

TADALAFIL IMPROVES ERECTILE DYSFUNCTION IN MEN WITH CIRRHOSIS: A SYSTEMATIC REVIEW AND META-ANALYSIS

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Tadalafil treatment demonstrated clinically meaningful improvement in erectile function in men with cirrhosis, with a pooled mean increase of 6.49 points on the IIEF erectile function domain and no serious adverse events reported.

KEY POINTS

- A systematic review and meta-analysis of three studies including 129 cirrhotic patients treated with tadalafil showed a pooled mean difference in the IIEF erectile function domain of 6.49 points (95% CI: 5.01–7.98; $p < 0.01$).
- Adverse events occurred in 31.6% of patients (95% CI: 10.5–64.4%) and were mostly mild, such as headache or dyspepsia, with no serious events including variceal bleeding or hepatic decompensation.
- All three included studies used tadalafil, with dosing regimens of 10 mg daily in two studies and 20 mg every two days in one study, with follow-up periods ranging from 4 to 24 weeks.
- The authors conclude that tadalafil appears effective and well tolerated for erectile dysfunction in men with cirrhosis, but note that evidence is limited to small studies and larger trials are warranted to validate findings and assess long-term safety.

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