EARLY DAILY SILDENAFIL FOLLOWING PROSTATE BRACHYTHERAPY PRESERVES ERECTILE FUNCTION
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Introduction & Methods: We identified 30 sexually active patients who underwent brachytherapy between Dec 2002- Jan 2004. Of 30 patients, 10 (Group 1) received daily sildenafil (50 mg/day/3mo), started early following brachytherapy (1-5 days, mean-3). The other 20 patients (Group 2) did not receive any early treatments. Mean age, PSA (ng/ml) and followup (months) were recorded (Group 1: 68.6 ± 5.13, 5.3 ± 1.29 and 15.4 ± 3.9; Group 2: 68.6 ± 6.7, 5.4 ± 1.4 and 16.3 ± 4). All patients were assessed after a minimum followup 12 months using abridged International Index of Erectile Function questionnaire (SHIM).

Results: In Group 1 (daily sildenafil) the SHIM scores were totally preserved (22 ± 4 vs. 19 ± 3.6; P>0.05) at 12 months. In Group 2 (no early treatments) there was a significant decline in SHIM scores (23.4 ± 2.7 vs. 10.6 ± 6.9; P<0.05). In Group 1, 7 continued the daily dose of 50 mg and 3 reduced the dose to 25 mg due to headaches. No patient discontinued the treatment. At 12 months, 16 patients began using sildenafil prn to treat erectile dysfunction, 3 sexually active without erectaids and 1 was inactive due to co morbid conditions.

Conclusion: Early daily sildenafil following brachytherapy can potentially preserve erectile function.