DRUG USE, CAFFEINE CONSUMPTION, AND AGE WERE NOT ASSOCIATED WITH ERECTILE DYSFUNCTION IN YOUNG ADULTS

Guilherme Pertinni de Morais Gouveia[1] · Matheaus Oliveira da Costa[1] · Felipe Andrade de Oliveira[1] · Silvana Maria de Macedo Uchôa[2] · Juliana Lenzi[3]

[1] Universidade Federal do Delta do Parnaíba – UFDPar

[2] CONFIE cursos

[3] Centro universitário de Jaguariuna - UniFAJ

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TITLE

Lifestyle Factors Are Not Associated with Erectile Dysfunction in Young Adults: A Cross-Sectional Study

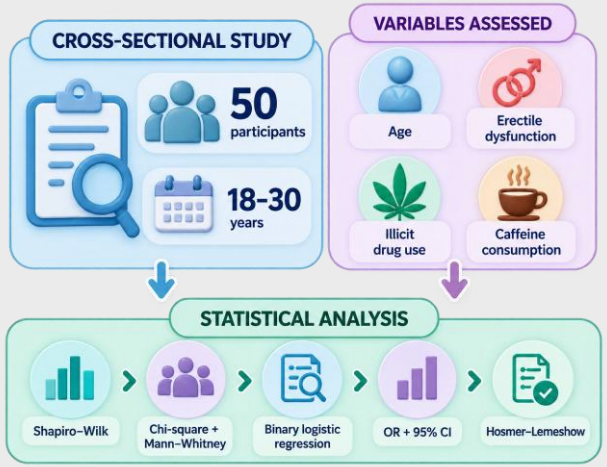
WHY THIS STUDY?

Lifestyle factors may influence erectile function, but their role in young adults remains unclear.

AIM

To investigate whether drug use, caffeine consumption, and age are associated with erectile dysfunction and act as independent predictors in young adults.

WHAT WE DID?



WHAT DID WE FIND?

Table 1. Sample and reported exposures

Characteristic	Result
Participants	50
Age, years	Median 24 [IQR 3]
Erectile dysfunction	22 (44.0%)
Reported drug use	16 (32.0%)
Elevated caffeine consumption	11 (22.0%)

Table 2. Exposure frequency by erectile dysfunction status

Exposure	With ED (n = 22)	Without ED (n = 28)	Between-group *p* value
Reported drug use	6 (27.3%)	10 (35.7%)	0.525
Elevated caffeine consumption	5 (22.7%)	6 (21.4%)	0.912

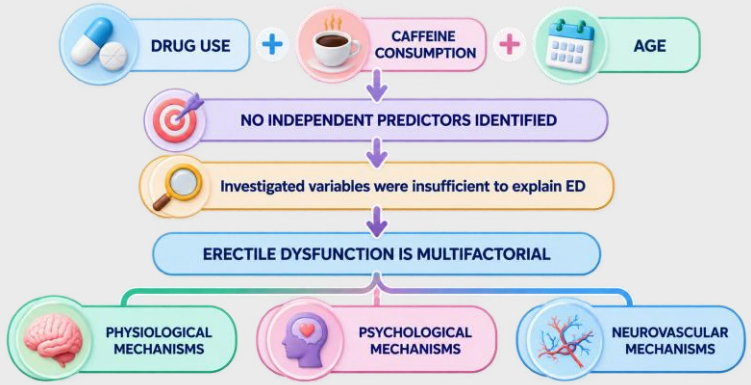
Counts in the two groups follow from the reported percentages and group sizes. ED = erectile dysfunction.

Table 3. Adjusted logistic regression

Variable	Odds ratio	95% confidence interval	*p* value
Age, per year	0.92	0.75–1.12	0.409
Reported drug use	1.49	0.43–5.14	0.527
Elevated caffeine consumption	1.00	0.25–3.97	1.000

Overall classification accuracy was 58.0%. All reported confidence intervals include 1; the exposure estimates are imprecise.

WHAT DOES THIS MEAN?



TAKE-HOME MESSAGE

In young adults, erectile dysfunction may reflect multifactorial mechanisms beyond drug use, caffeine consumption, and age.

REFERENCES

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Xi, Y.-J., Feng, Y.-G., Bai, Y.-Q., (...), Wang, J.-Q. (2024) Genetic prediction of modifiable lifestyle factors for erectile dysfunction. *Sexual Medicine*. https://doi.org/10.1093/sexmed/qfae010