.

Men were asked how frequently they had experienced LUTS over the previous 4 weeks and to rate symptoms on a 5-point Likert scale. They also reported how much each symptom bothered them. The survey included the International Index of Erectile Function (IIEF) questionnaire and an additional question about premature ejaculation.

Respondents were older than 40 years (mean age, 56). In the U.S. sample, 76% were white, 11% African American, 11% Asian/Pacific Islander, white, or other/multiple ethnicity and compared prevalence rates of erectile dysfunction (ED). Men of ethnic minorities were oversampled and represented 35% of the cohort.

Dr. James F. Smith and his associates found elevated ED prevalence in all other groups, compared with the white group. In a multivariate model, race data were adjusted for age, medical comorbidity, obesity, tobacco use, education, and income. Compared with a reference group of white men (odds ratio, 1.0), Asian/Pacific Islander men had a slight, nonsignificant increase in ED prevalence (OR, 1.06). However, African American (OR, 1.09), other/multiple ethnicity (OR, 1.16), and Hispanic men (OR, 1.19) had significantly higher prevalence rates.

**Cancer in 1 in 5 Young Men With Elevated PSA Levels**

**Orlando** — Prostate cancer was detected in almost 20% of men 45 years or younger with elevated levels of prostate-specific antigen in an Austrian study, and a substantial number of the prostate cancers in this group were significant.

Prostate cancer is rare in men younger than 45 years, with few cases reported in the literature. Therefore, little is known about the clinical and pathological features in this population.

To find out more, Dr. Wolfgang Horninger and his associates examined 263 men aged 45 or younger enrolled in a PSA screening program in Tyrol, Austria. The men had a prostate-specific antigen (PSA) level of more than 1.25 ng/mL in combination with a free PSA of less than 18% (to increase specificity). The Tyrol Prostate-Specific Antigen Screening Program has screened more than 33,000 men of all ages to date, Dr. Horninger said.

The prostate cancer detection rate in young men with elevated PSA levels is as high as nearly 20%, he said. “There was a substantial percentage of significant prostate cancers, even in these young patients.”

A meeting attendee asked what percentage of the total Tyrol cancer population is willing to participate in screening. Dr. Horninger estimated that 82%-83% accept the prostate cancer screening when offered.

Another attendee suggested that the 20% detection rate was partly the result of selection bias. “I agree this is a selected group of patients,” Dr. Horninger said. “What I presented here is an observation of what you can see if you screen over a long period of time.”

**Odds Ratios for Erectile Dysfunction Show Racial Disparities**

*Note: Based on the California Men’s Health Study of 81,426 men. Source: Dr. Smith*