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India- “Erectile dysfunction capital of the World”

Introduction: According to IDF (International Diabetes Federation), there are 382 million diabetics across the globe. One third of these diabetics are in India, closely competing with China. So India is the diabetes capital of the world. The commonest complication of diabetes in men is erectile dysfunction. So India can be called as erectile dysfunction capital of the world.

Objectives: Since erectile dysfunction is the earliest marker of myocardial ischemia, our aim is to study the prevalence of erectile dysfunction and detect it as early as possible in every diabetic and promote measures to provide them adequate education, lifestyle modification and necessary medical therapy to retard the onset of critical ailments like MI or stroke in these subjects.

Methods: 54362 patients, all diabetics, were studied, complete detailed medical history and sexual history was taken; basic investigations like Bl sugars fasting PP, HbA1C, lipid profile, renal functions, liver functions, uric acid, Vitamin D, serum testosterone, free and total, SHBG, serum PSA free and total, thyroid studies, urine routine were done. Besides this, we also did their dental examination, digital rectal examinations, USG of scrotum and penile Doppler studies and sleep studies. We also did the resting ECG and coronary angiogram. We also did the IIEF scores and B depression scores. We gave questionnaire to 800 GPs to follow up the diabetic patients with ED after the onset of diagnosis for symptoms CAD.

Results: Over 70% of male diabetics had ED at diagnosis. 9 years follow done and 84 percent had signs and symptoms suggestive of CAD. In women diabetics, hypoactive sexual desire disorders and depression were seen. We compared all these results with data from China and other countries.

Conclusions: India ranks highest in the prevalence of Diabetes. In men ED is commonest complication; hence India is Erectile Dysfunction capital of the world.

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