

Psychosexologist and Andrologist : a Preventive Intervention for Young Males (Androlife Experience in Italy)

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Objective

The “Androlife” campaign has been organized by the Italian Society of Andrology and Sexual Medicine (SIAMS) with the aims to:

- promote the primary prevention of the reproductive tract pathologies in males
- inform young man of the importance of check risk factors of male infertility
- sensitize public awareness about male reproductive health
- collect data on lifestyle, habits and general health status of young males aged 18 to 30 years
- diagnose possible andrological pathologies

ANDROLIFE

UN RAGAZZO SU TRE È A RISCHIO DI INFERTILITÀ
Campagna Nazionale per la Prevenzione
dell'Infertilità Maschile nei Giovani

DAL 17 AL 23 MARZO 2012

con il patrocinio di:

APS
Ministero della Sanità
Coni

PRENOTA LA TUA VISITA
GRATUITA
al numero verde
800 100 122

www.androlife.it

17-23 marzo '12

INFORMIAMO I GIOVANI dell'importanza di prevenire i fattori di rischio di infertilità maschile, facilitando l'accesso al consulto medico.



15th Congress of the
European Society for Sexual Medicine
6 – 8 December 2012 > Amsterdam, The Netherlands

DESIGN AND METHOD

- During the Androlife campaign in March 2012, in Turin (Italy) a team of andrologists and clinical psychosexologists performed andrological and psychosexological consultations to young males aged eighteen to thirty.
- Both consultations were free of charge
- Andrologists used a standard case history to collect personal and medical data. A psychosexological consultation was suggested.

PSYCHOSEXOLOGICAL CONSULTATION DESIGN AND METHOD

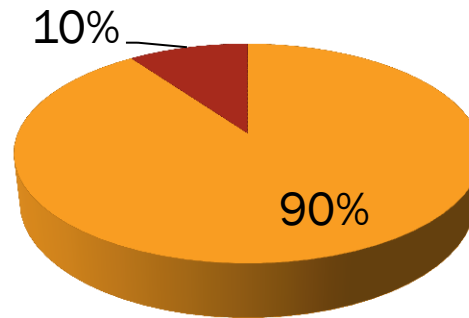
The psychosexual consultation included a semi-structured interview with the possible use of the International Index of Erectile Function-5 test.

The average duration of each consultation was 45 minutes.

RESULTS

- o 192 young males underwent clinical andrological evaluation
- o 19 of them accepted to undergo the psychosexological consultation

- Andrological Evaluation only
- Andrological and Psychosexological Consultation

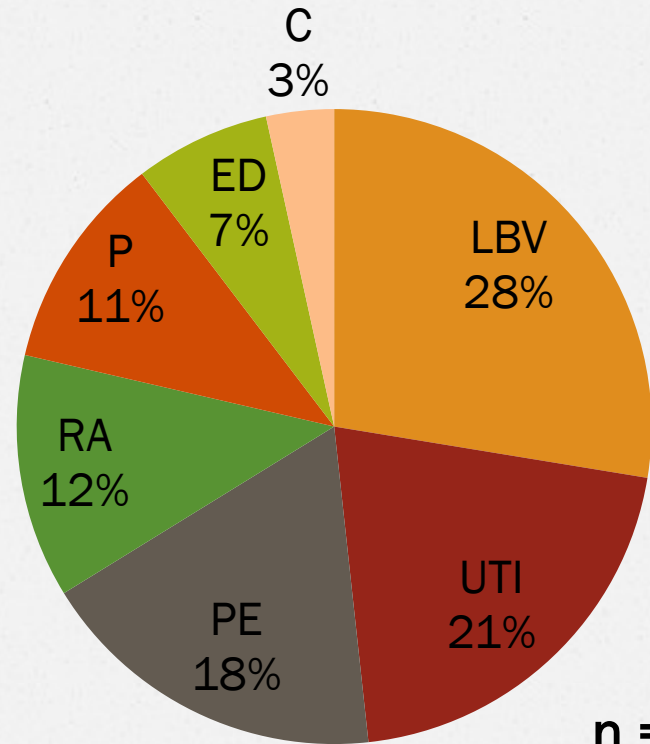


ANDROLOGICAL EVALUATION RESULTS

The following previously unknown andrological disorders were detected:

- 20% of subjects had left or bilateral varicocele (LBV)
- 15% past or present genital-urinary tract infections (UTI)
- 13% premature ejaculation (PE)
- 9% reduced androgenization (RA)
- 8% phymosis (P)
- 5% erectile dysfunction (ED)
- 2.5% cryptorchidism (C)

