Alergic Rhinitis, Quality of Sexual Life

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Quality of Sexual Life in Males with Allergic Rhinitis

Aim: The aim of this study is to evaluate the quality of sexual life of males with allergic rhinitis (AR). Material and Method: 40 patients with AR diagnosed with skin prick test and 40 control subjects with no evidence of allergy completed the study. International Index of Erectile Function questionnaire (IIEF) was used to evaluate the quality of sexual life of the subjects. Results: The mean scores of erectile function, orgasmic function, sexual desire, intercourse satisfaction and overall satisfaction for AR group were significantly lower than control group (p=0.0001). Discussion: AR has negative effects on quality of life. The effective treatment of AR by the clinician will also avoid these concomitant social, sexual and sleep disturbances.

Keywords
Allergic Rhinitis (AR); Quality of Sexual Life; International Index of Erectile Function Questionnaire (IIEF)


to its impact on quality of life. In this study, the scores of erectile function, orgasmic function, sexual desire, intercourse satisfaction and overall satisfaction for AR group were significantly lower than control group (p<0.0001).

Table 1. Scores of IIEF questionnaire for AR group and control group

<table>
<thead>
<tr>
<th></th>
<th>AR group</th>
<th>Control group</th>
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</thead>
<tbody>
<tr>
<td>Erectile function</td>
<td>21.85±3.10</td>
<td>25.85±3.30</td>
<td>0.0001</td>
</tr>
<tr>
<td>Orgasmic function</td>
<td>8.20±1.32</td>
<td>9.45±0.63</td>
<td>0.0001</td>
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<td>Sexual desire</td>
<td>6.25±1.86</td>
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<tr>
<td>Intercourse satisf.</td>
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<td>7.20±1.28</td>
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**Discussion**

Allergic rhinitis is a very common condition among general population that impairs social life, sleep quality and psychosocial profile of an individual. Patients with AR have been shown to have sleep disturbances and sleep was significantly more impaired in patients with severe AR than in those with the mild type[7]. In a resembling study, AR have been found to result in sleep disturbances and fatigue and so impact the daily activities of allergic patients[8].

Sexual dysfunction in chronic diseases has recently attracted attention owing to its impact on quality of life. In this study, the scores of erectile function, orgasmic function, sexual desire, intercourse satisfaction and overall satisfaction for AR group were significantly lower than control group, that means AR impaired the quality of sexual life of males negatively. In the literature, there is only one study about sexual life of patients with AR impaired the quality of sexual life of males negatively. In the study, the mean score of erectile function, orgasmic function, sexual desire, intercourse satisfaction and overall satisfaction for AR group were significantly lower than control group (p<0.0001).

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**Study design**

This study is carried out by the collaboration of otorhinolaryngology and urology departments. Questionnaires were administered to all participants by a few days at pollination period. Ethics committee approval was obtained and the study was conducted adhering to the Declaration of Helsinki. Informed consent was obtained from all subjects.

**Statistical Analysis**

Statistical analysis was performed using the SPSS (Statistical Package for the Social Sciences) 13.0 Evaluation for Windows. Normal distribution of continues variables were tested with Kolmogorov-Smirnov test. Chi-square test was used for comparisons between categorical variables. Kruskal-Wallis test and Mann-Whitney U tests were used for continues variables when comparing the groups. The statistically significant level was accepted as a p value<0.05.
with AR. Patients with AR had significantly worse sexual function than the non-AR patients[8]. Another study conducted with allergic rhinoconjunctivitis (ARC) patients showed that quality of sexual life in patients with ARC in both men and women were poorer than controls[9].

The effects of vertigo, hearing loss, halitosis and obstructive sleep apnea (OSAS) on sexual health have been previously investigated. In patients with Ménière’s disease, erectile dysfunction were reported in men [10]. Similarly, in patients with hearing loss, they found twice the prevalence of erectile dysfunction compared with control subjects [11]. In another study with hearing loss patients, the orgasmic function, sexual desire and overall satisfaction domains were negatively affected whereas the scores for erectile function and intercourse satisfaction were not affected [12]. Also, males with halitosis reported lower scores for all function domains that means poorer sexual life[13]. Moreover, it is reported that OSAS declines quality of sexual life and a significant improvement was detected with apnea treatment[14].

Limitations of our study is that we did not analyze that which symptom especially effected the quality of sexual life of the males with AR. Further detailed studies will be beneficial to the literature.

**Conclusion**

Allergic rhinitis is a condition that has negative effects on quality of life. The effective treatment of AR by the clinician will also avoid these concomitting social, sexual and sleep disturbances.

**Competing interests**

The authors declare that they have no competing interests.

**References**
