

# Erectile Dysfunction May be a Marker for Diabetes in Younger Men

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REVIEWED BY PETER SUN, MD

**M**en with erectile dysfunction were more than twice as likely to have diabetes as men without erectile dysfunction, according to a study in *The Journal of Urology*.

Peter Sun, MD, from the Lilly Research Laboratories in Indianapolis, and colleagues examined whether erectile dysfunction can be used as an observable early marker of diabetes. The investigators used a nationally representative managed care claims database from 51 health plans and 28 million members in the United States to conduct a retrospective cohort study. The study compared the prevalence rates of diabetes between men with erectile dysfunction (285,436) and men without erectile dysfunction (1,584,230) between 1995 and 2001.

## ERECTILE DYSFUNCTION AND THE LIKELIHOOD OF DIABETES

The investigators used logistic regression models to isolate the effect of erectile dysfunction on the likelihood of a man having diabetes with adjustment for age, region and seven concurrent diseases, they wrote.

The diabetes prevalence rates were 20.05% among men with erectile dysfunction and 7.5% among men without erectile dysfunction, they found. When adjustments were made for age, region and concurrent diseases, the odds ratio of having diabetes between men with erectile dysfunction and men without was 1.60

The diabetes prevalence rates were 20.05% among men with erectile dysfunction and 7.5% among men who did not have erectile dysfunction.

( $P < .0001$ ). With the adjustment for regions and concurrent diseases, the investigators found the age-specific odds ratios ranged from 2.94 ( $P < .0001$ , age 26 to 35) to 1.05 ( $P = .1717$ , age 76 to 85).

## OBSERVABLE MARKER

Dr. Sun and colleagues concluded that men with erectile dysfunction were more than twice as likely as men without erectile dysfunction to have diabetes. "Erectile dysfunction is an observable marker of diabetes, strongly so for men aged  $\leq 45$  years and likely for men aged 46 to 65 years, but it is not a marker for men aged  $> 66$  years," they wrote. ■

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Sun P, Cameron A, Seftel A, et al. Erectile dysfunction — an observable marker of diabetes mellitus? A large national epidemiological study. *J Urol*. 2006;176:1081-1085.