



# Does your patients have sexual dysfunction?

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## Introduction:

- ✓ Sexual dysfunction is defined by difficulty experienced by an individual or a couple during any stage of a normal sexual activity.
- ✓ Sexual dysfunctions can have a profound impact on an individual's perceived quality of sexual life.
- ✓ A thorough sexual history and assessment of general health and other sexual problems are very important.
- ✓ Statistics say that around 50% of male population experiences some sexual dysfunction but only a small percentage is diagnosed and seeks help in an active way.
- ✓ Studies point out the man's will to get professional help but also the shame and embarrassment of looking for it.

## Objectives:

- ✓ Know the prevalence of sexual dysfunction in the male population of our Family Care Unit (USF)
- ✓ Understand if men would like their family doctor to actively question them about their sexual life.

## Methods:

- ✓ Observational descriptive study
- ✓ Anonymous questionnaires distributed to all men that attended our USF in the month of December 2013.
- ✓ Questions:
  - ✓ "Do you consider having a satisfactory sexual life?"
  - ✓ "Do you consider having some sort of sexual problem?"
  - ✓ "Have your doctor ever asked you about your sexual life?"
  - ✓ "Would you like your doctor to ask you about your sexual life?"
- ✓ The collected data was analyzed in SPSS v.20 trial.

## Results:

- ✓ The average age of the responders was around 54 years old, with a minimum of 24 and a maximum of 82, from a total of 104 answers.
- ✓ Although around 32% of the inquired admitted having some kind of sexual dysfunction, only 27% found their sexual life unsatisfactory.
- ✓ The majority of the men questioned (76,4%) would like his doctor to question them about their sexual life, but only 20% were already

