Sexuality Issues Among Male Chinese Ischaemic Heart Disease Patients in Hong Kong

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Introduction
This was a joint project of NTWC Rehabilitation Centre of Tuen Mun Hospital, Hong Kong Association of Sexuality Educators, Researchers and Therapists (HKASERT), and Hong Kong Society of Rehabilitation (HKSR) on sexuality issues of ischaemic heart disease patients.

Objectives
To study the sexuality issues of male Chinese ischemic heart disease (IHD) patients in Hong Kong.

Methodology
A questionnaire was designed to study the sexuality issues of male Cantonese-speaking Chinese IHD patients in Hong Kong. Patients from community centres, private clinics, and public day/outpatients clinics/hospitals, and fulfilled recruitment criteria, were invited to fill in the questionnaire. A total of 126 questionnaires were collected.

Result
The mean age of respondents was 63. Around 90% of respondents were married, and be living with family, wife or partner. Since the diagnosis of IHD, 25% had no change
in frequency of sexual activities while others (75%) had sexual activities less frequently. Nearly half (47%) of patients had encountered no health information related to sexuality and IHD. Two-third of respondents reported sexual activities in the preceding 4 weeks. Among them, 42% had sexual arousal most/all of the time. 21% had little/no arousal. Using International Index of Erectile Function-5 (IIEF-5), 82% experienced erectile dysfunction of various degrees. 52% expressed different degrees of difficulties achieving orgasm. Despite sexual issues, 72% and 69% were moderately or very satisfied with the feelings of intimacy and sexual relationship with one’s partner, respectively. Overall, 66% were moderately/very satisfied with one’s sexual life while 15% had moderate/severe dissatisfaction. Among those with sexual activities, 35% had chest pain during or shortly after sexual activities. For those with chest pain, 29% (or 10% of those engaged in sexual activities) had significant pain that could not be neglected and 4% had to stop sexual activity. On the other hand, around 13% of those with sexual activities had taken drugs to improve sexual performances but only one-third of them had consulted medical professionals about this. Conclusions: As an important area in cardiac rehabilitation, sexual concerns and dysfunction were common among male Chinese IHD patients in Hong Kong. The issues of cardiac symptoms with sexual activities and sexuality drug intake were important concerns which warranted further attention.