

**MEETING ABSTRACTS**

# Abstract of the Proceedings of the Men's Health World Congress 2023

Organising Committee of MHWC 2023<sup>1,\*</sup>

<sup>1</sup>The Men's Health World Congress, Kuching, Sarawak, Malaysia.

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The Malaysian Society of Andrology and the Study of Ageing Males (MSASAM) and the Malaysian Clearinghouse for Men's Health will be jointly hosting The Men's Health World Congress 2023 (MHWC2023), scheduled from 11–13 December 2023 at Kuching, Sarawak. The theme for MHWC 2023 is “United for Men's Health”, as we believe in a comprehensive and holistic approach to promoting men's health, and that this can only be done successfully through inter-sectorial and inter-disciplinary collaborations. The authors were given the chance to present the outcomes of their individual scientific endeavors during the oral presentation sessions. More information is available at <https://www.mhwc.my/>.

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## The Proceedings of the Men's Health World Congress 2023 Abstract Reviewers

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**Introduction:** As defined by the World Health Organisation, “adolescence” is the time between 10 and 19 years, where trends in their sexual and reproductive behaviour are at higher risk.

**Aim:** Thus, this study aimed to identify the relationships of sexual and reproductive health (SRH) communication, risky behaviour, intimate behaviour and sexual activity, as well as compare these SRH components based on selected socio-demographic characteristics.

**Methodology:** A total of 257 adolescent boys from the Southern region of Sarawak have participated and answered a self-administered questionnaire. Data were then analysed by using a *t*-test and bivariate correlation.

**Result:** The mean age of respondents was  $15.23 \pm 1.3$  year, ranged from 13 to 17 years old. About 10.5% of these boys have previous sex experiences. Intimate behaviour and communication scores were statistically significant in age group ( $p < 0.05$ ), but not in risky behaviour and sexual activity ( $p > 0.05$ ). Risky behaviour found to be statistically higher in the Malay group ( $5.58 \pm 0.9$ ) than in the non-Malay ( $4.80 \pm 1.0$ );  $t(255) = 6.39, p \leq 0.001$ . The communication, intimate behaviour and sexual activity of different races were of no different. Risky and intimate behaviour were differed in school locality ( $p > 0.05$ ) and education level. The sexual activity ( $5.85 \pm 0.5$ ) was positively correlated with intimate behaviors ( $8.18 \pm 1.8$ ),  $r = 0.47, p < 0.001$  with strong effect size.

**Conclusion:** Sexual and reproductive health aspects differ in socio-demographic characteristics and should be taken into consideration when identifying the crucial elements for fostering more suitable sexual education among adolescent boys.

## 17. How Men with Disabilities Create and Reinforce Their Masculinity

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**Introduction:** Dominant discourses of masculinity and disability can challenge masculine status and result in loss of identity. Acquired disability can change men’s abilities, transform their occupational roles, and challenge a man’s self-perception of masculinity. There are significant gaps in the literature; particularly regarding the impact health status has on masculine perceptions within a New Zealand context and the idea of masculinity as an occupation. The objective of this study is to gain understanding of how men with acquired disabilities create and reinforce their masculinity.

**Methods:** Purposeful sampling was used to recruit men who have an acquired disability that has an on-going impact on their lives. Semi-structured interviews were conducted to explore participant’s involvement with masculine role models and experiences in relation to masculinity. A critical discourse analysis approach was undertaken with transcripts analysed in relation to questions derived from the theoretical base.

**Results:** The results of this study identified how the discourses impacted on men living with an acquired disability. Discourse surrounding social structures and access to varying capitals and how these might contribute to or negate change were explored in the ways in which the participants’ identities as men were negotiated and renegotiated within specific social frameworks. These discourses have additionally contributed the knowledge paradigms of each theoretical base.

**Conclusions:** The results of this study reinforce the need for all clinicians, including occupational therapists, to frame terminology and rehabilitation input in terms appropriate to the masculine ideals of individual men. Through the awareness of how men living with disabilities have created and reinforced their masculine identity within all occupational areas of their lives, occupational therapists can work more effectively with men to create more valuable rehabilitation outcomes.

