Comprehensive Analysis of Sexual Function Outcome in Prostate Cancer Patients after Robot-Assisted Radical Prostatectomy.


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Abstract
Purpose: The recovery of potency following radical prostatectomy is complex and has a very wide range. In this study we analyzed in detail the precise pattern of recovery of potency following robot-assisted radical prostatectomy (RARP). Materials and Methods: Prospectively collected database of patients with a minimum follow-up of 1 year after RARP were evaluated retrospectively. Of 503 patients identified, 483 patients completed the SHIM pre-operatively and post-operatively every 3 months for the first 12 months. Overall potency, usage of PDE-5 inhibitors, and return to baseline erectile function were evaluated. Potency was defined as having erection that is sufficient for sexual intercourse more than 50% of attempts while quality potency was defined as being potent without the use of PDE-5 inhibitors. Results: Pre-operatively, the overall potency and quality potency rate were 67.1 and 48.1%, respectively. Post-operatively, the overall potency rate was 61.4% while the quality potency rate was 37.2%. In multivariate regression analysis, independent predictors of potency recovery were young age (<60), preoperative potency status, and bilateral preservation of neurovascular bundles (NVBs). In men with SHIM > 21, the overall potency and quality potency rate were 79.7% and 41.2%, respectively. More importantly, only 21.4% of the men with normal erection preoperatively (SHIM > 21) returned to baseline erectile function (SHIM > 21) 12 months after surgery. Conclusions: This study indicates that young age (<60), preoperative potency, and bilateral preservation of NVBs were positive predictors of potency recovery following RARP. However, overwhelming majority of men experience a deterioration in the overall quality of erection after RARP.

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