

## **Smoking causes Erectile Dysfunction**

Smoking can lead to lung cancer and cardiovascular problems as well as erectile dysfunction (ED) among men. ED refers to the inability of a man to maintain sufficient erection during sexual intercourse. A recent randomized controlled trial conducted by The University of Hong Kong Li Ka Shing Faculty of Medicine in collaboration with Kwong Wah Hospital and the Family Planning Association found that there is a relationship between smoking and severity of ED. 42% of respondents did not know about this relationship and 6% of them even disagreed. Nearly half of smokers having ED did not know that smoking can cause ED. The study also showed that among those who had ED and smoked 35 cigarettes or more daily, 55% had severe ED, which was 60% higher than those who smoked less than 25 cigarettes daily. Among those with ED and had smoked for more than 50 years, 65.5% suffered from severe ED, which was double that among those who had smoked less than 40 years (33.3%).

Smoke from cigarettes contains multiple chemical substances that damage the normal development of sperms with decline in the number and mobility of sperms, resulting in sterility and abnormal foetal development. ED can also be a warning sign of heart disease or diabetes. Therefore, quitting smoking is essential to ED patients as smoking cessation can improve one's cardiovascular and respiratory system and reduce the severity of ED.

HKU provides smoking cessation and reduction programme for smokers, which is free of charge. Interested parties are welcome to contact Mr. Yeung at 6752 6266 for more details. We also offer another hotline at 2855 9557 for young smokers.