E-Poster

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Sexual Dysfunction in Multiple Sclerosis: A Silent Struggle for Moroccan Patients

Topic: Health Conditions (Nervous System, Musculoskeletal System, Cardiopulmonary System)

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BACKGROUND

Multiple sclerosis (MS) is a demyelinating disease of the central nervous system, leading to various deficits, including sexual dysfunction. This study aims to assess the prevalence of sexual dysfunction in Moroccan MS patients and highlight the challenges they face in discussing this issue.

METHODS

A prospective, descriptive, and analytical study was conducted on MS patients followed at the Physical Medicine and Rehabilitation Department of CHU Ibn Rochd, Casablanca. Sexual dysfunction was evaluated using the International Index of Erectile Function (IIEF-5) for men and the Female Sexual Function Index (FSFI-6) for women as well as a tailored questionnaire.

RESULTS

A total of 120 patients were included, with a mean age of 34.4 ± 8.5 years and a female predominance. The average disease duration was 9.1 ± 4 years. MS forms were relapsing-remitting (68.3%), progressive-relapsing (18.3%), and progressive (13,3%). The prevalence of sexual dysfunction was 100% in sexually active men (IIEF-5) and 57.9% in women (FSFI-6). Married patients were more willing to discuss sexual dysfunction than single patients. 76.6% admitted a loss of self-confidence, 95% never spoke about their issue to a health professional and 100% consider it a taboo in the Moroccan society.

CONCLUSION

Sexual dysfunction is highly prevalent among sexually active MS patients in Morocco, with men being more affected than women. The topic remains difficult to address, underscoring the need for better awareness and patient support.

Statement of Disclosures

None

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