A study to assess the incidence of sexual side effects following surgical treatment of BPH in Indian population.

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Abstract

Aim: to assess the incidence of sexual side effects following surgical treatment of BPH in Indian population.

Materials and methods: The present observational study was conducted in the department of Urology, Indira Gandhi Institute of Medical Sciences Sheikhpura, Patna, from January 2018 - June 2019 among 120 patients diagnosed with BPH. Patients diagnosed with symptomatic BPH and willing for surgical treatment were included in this study. Patients received either of the following surgical treatment: TURP/ open prostatectomy to treat BPH.

Results: Out of total 120; majority 105 patients treated with TURP and rest 15 patients with open prostatectomy. Majority of the patients, who underwent TURP and open prostatectomy were in the age group between 60-69 yrs. Only 2 out of 15 (18%) patients treated with open prostatectomy complained of erectile dysfunction (ED). All the 8 patients who had sexual intercourse complained of retrograde ejaculation.

Conclusion: This study suggests that before offering surgical treatment - TURP/ open prostatectomy, physician should discuss possible sexual side effect of these procedure. Otherwise relief from LUTS will not be translated into satisfactory improvement in QoL. LUTS affects only one individual while sexual dysfunction affect couple.

Keywords: TURP, open prostatectomy, Benign prostatic hyperplasia, sexual dysfunction

Introduction

Benign prostatic hyperplasia (BPH) is a common condition in adult men, with a tendency to progress with aging and which, in most cases, causes lower urinary tract symptoms (LUTS), with a prevalence of around 30% in individuals over 50 years. It leads to important impacts on physical and mental health.¹² The treatment of LUTS due to infravesical obstruction secondary to BPH is constantly evolving. Therapeutic modalities for moderate and severe conditions begin with pharmacological treatment and may progress to minimally invasive, laparoscopic, robot-assisted or open surgical alternatives.³

Until recently, monopolar transurethral resection of the prostate (M-TURP) was considered a gold standard for the treatment of prostates with a volume lower than 80 cm³ due to its effectiveness and low cost.⁴⁻⁷ However, this established technique is associated with some relevant complications, such as urethral stenosis, bleeding, bladder neck sclerosis and especially post-TURP syndrome, due to the need for hypotonic infusion fluid to avoid electrical conduction. Post-TURP syndrome consists of water intoxication alongside hyponatremia, and can lead to the occurrence of cerebral edema.⁸
The incorporation of bipolar technology (B-TURP) represents a significant evolution in the TURP technique in recent years. B-TURP presents a considerable advantage given the fact that it can be performed with normal saline solution, with excellent results in relation to a greater volume of resection within the same surgical time.\textsuperscript{9,10}

Despite the emergence of new technologies, the standard treatment for large adenomas is still open simple prostatectomy (SP), due to the limited availability of these technologies in care centers and the advantage that open access offers when additional joint treatment is needed, such as cystolithotomy and bladder diverticulectomy. However, we know that SP is invasive and presents higher morbidity, with higher rates of bleeding and blood transfusion ranging from 7 to 14\text%, in addition to prolonged hospitalization time and bladder catheterization in the postoperative period, with higher occurrence the greater the prostate volume.\textsuperscript{11-13}

A recent multinational survey of more than 14000 men between the ages of 50 and 80 year indicated that problems with all aspects of sexual function are strongly correlated with the severity of LUTS.\textsuperscript{14} The severity of LUTS may be considered a risk factor for sexual dysfunction, similar to diabetes, hypertension, and depression. Sexual disorders and their bothersomeness have been found to be strongly correlated with both age and the severity of LUTS, independent of the presence of other comorbidities.\textsuperscript{15} All the four domains of sexual function—erection, ejaculation, orgasm and libido have been studied and reported in western literature. This study has been undertaken to assess the incidence of sexual side effects following surgical treatment of BPH in Indian population.

\textbf{Materials and Methods}

The present observational study was conducted in the department of Urology, Indira Gandhi Institute of Medical Sciences Sheikhpura, Patna, from January 2018 - June 2019 among 120 patients diagnosed with BPH.

Ethical consideration:
The study protocol was approved by the institutional ethics committee. Each study participant provided written informed consent before participation in the study. The study was conducted in accordance with the approved protocol, International Conference of Harmonization – Good Clinical Practice guidelines, principles that have their origin in Declaration and Helsinki.

\textbf{Inclusion criteria:}
Patients diagnosed with symptomatic BPH and willing for medical treatment were included in this study.

\textbf{Exclusion criteria:}
Patients with pre-existing sexual dysfunction were excluded from the study.

\textbf{Sample size:}
Reference values are used to describe the dispersion of variables in individuals. They are usually reported as population-based reference intervals (RIs) comprising 95\text% of the population. International recommendations state the preferred method as a priori nonparametric determination from at least 120 reference individuals. So at least 120 men diagnosed with BPH were included in the present study.

Initial evaluation: All the patients with complaints suggestive of LUTS due to BPH were thoroughly evaluated with History & Physical examination, DRE & Focused neurological
examination, Baseline blood parameters, USG KUB, Uroflow & PVR, International Prostate Symptom Score (IPSS), (MSF) -4 questionnaire & International Index of Erectile Function (IIEF) questionnaire, pre-treatment i.e. at OPD visit/at the time of admission.