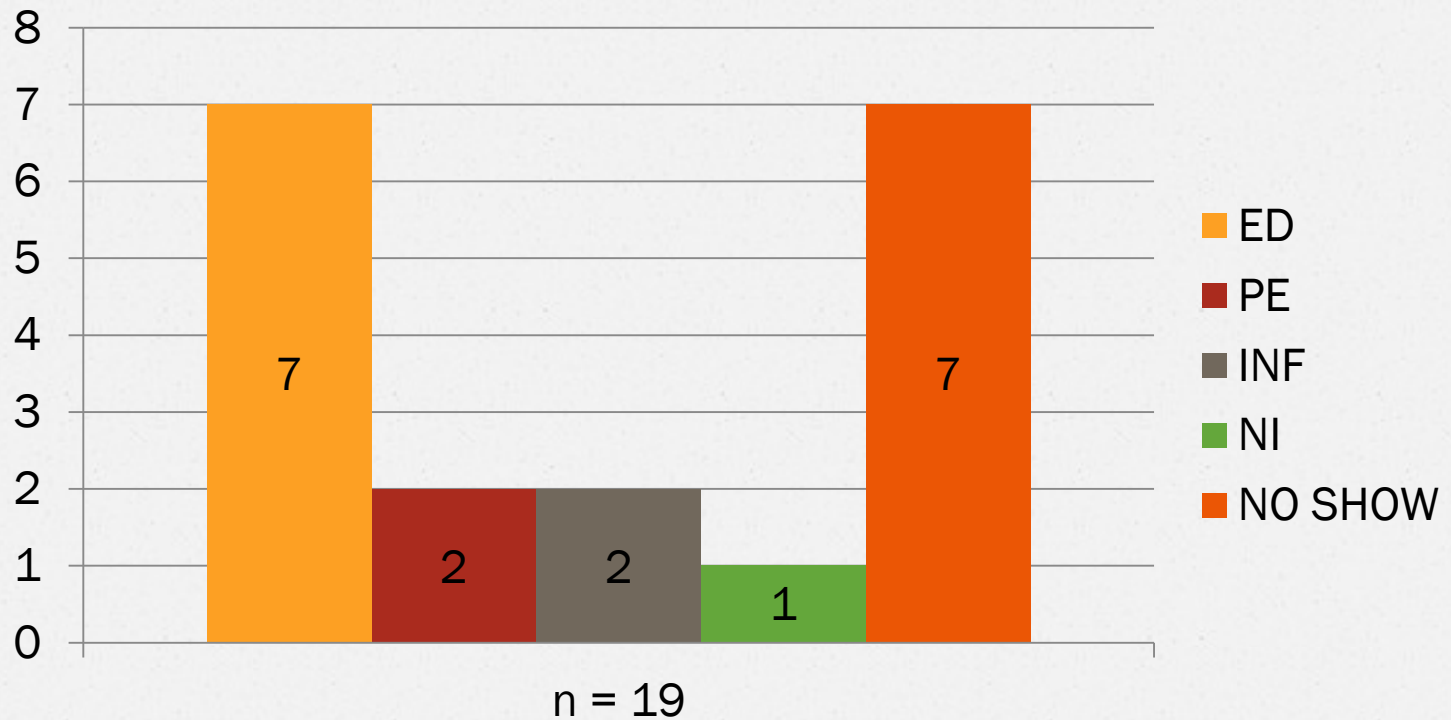
Specific clinical work-up was therefore indicated.



PSYCHOSEXOLOGICAL CONSULTATION

- o As said at the end of the clinical evaluation 19 (10%), young males accepted to undergo the psychosexual consultation as well.
- o The main reasons for consultation were:
 - o 7 subjects ED
 - o 2 subjects PE
 - o 2 subjects infertility
 - o 1 subject no previous sexual intercourses
- o 7 subjects **did not attend** psychosexual consultation the following day
- o The main diagnosis was anxiety

PSYCHOSEXOLOGICAL CONSULTATION



PSYCHOSEXOLOGICAL CONSULTATION CONCLUSIONS

When appropriately informed and sensitized young males feel the need to take care of their sexual health addressing to qualified professionals, realizing how partial the information they receive through the media are.

The most frequent diagnosis was anxiety

Poor or incorrect information is the most common cause of anxiety, therefore better advice is essential.

FINAL CONCLUSIONS

The Androlife campaign is an excellent observatory of young male sexual health, allowing to diagnose for the first time andrological disorders in young adults.

Moreover, a combined intervention by andrologists and clinical psychosexologists allows to better respond to the needs of young males who feel the necessity to take care of their sexual health addressing to qualified professionals.

We suggest this combined approach is regularly performed in andrology clinics.

Thanks for your attention

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