

Is obesity correlated with sexual function in young males?

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Abstract

The study investigated the correlation between obesity and sexual function in young males. It was a cross-sectional study in an unselected consecutive sample of military males aged < 28 years old attending to the Navy Recruit Training Center. There were 772 subjects included in the study exclusive of co-morbidities and not having engaged in sexual intercourse. All men underwent a detailed health examination including physical assessment and medical history taking. Obesity was assessed by the anthropometric means including BMI (body mass index), WC (waist circumference) and WHR (waist-to-hip ratio). All subjects were categorized for four groups by increasing order according to each anthropometric indicator (quartiles method). The clinic sexual function was evaluated with the scale of International Index of Erectile Function-5 (IIEF-5) score. There was no statistical difference of IIEF-5 score between smoking and non-smoking groups (t-test, $P= 0.422$). According to the ANOVA test, only the anthropometric indicator of WC showed statistically significant correlation with IIEF-5 severity ($P= 0.032$). A possible explanation was that the systemic effect of obesity and smoking would take place while combined with the process of aging.