## 18. A Young Man with Sudden Headache and Vision Loss

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**Introduction:** The cerebrovascular adverse effects of methamphetamine include ischemic strokes, intracerebral haemorrhages and subarachnoid haemorrhages. There are few reports of methamphetamine-induced cerebral venous sinus thrombosis.

**Methods:** We present a case report of a young man with sudden headache and visual loss.

**Results:** A 24-year-old man presented with sudden severe headache, persistent vomiting and sudden vision loss. He had a one-week history of intermittent moderate headaches. There was no fever, rash, oral ulcers, joint pains, loss of appetite, loss of weight or trauma. He had been smoking cigarettes since 14 years old and was currently smoking 1 pack per day. He used inhaled “syabu” (crystal methamphetamine) twice a week and drinking 2 bottles of beers twice a week since 16 years old. Examination showed normal blood pressure, pulse rate, cardiovascular, respiratory and abdominal systems. Neurological examination showed reduced vision to finger counting of bilateral eyes and bilateral 6th nerve palsy. There were no other cranial nerve or peripheral nerve abnormalities. Fundoscopy showed bilateral papilloedema. Muscle tone, power, reflexes and sensory examinations were normal. Babinski was downgoing bilaterally. Blood investigations showed haemoglobin 15.2 g/dL, total white cell  $15.3 \times 10^3/\mu\text{L}$ , with low platelets 15,000/ $\mu\text{L}$ . Renal and liver profiles were normal. Peripheral blood film showed thrombocytopenia. Hepatitis B and Human Immunodeficiency Virus (HIV) tests were negative. Hepatitis C test was positive. A computed tomography cerebral venogram and subsequent magnetic resonance imaging brain showed extensive dural venous sinus thrombosis with venous infarction. Antinuclear antibody and antiphospholipid antibodies were negative. He was finally diagnosed with methamphetamine-induced dural venous sinus thrombosis with venous infarction, and drug-induced thrombocytopenia. He was ventilated for 48 hours for cerebral protection. His headache and visual loss resolved, but the bilateral 6th nerve palsy was persistent. The thrombocytopenia resolved. He was treated with anti-epileptic therapy, heparin and subsequently warfarin for 3 months.

**Conclusions:** This case highlights an uncommon presentation of methamphetamine use.

## 19. Long Term Efficacy of Phosphodiesterase 5 Inhibitor for Lower Urinary Tract Symptoms, Sexual and Endothelial Function in Patients with Benign Prostate Hyperplasia

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**Introduction:** Phosphodiesterase (PDE) 5 inhibitors induce relaxation of endothelial cells. We reported the efficacy of tadalafil for lower urinary tract symptoms (LUTS), sexual and endothelial function in patients with benign prostate hyperplasia (BPH) by 12 months (Aging Male 21, 2018). To investigate long term efficacy of tadalafil, we monitored this treatment up to 60 months.

**Methods:** 88 BPH patients were enrolled in this prospective study. LUTS parameters including international prostate symptom score (IPSS) and urine flow rate examinations were performed. Their erectile function was evaluated by the sexual health inventory for men (SHIM) and endothelial function was assessed by the brachial-ankle pulse wave velocity (baPWV). These data were obtained at every 12 months after a daily 5 mg tadalafil administration and compared with baseline data.

**Results:** The mean age of 88 patients was  $66.7 \pm 11.1$  years old. IPSS, voiding volume, maximum flow rate and residual urine volume on urine flow rate were  $17.6 \pm 7.5$ ,  $193.9 \pm 123.7$  mL,  $13.8 \pm 9.8$  mL/sec and  $50.1 \pm 47.2$  mL, and SHIM and baPWV were  $7.4 \pm 5.7$  and  $1742.5 \pm 393.0$  cm/sec before treatments. 14 dropped out (ineffective: 8, no visit: 4, side effects: 2) and 21 discontinued (improved: 7, house-moving: 4, developing another disease: 10). 5 patients are continuing in 12–23 months, 7 in 24–35 months, 15 in 36–47 months, 22 in 48–59 months and 4 in 60 months or more. IPSS were significantly improved from 24 to 48 months. Although there were no change of voiding volume and maximum flow rate, residual urine volume was significantly decreased after the therapy. SHIM was significantly improved, and anti-arteriosclerosis effects evaluated by baPWV were observed.