Table 1 - Age distribution of the questioned patients

Minimum	Maximum	Mean
24	82	53.9

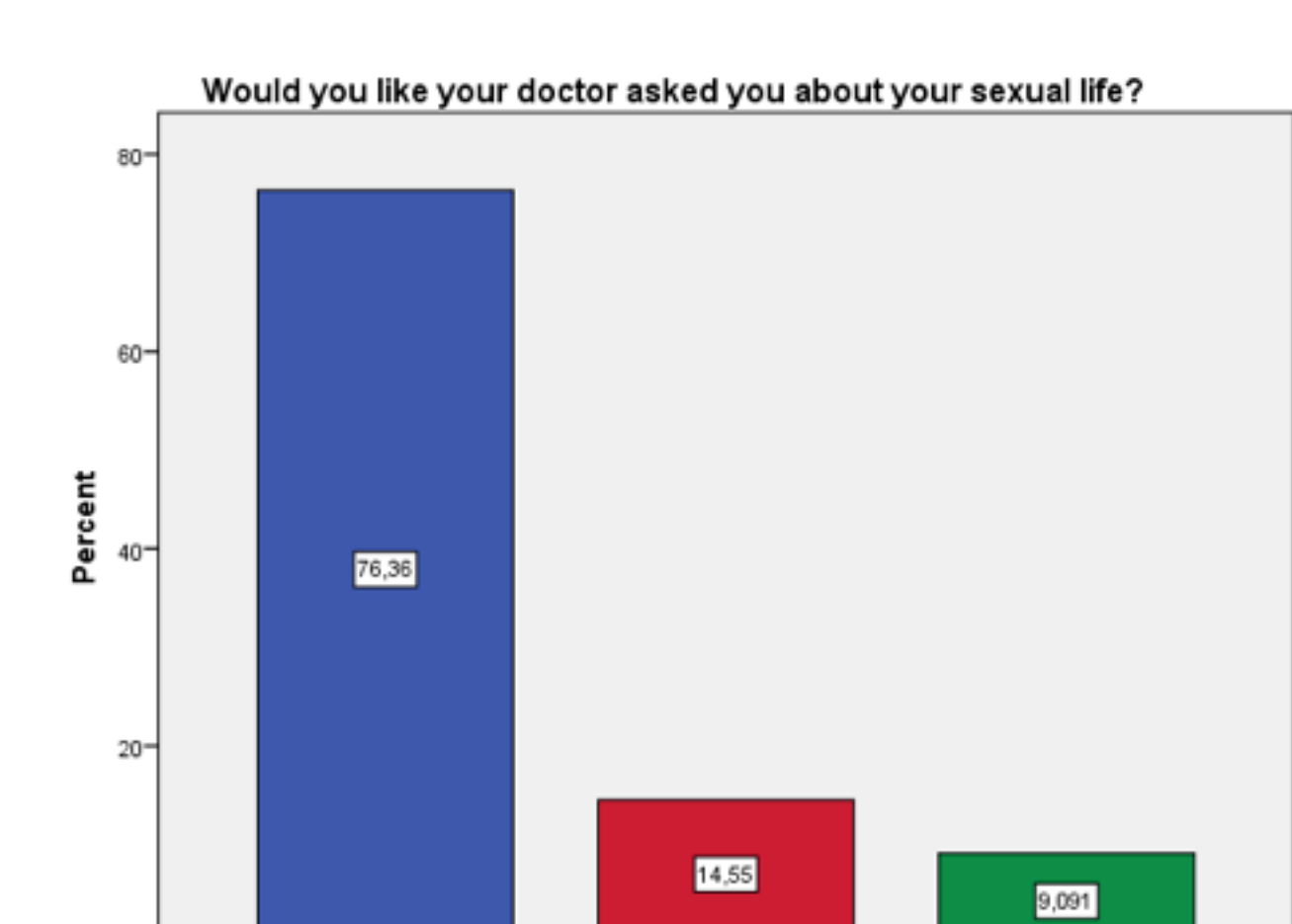
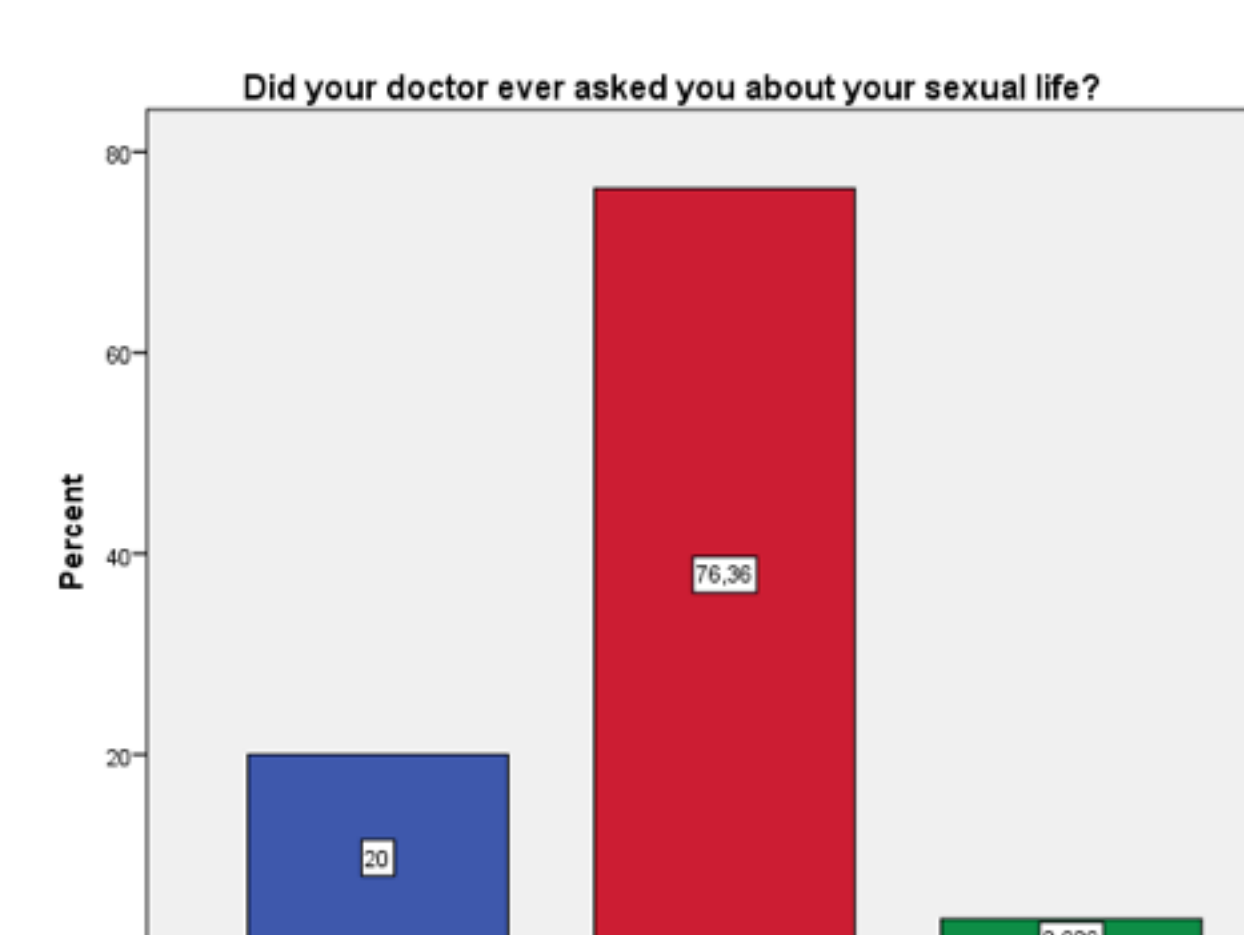
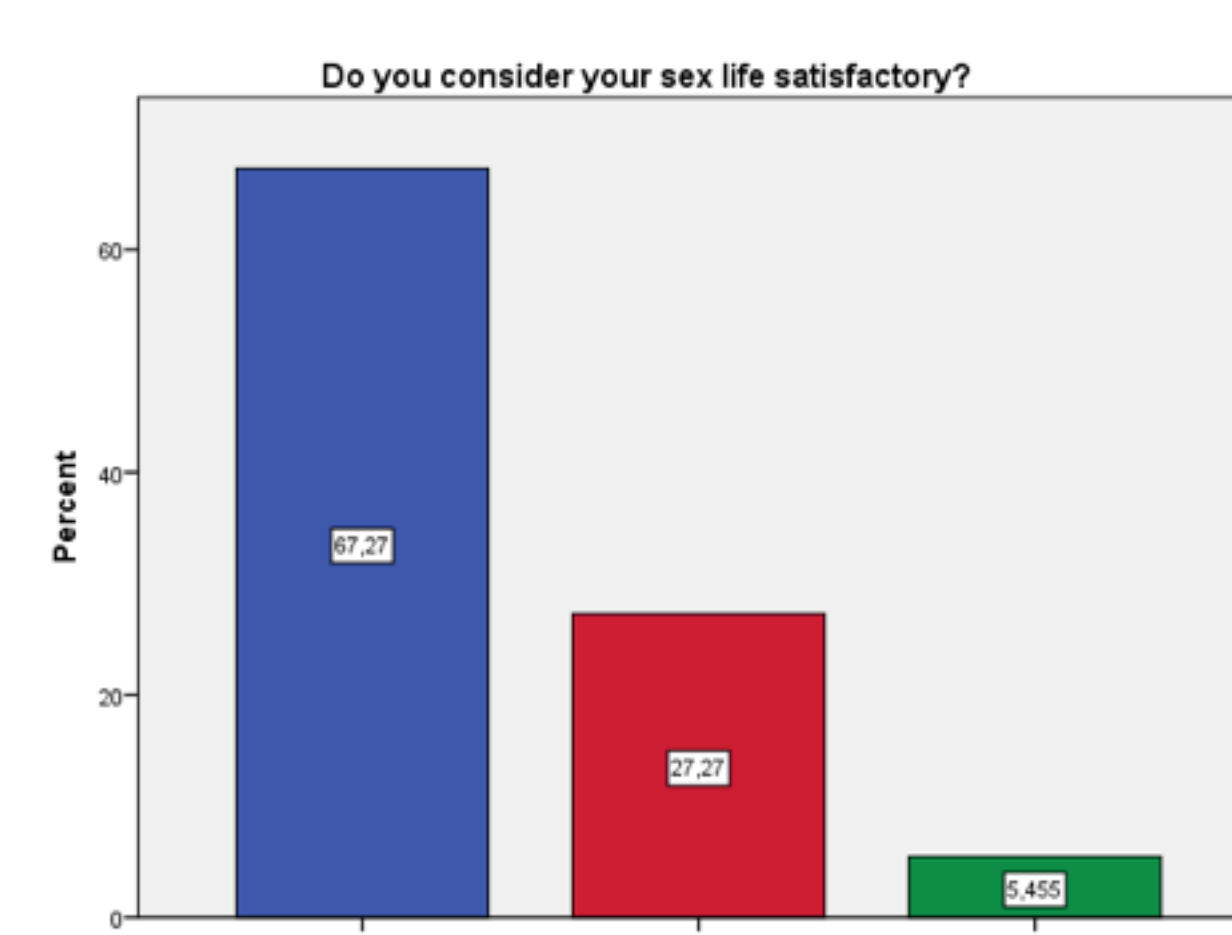
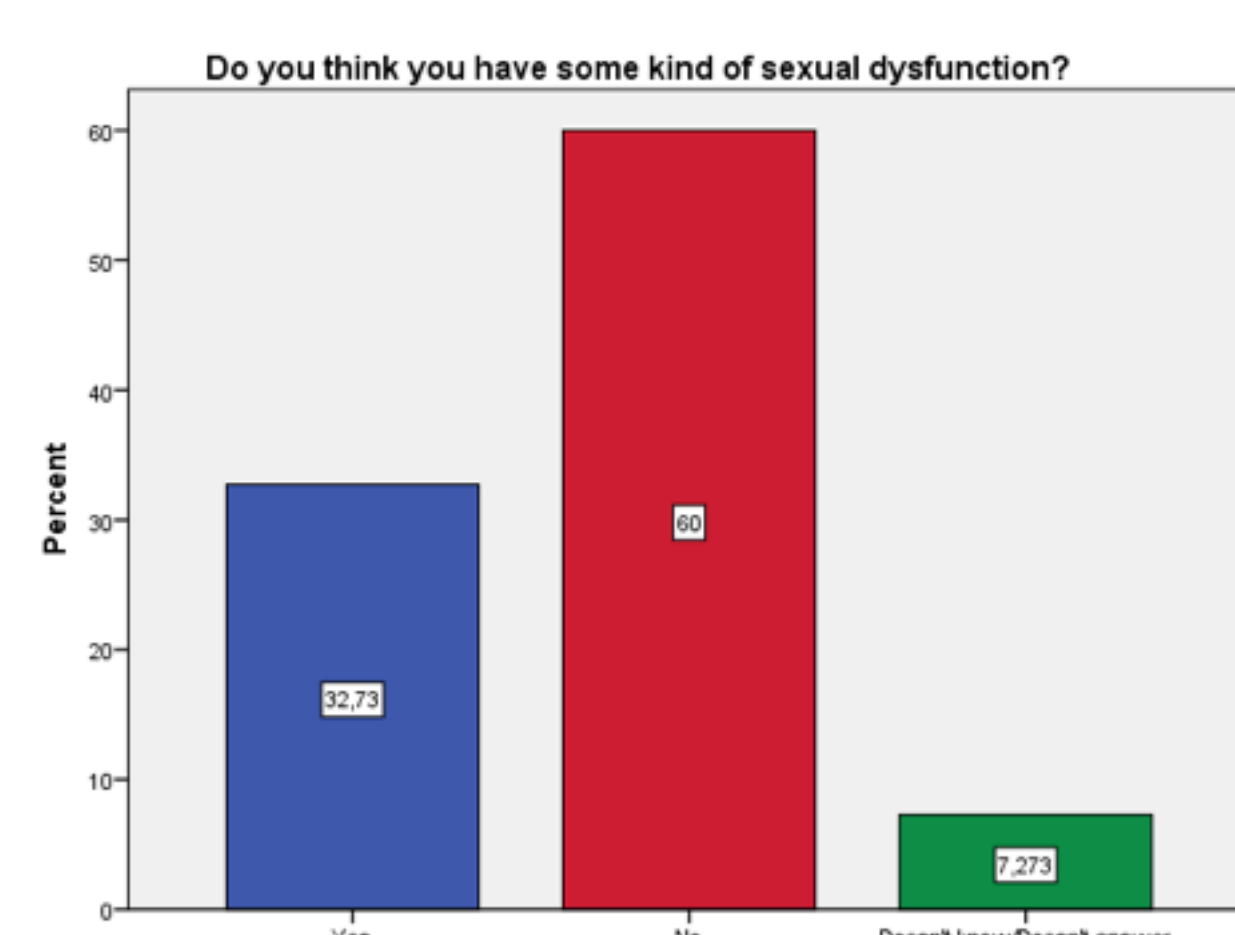


Chart 1 to 4 - Distribution of the answers to the questions asked in percentage.

## Conclusion:

- ✓ The results obtained by our work are compatible with those from the articles we read, with the call out for attention that we, Family Doctors, are underquestioning our patients about their sexual life.
- ✓ According to the literature, the prevalence of sexual dysfunction is about 50%, which goes above our result of 32,7% of men who consider to have sexual dysfunction in this USF.
- ✓ It's a role of the Family Doctor to be aware of our patients well-being in all its dimensions, including the sexual life. So, we have to stop thinking that asking our patients about that will get them uncomfortable or embarrassed (or are we the ones who get embarrassed?) and question them because, as our work shows, they want us to.
- ✓ Questioning is the only way to avoid under diagnosis in this kind of pathology.

## Bibliography:

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