

Pattern of Use and Effect of Sexual Enhancers Among a Sample of Egyptian Men

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Date received: 4/5/2010
Date accepted: 7/7/2010

Background: Since the discovery of Sildenafil citrate, a wide use of sexual enhancers is noticed among different people, some of them are suffering sexual dysfunctions and others are not. Many people are using it without medical evaluation or advice, hence a lot of consequences are expected.

Aim of the work: To estimate the pattern of sexual enhancers use in a sample of Egyptian males, and its effect on their sexual life.

Subjects & Methods: The participants in the present study were taken randomly from general population in Governorates Cairo, Giza, Qaliobeia and Damietta, at the period from April, 1st, 2009 to December, 31st, 2009. A number of 2766 persons completed the questionnaire designed to inquiry about personal data, sexual enhancers used and response to it. Of all included subjects users of sexual enhancers represent 16.6%.

Results: The most common dose was 50mg sildenafil citrate/use; and duration of use was mostly more than 5 years in 27%; and the common frequency was once/week (40.1%); and results were excellent, very good and good in 6.3%, 14.8% and 39.3% respectively; 10.2% of husbands

tell their wives about enhancers use; the most common side effect was flushing (10.0%); 14.4% had normal sexual action without enhancers; 46.6% know about enhancers from pharmacists; 86.1% of cases obtain it from pharmacy; 18.7% of cases were compelled to take enhancers by wives. Enhancers cost between LE 101- 200 in 28.3%; 2.8% of cases use more than one type of enhancers; 35.7% of cases use other beverages or foods with enhancers; the cause of enhancers use was erectile dysfunction in 57.1% of cases, 7.4% of wives had sexual problems before enhancers; 58.2% were satisfied with their use and 45.3% of wives had better sexual performance; 42.3% of cases had other therapies before enhancers; and 65.4% of cases decide to continue use and 72.3% use enhancers in a continuous manner.

Conclusion: A considerable number of Egyptian men (representing 16.6% of the general population) are using sexual enhancers, mostly sildenafil, some of them to treat already present erectile dysfunctions and others use it to improve the quality of act. Husbands and wives are satisfied with the effects of such enhancers and perceives it positively regardless of its side effects about which they know little.

Keywords: Sexual enhancers, Sexual satisfaction.

Abbreviations:

LE: Egyptian Bounds

ED: Erectile Dysfunction

Egypt. J. Psychiatry, Jun 2011; 32(1): 45-53

INTRODUCTION

Erectile dysfunction (ED) is defined as the consistent or recurrent inability of man to achieve or maintain a penile erection sufficient for satisfactory sexual activity (Lue, et al. 2004). Various treatments are available for ED and all should be considered as the restoration of a satisfactory sexual life, and not only rigid erection (Chevret-Méasson, et al. 2009).

Erectile dysfunction (ED) is a highly prevalent disease, as well as a major sexual concern for men (Papaharitou, et al. 2006). The prevalence of ED is increasing with age. The Massachusetts Male Aging Study (MMAS) demonstrated a 40% prevalence of ED in men aged 40 years that increased to almost 70% in men aged 70 years (Feldman, et al. 1994). As the proportion of older people in the population increases, it has been

estimated that the worldwide prevalence of ED will double from 152 million men in 1995 to 322 million men in 2025 (Ayta, et al. 1999). ED is also associated with other conditions such as age, smoking, hypertension, heart disease, diabetes, and as a consequence of radical prostatectomy. Cardiovascular disease (CVD) and ED share common risk factors and reflect endothelial dysfunction (Kostis, et al. 2005).

The availability of phosphodiesterase type 5 inhibitors (PDE5i) has resulted in increasing numbers of patients seeking medical help for erectile function problems, but has also altered dramatically the medical management of ED (Steers, et al. 2001). Sildenafil was the first available PDE5i that revolutionized ED treatment (Goldstein, et al. 2005). The immediate objective of