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Sexual dysfunction among Sri Lankan adults - the effect of diabetes mellitus;  
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Abstract : Background: We aimed to determine the prevalence of sexual dysfunction and its association with diabetes among Sri Lankan adults. Methods: This was a cross sectional study conducted in seven of the nine provinces using a multistage stratified cluster sampling technique. Data from 4485 adults above 18 years were collected. A 75g OGTT was performed on non-diabetic subjects. Data on sexual function and other socio-demographic variables were collected using an interviewer administered questionnaire with adequate privacy during data collection. Data were analysed using SPSS. Results: Out of the 4485 participants, 39.5% were males; mean age 46.1 (SD 15.1) years. 2597 admitted to be sexually active. The crude prevalence of diabetes was 12%, (n=536). Among the 1109 sexually active males 73 (6.6%) had a sexual problem, the commonest being impotence (5.1 %).Among the 1488 sexually active females 117 (7.9%) complained of a sexual problem. 76 (5.1 %) of them had dyspareunia. Reduced libido was significantly higher in male and female diabetic individuals ( $P < 0.001$ ,  $p = 0.004$ ) compared to others. Impotence ( $p < 0.001$ ), lack of lubrication in females ( $p = 0.024$ ), lack of ejaculation ( $p < 0.001$ ) and delay or lack of orgasm in females ( $p = 0.006$ ) were also significantly higher in the diabetic population compared to those without diabetes. All the forms of sexual dysfunction remained significantly associated with diabetes when controlled for age. Conclusion: The prevalence of sexual dysfunction was significantly higher in males and females with diabetes in Sri Lanka irrespective of the age. The underlying psycho-social morbidity needs evaluation and management.