**Conclusions:** Although a few parameters returned to base line levels after 60 months, male LUTS, sexual and endothelial function in BPH patients have been improved with long term tadalafil administration.

## 20. Efficacy and Safety of Transurethral Erbium Laser in the Treatment of Male Urinary Incontinence

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repercussions. The concern about premarital relations is real as it leads to the issue of baby abandonment, increased incidence of sexually transmitted infections (STIs), *etc.* There are gaps in the provision of reproductive health services, including unmet needs for contraception, emergency contraception and abortion. 1. To explore the factors influencing the perception of premarital sex amongst young people, specifically those between 18 to 24 years of age. 2. To study the health-related issues concerning premarital sex such as contraception, sexual education, spread of STIs as well unwanted pregnancies, induced abortion and baby abandonment. 3. To investigate the trends of cohabitation amongst young people.

**Methods:** Survey Design A cross-sectional quantitative research with a small qualitative component was used. Sampling The samples chosen were reached via convenient sampling, collected from an online survey questionnaire and using printed forms. Out of 707 responses, 609 responses were retrieved online whereas only 100 responses were collected in person.

**Results:** The findings show that as a result of significant delays in age at marriage and falling age at menarche, the period during which premarital sex can take place is getting longer. Complications of pregnancy, delivery and puerperium are the main threats and causes of morbidity and mortality among adolescent girls. Family planning can reduce the morbidity and mortality associated with adolescent pregnancies. Most Malaysians aged 18–24 have not engaged in premarital sex.

**Conclusions:** In conclusion, many factors play a role in the perceptions of premarital sex amongst young people. Religion seems to be the most powerful inhibiting factor that allows for the delay of sexual initiation. Generally, there seems to be significant differences in the way men and women view premarital sex.

### 23. Rezūm® Water Vapour Therapy for Benign Prostate Enlargement (BPE): Experience in Military Hospital

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**Introduction:** Rezūm® Water Vapour Therapy is a novel procedure to reduce the prostate size by releasing sterile water vapour throughout the targeted area, which leads to improvement in lower urinary tract symptoms (LUTS). This procedure is performed in the operating theatre under regional anesthesia. Urinary catheter is inserted post-operatively and will then be removed for trial of void in the clinic, 5 days after the procedure. There has been no report on the use of Rezūm® in the management of military patients with BPE.

**Objective:** This study was performed to review the motivation and outcomes of all patients who had undergone Rezūm® in Tuanku Mizan Armed Forces Hospital (TMAFH) since 2022.

**Methodology:** This retrospective case-series study comprised 14 patients who received the treatment from February 2022 until January 2023. Pre-operatively, prostate ultrasonography was utilised to determine prostate size and cystoscopic examination done to assess the suitability for Rezūm®. Baseline digital rectal examination and Prostate Specific Antigen were carried out to exclude any suspicion of cancer. Patients' LUTS were monitored using International Prostate Symptoms Score (IPSS). Uroflowmetry was also performed to monitor urine flow post procedure.

**Result:** The mean age of the subjects was 70 years (56–80). The reasons for them choosing Rezūm® were, failure of medical therapy (71%), experiencing side-effects from medical therapy (28%), and preservation of sexual function (35%). At 3 months post-operatively, reduction of mean IPSS was from 26 to 7 (54.2%). Mean Quality-of-life (QoL IPSS) scores increased by 67% and mean uroflowmetry maximal flow-rate improvement was 40%. There were minor complications reported including, hematuria (7%) and poor stream (7%). Medical retreatment rate was 7% and no report of procedure-related sexual dysfunction.

**Conclusion:** Rezūm® Water Vapour Therapy had been shown to be a safe and feasible alternative to conventional Transurethral Resection of Prostate (TURP) for the management of benign prostatic enlargement.

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