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Screening for metabolic syndrome and testosterone deficiency in patients with erectile dysfunction: results from the first UK prospective study.

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**Abstract:** **OBJECTIVE:** To screen patients with erectile dysfunction (ED) for the presence of metabolic syndrome (MetS), testosterone deficiency and cardiovascular (CV) risk factors, in a secondary referral centre in the UK, as men with ED have a high incidence of CV risk factors that might amount to MetS, with obesity, increased risk of coronary heart disease and type II diabetes; testosterone deficiency has also been associated with both ED and MetS.

**PATIENTS AND METHODS:** We assessed 124 men presenting with ED between March 2007 and August 2008. Data were collected prospectively for patient demographics, risk factors associated with MetS, and hypogonadism. MetS was assessed using the National Cholesterol Education Program Adult Treatment Panel III Criteria 2005 (based on three or more of five criteria: waist circumference, high triglycerides, low levels of high-density lipoprotein cholesterol, hypertension and impaired glucose tolerance). **RESULTS:** The mean (range) age of the men was 50 (16-76) years; 50 of 124 (40%) patients had MetS and 27% had hypogonadism. The latter was also associated with a low testicular volume and decreased libido. Ninety-seven patients (82%) were either overweight or obese, and 64 (52%) were current or ex-smokers. **CONCLUSIONS:** Our audit confirms a high incidence of MetS and hypogonadism in patients with ED in the UK. We recommend routine screening for CV risk factors, MetS and testosterone deficiency in all patients in the UK with ED