

Incidence of sexual dysfunction in patients with obesity and overweight

Objective: To assess the prevalence of sexual dysfunction in obese and overweight patients treated at the Professor Alberto Antunes University Hospital (HUPAA - UFAL).

Methods: This is a descriptive study. The sample consisted of overweight or obese females. Anthropometric data were collected for assessment of body mass index (BMI) and waist circumference (WC). In all subjects we measured the levels of blood glucose, total cholesterol and triglycerides. We applied a Portuguese-validated version of the Female Sexual Function Index (FSFI), which assesses sexual response as for desire, arousal, vaginal lubrication, orgasm, sexual satisfaction and pain. The total score is the sum of scores for each domain multiplied by the corresponding factor and can vary from '2' to '36', a total score less than or equal to '26' being considered risky for sexual dysfunction.

Results: We evaluated 23 women with a mean age of 44, where 73.9% were obese and 82.6% had a highly increased risk for metabolic complications (WC \geq 88cm). The increased risk for sexual dysfunction was present in 78.3% of the interviewees, causing biopsychosocial impairment. Hypertension, diabetes and dyslipidemia were present in 33.3%, 22.2% and 61.1%, respectively, of patients at risk for sexual dysfunction.

Conclusion: The analysis of the results demonstrates the need for better research and attention of physicians to patients with obesity or overweight.