

Positive causal link ID'd between computer use, erectile dysfunction

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A higher genetic susceptibility to leisure computer usage is associated with an increased risk for erectile dysfunction (ED), according to a study published in *Andrology*.

Zhao Huangfu, from Changhai Hospital in Shanghai, and colleagues explored the causal association between leisure sedentary behavior and

ED. Two-sample Mendelian randomization analyses were performed using publicly available genome-wide association studies of leisure sedentary behaviors, [erectile dysfunction](#), sex hormones, biomarkers of endothelial function, and psychiatric symptoms.

The researchers observed a significant association for a greater risk for ED with higher genetic susceptibility to leisure computer usage (odds ratio, 3.57). There was no evidence seen of a link between watching television or driving for leisure and an increased risk for ED. With the exception of follicle-stimulating hormone levels (odds ratio, 0.29), there were no associations between computer use and depression, anxiety, C-reactive protein, E-selectin, [matrix metalloproteinase 7](#), or other [sex hormones](#). In a sensitivity analysis, there was no indication of heterogeneity or pleiotropy.

"The present Mendelian randomization analysis offered substantial evidence for a positive causal association between computer use and risk of ED and found the effect of [computer use](#) on follicle-stimulating hormone, which may provide a new research direction for the pathogenesis of ED caused by leisure sedentary behavior," the authors write.

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](#)

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