Treatment procedures
Patients received surgical treatment (TURP/ open prostatectomy) to treat BPH.

Follow-up – after 3 months
1. LUTS evaluation with IPSS Scoring16
2. Sexual function assessment using male sexual function (MSF) -4 questionnaire and IIEF -5 questionnaires.17,18

Results

Table 1: Distribution according to surgical treatment given

<table>
<thead>
<tr>
<th>Treatment</th>
<th>No of patients</th>
<th>% age</th>
</tr>
</thead>
<tbody>
<tr>
<td>TURP</td>
<td>105</td>
<td>87.5</td>
</tr>
<tr>
<td>Open Prostatectomy</td>
<td>15</td>
<td>12.5</td>
</tr>
<tr>
<td>Total</td>
<td>120</td>
<td>100%</td>
</tr>
</tbody>
</table>

Table 2: Age wise distribution of the study subjects

<table>
<thead>
<tr>
<th>Age group</th>
<th>TURP</th>
<th>Open Prostatectomy</th>
</tr>
</thead>
<tbody>
<tr>
<td>40-49</td>
<td>5 (4.8)</td>
<td>0</td>
</tr>
<tr>
<td>50-59</td>
<td>30 (28.6)</td>
<td>7 (46.6)</td>
</tr>
<tr>
<td>60-69</td>
<td>70 (66.7)</td>
<td>8 (53.4)</td>
</tr>
<tr>
<td>Total</td>
<td>105 (100.0)</td>
<td>15 (100.0)</td>
</tr>
</tbody>
</table>

Table 3: Comparison of the sexual side effects of surgical treatment

<table>
<thead>
<tr>
<th>Treatment</th>
<th>No. of patients</th>
<th>ED</th>
<th>EjD</th>
<th>Orgasm disorder</th>
<th>Sexual interest disorder</th>
</tr>
</thead>
<tbody>
<tr>
<td>TURP</td>
<td>105</td>
<td>18%</td>
<td>100%</td>
<td>21.42%</td>
<td>15.23%</td>
</tr>
<tr>
<td>Open Prostatectomy</td>
<td>15</td>
<td>18%</td>
<td>100%</td>
<td>25%</td>
<td>33.33%</td>
</tr>
</tbody>
</table>

Discussion
In the present study the predominant age group is 60-69 yrs. This age characteristic is comparable to the studies in the literature. The elderly age may be significant, because age as such can have a bearing on sexual dysfunction as revealed in the Cologne Male Survey.19

The sexual function too showed variation among different age groups. The factors, the erectile dysfunction and ejaculatory dysfunction were more common in the age group of 60-69, compared to other age groups. May be because of underlying organic changes already present predisposing them to sexual dysfunction after use of drugs. More patients in the age group 60-69 were significantly bothered by sexual dysfunction. This may be due to the association of sexual dysfunction with increasing age.

TURP
All patients who came for follow up after TURP-around 20% of patients complained of ED. The incidence of ED was more in 60-69 years age group this may be due to the thermal injury to cavernosal nerves caused by TURP.

The present investigation reported that 13-14% risk of ED was also associated with TURP with a study by Taher et al. All the 70 patients reported dry sexual intercourse indicating ejaculatory dysfunction post operatively. This is also well explained in the literature. Recent randomized controlled trials have reported a 62–75% incidence rate of EjD, specifically retrograde ejaculation, among patients undergoing TURP. This is consistent with the 65% reported by the 2018 AUA BPH guideline panel members.

In studies comparing monopolar and bipolar TURP, EjD was in the 50% to 70% range. Although this was reproducible across studies, it is likely lower than the real life experience, wherein most providers quote a rate closer to 90% for patients in the preoperative counseling.

Open prostatectomy
Only 2 out of 15(18%) patients treated with open prostatectomy complained of erectile dysfunction (ED). Tubaro A et al reported in their study that erectile dysfunction occurred in 3% to 5% of patients undergoing a simple prostatectomy. It was more common in older men than in younger men.

In the 1994 clinical practice guideline for BPH, the rate of reported ED after open prostatectomy was 16.25% for retropubic and 17.7% for the transvesical technique. Dry sexual intercourse was reported by all the 8 patients who had sexual intercourse indicating ejaculatory dysfunction post operatively. Retrograde ejaculation occurred in 80% to 90% of patients after surgery.

Majority of patients (62.5%) in the 60-69 years age group didn’t have interest in sex. Overall one third of all the patients had very weak interest in sex or no interest in sex. Among 15 patients, only 8 could have sexual intercourse. 2 (25%) of them couldn’t achieve orgasm.

Conclusion
The present study concluded that TURP leads to a deterioration of sexual function-absence of ejaculation in 100% of the patients. Loss of libido, erectile dysfunction as well as orgasm problems were also observed in varying proportions. After open prostatectomy patients complained of decreased interest in sex, poor erection as well as orgasm disorder. All the patients who had sexual intercourse complained of retrograde ejaculation.

References


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Received: 19-10-2020 // Revised: 07-11-2020 // Accepted: 23-11-2020