Nurse-Led Men’s Health clinic act as a gatekeeper for the screening of cardiovascular and metabolic dysfunction in patients suffering erectile dysfunction

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Introduction
Studies have demonstrated the possibility of erectile dysfunction serving as an indicator of coronary artery disease as they shared common risk factors.

Objectives
The aim of the study is to investigate the prevalence of undiagnosed metabolic / cardiovascular risk factors, such as diabetes mellitus (DM), hypertension (HT) and dyslipidemia in patient with erectile dysfunction (ED) presenting to Nurse-Led Men’s health clinic at PWH.

Methodology
All patients attending nurse-led men’s health clinic from the period April 2008 to December 2014 was retrospectively reviewed. During their initial consultation, a standardized assessment protocol, including questionnaire, medical and drug histories, physical examination and a series of basic investigations were performed. Information related to past medical history, physical examination and investigation during baseline workup was retrieved from hospital record and form the basis of this study.

Result
A total of 970 patients were reviewed. 51 patients had obvious causes for ED, such as post-pelvic surgery, neurological diseases, were excluded from study. 725 cases with completed clinical information were then included for this study. Amongst these patients, 263 (36.3%) patients had known history of DM, and 175 (24.1%) of the remaining case were newly diagnosed to have either DM (2.8%) or impaired glucose tolerance (21.4%) during the workup. 113 (16.1%) patients had history of dyslipidemia,
and newly diagnosed dyslipidemia accounts for 55% (385) of the remaining cases. 157 patients had known history of HT and 54 patients were found to have persistent elevated blood pressure during the baseline work up. Conclusion: The presence of erectile dysfunction should alert the investigation of various coexistent cardiovascular and metabolic risks. Screening of these conditions at Men's health clinic may act as a gatekeeper for diagnosing and provide intervention for cardiovascular disease and diabetes mellitus, and as well as restoring sexual function.