

Study UNICO: Perception of Urologists and Andrologists in Spain about the use of Sildenafil Oral Suspension in Patients with Erectile Dysfunction

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DESCRIPTION

Various Erectile Dysfunction (ED) impacts one out of every five adult men in Spain, according to data from different studies. In 60% of instances, the underlying cause of ED is attributed to organic pathologies, with coronary disease being a predominant factor. In fact, ED is considered an independent predictor of future cardiovascular events. Other causes of ED are stress, anxiety, or marital conflicts. The first-line treatment for ED is phosphodiesterase-5 (PDE-5) inhibitors. Currently, sildenafil is the drug with the most clinical experience and the strongest and most solid scientific evidence since its introduction in 1998.

The aim of this study was to accurately describe the perception of uroandrologists regarding ED patients who are using sildenafil oral suspension, considering the first data that clinicians have collected about this innovative pharmaceutical form. Descriptive observational study of national scope, epidemiological type with the population as the unit of study. The source of the data was the knowledge and experience of the specialists, collected through a 22-question questionnaire in online format that allowed the aggregation of information on the patients visited. Thirty specialists in urology and/or andrology were included, with a mean experience of 16.8 years (± 9.5). Regarding aggregate data from a total of 180 patients, 33.4% had mild ED, 40.9% had moderate ED and 24.9% had severe ED. A total of 73.6% were >50 years old and had experienced symptoms for almost a year before consulting a specialist. The predominant etiology was organic, with a high prevalence of cardiovascular disease in 57.4% of patients, with hypertension being the most common in 68.9% and diabetes in 24.1%. Mental health problems were present in 16.4% of the patients.

The main treatment prior to sildenafil suspension was the use of sildenafil tablets in 80% of the cases. The primary rationale

behind selecting sildenafil oral suspension lay in its simplicity for dose adjustment. The specialists participating in the study considered that 73.4% of the patients responded satisfactorily. The reasons for non-response were severity of ED, failures in the correct administration of the medication, and lack of adherence. The possibility of adjusting the dose of sildenafil oral suspension according to the patient's needs and circumstances was also largely highlighted as the main advantage of the product. All specialists rated the perception of treatment effectiveness as very good (46.7%) or good (53.3%) and safety and tolerability as very good (73.3%) or good (26.7%). The specialist described patients' satisfaction with their sexual relationship after use of the product as very good (30%) or good (70%).

Treatment for erectile dysfunction depends on its underlying cause. It may include lifestyle changes, such as improving diet and exercise, managing stress, and reducing alcohol or substance abuse. In some cases, medication or medical interventions like vacuum erection devices, penile implants, or surgery may be recommended. Consulting with a healthcare provider is essential to determine the most appropriate treatment for an individual's specific situation.

CONCLUSION

This study showed that urology and/or andrology specialists consider that most patients with ED achieve a high degree of satisfaction with sildenafil oral suspension. It's important for men experiencing persistent erectile dysfunction to seek medical advice and not be embarrassed to discuss the issue with a healthcare professional, as there are effective treatments available that can help improve sexual function and overall quality of life. Highlighting, as the main advantage of the treatment, the possibility of adjusting the dose according to the patient's needs and circumstances.

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