

## **PRESS RELEASE**

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### **Erectile difficulties are more common than rapid ejaculation among Croatian men**

ZAGREB – Erectile difficulties are more common problem than rapid ejaculation, shows a study of sexual health of men in Croatia.

The survey study published in the Croatian Medical Journal included a representative sample of men older than 35 years. Out of 615 participants who were sexually active in the preceding month and gave the valid answers, 12.5% reported having erectile difficulties, and 9.5% rapid ejaculation. Additional 26,8% and 26.3% of men were classified as being at risk for erectile difficulties and rapid ejaculation, respectively.

The prevalence of erectile difficulties increased with age of participants, and the rates of rapid ejaculation were highest in the youngest (35-39 years) and the oldest (70-79 years) age groups. Obese men were over 4 times more likely to have erectile difficulties and 20 times more likely to have rapid ejaculation than men with normal body weight. Holding traditional sex attitudes also increased the risk. On the other hand, moderate physical activity, higher education level and the quality of relationship were found to be preventive factors.

Respondents with erectile difficulties and rapid ejaculation reported significantly lower sexual satisfaction than men with no difficulties. However, among men with erectile difficulties, 49% stated that they were “rather satisfied” with their sex life, while 3% said that they were

“very satisfied“. Similarly, 61% of respondents with rapid ejaculation were “rather satisfied” and additional 16% “very satisfied” with their sex life.

The limitation of the study was its bias toward more educated men, caused by the fact that less educated individuals more often refused to participate in the study. Another source of bias was significantly underreported rapid ejaculation rate when female interviewers were collecting data.

According to the authors, this is the first national study on male sexual health disturbances carried out in a transitional European country.

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