

Study shows association between sedentary leisure time and men's risk of erectile dysfunction

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Previous research has identified genetic variants linked to sedentary leisure behavior, which includes activities such as watching television,

using a computer, and operating a vehicle.

In a new [analysis](#) published in *Andrology*, a higher genetic susceptibility to leisure computer usage was associated with a greater risk of erectile dysfunction in men.

In the analysis of data on more than 200,000 men, each 1.2 hour increase in leisure computer usage predicted 3.57-fold greater odds of erectile dysfunction. There was no evidence to suggest that watching television or driving for leisure increased the risk of erectile dysfunction.

Also, computer use was not linked with [depression](#), [anxiety](#), or markers of blood vessel health, but it was associated with lower levels of follicle-stimulating hormone, which plays a role in sexual development and reproduction in both males and females.

"The present study offered substantial evidence for a positive causal association between [computer use](#) and the risk of erectile dysfunction. However, a definitive causal association needs to be established by further research," the authors wrote.

More information: Zhao Huangfu et al, A Mendelian randomization study on causal effects of leisure sedentary behavior on the risk of erectile dysfunction, *Andrology* (2024). [DOI: 10.1111/andr.13611](https://doi.org/10.1111/andr.13611)

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