

# Barriers to and Evaluation of Sexual Health Among Adolescent Young Adult Males with Cancer



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## INTRODUCTION

- Erectile dysfunction (ED) is currently on the rise in adolescent young adult (AYA) males.<sup>1</sup>
- The rising trend of ED in the AYA population has been explored in several subgroups including those with previous colorectal cancer, and adult entertainers.<sup>2,3</sup>
- Sexual health, however, has never been evaluated in those young males who have been diagnosed with cancer and are currently undergoing or recently completed treatment of any kind.

### AIM:

- To assess the sexual health of AYA males with cancer who are undergoing or recently completed treatment of any kind
- To evaluate the potential patient barriers to obtaining sexual health information of AYA males diagnosed with cancer

## METHODS

- Two validated surveys – the International Index of Erectile Function (IIEF-6) and the Masturbation Erection Index (MEI) were distributed in clinic to AYA male patients who met eligibility criteria.
- Eligible subjects included AYA males aged 18-39 who are currently diagnosed with a cancer of any kind who are scheduled to begin, are actively receiving, or have recently completed cancer treatment within the last 6 months
- In addition to the surveys we acquired baseline characteristics and type of treatment.
- If a patient was unable to complete a survey, the reason for failure to complete was obtained.

**Although sexual health is insufficiently addressed in adolescent young adult males with cancer, it appears that they have good erections both during sexual intercourse and masturbation.**

## RESULTS

- Total of 22 out of 72 (30.6%) eligible patients completed the surveys
- 14 of the 22 (63.6%) were sexually active with a partner
- Median age was 31 yo (IQR 25.60 to 34.50)

	Median	IQR
IIEF Score	27.5	4.25 to 29
MEI Score	27	25 to 30
IIEF (SA pts)	29	27.25 to 30

- When evaluating the reasons for why subjects did not participate, the 3 most common reasons were:
  - 70% (35/50) declined to participate
  - 16% (8/50) survey not provided to patient due to Oncologist discomfort discussing sexual health
  - 6% (3/50) missed appointment due to hospital admission

## CONCLUSIONS

- Only 30.6% of AYA men with cancer who were eligible for participation ultimately filled out the sexual health questionnaires
- Out of those that completed the surveys, however, almost all have very good erections both during intercourse and during masturbation despite their diagnosis of cancer and current therapy
- We need to continue to improve education amongst Oncologists and advanced practice providers so that we can better address the sexual health among AYA patients with a cancer diagnosis

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