

# DIABETES AND ERECTILE DYSFUNCTION

## Diabetes and Your Sex Life

-It is estimated that as many as 75% of men have sexual problems due to diabetes.

*There are solutions!*

**You can also take action now to avoid developing sexual problems!**

### Keeping Your Sex Life Working

#### ***Control Blood Sugar***

- ✓ High blood sugar can cause nerve damage.
- ✓ Nerves need to be healthy to achieve an erection.
- ✓ For many men, this means keeping blood sugar between under 130 mg/dl in the morning, under 180 two hours after eating and under 150 mg/dl before bed.

#### ***Keep Blood Pressure Near Normal Levels***

- ✓ Blood vessel damage from uncontrolled high blood pressure can also cause erectile dysfunction.
- ✓ A good blood pressure goal is 130/80 or less.



#### ***Stay Smoke Free***

- ✓ Healthy blood vessels are needed for an erection to occur, and smoking damages blood vessels.
- ✓ Men who smoke are twice more likely to have sexual difficulties!



#### ***Keep Cholesterol Under Control***

- ✓ Heart disease dramatically increases the risk of developing erectile dysfunction.
- ✓ High cholesterol can block blood vessels. Men with cholesterol *under* 180 mg/dl and good cholesterol (HDL) *over* 60 mg/dl seem to have fewer sexual problems.

**For more information contact:**

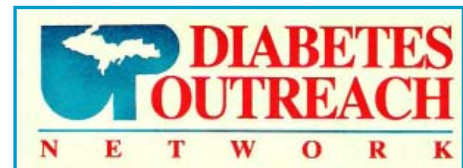
Impotence Institute of America at 1-800-669-1603

Impotence Resource Center at 1-800-433-4215

**U.P. Diabetes Outreach Network**  
*Strengthening Diabetes Care & Prevention*  
*in Upper Michigan since 1985*

**(906) 228-9203**

**[www.diabetesinmichigan.org](http://www.diabetesinmichigan.org)**



## Treatment Options:

- ✓ **Change medications.**  
Some medicines used for anxiety, depression, heart problems, high blood pressure, pain, and other conditions might cause sexual problems. Often different medicines can be used. Ask your doctor for help with this.
- ✓ **Watch alcohol and cigarette use.**  
Too much alcohol or tobacco may cause erectile problems.
- ✓ **Counseling or sex therapy.**  
This approach treats stress and other problems. It may be helpful for some.
- ✓ **Hormone treatment.**  
Some men may need hormone replacement medication.
- ✓ **Oral medications.**  
Prescription medications are now available to help many men. Talk with your doctor about this.
- ✓ **Vacuum pump.**  
This device is used just prior to sex to help form an erection. It involves no surgery or drugs.
- ✓ **Constriction rings.**  
Rings can be helpful in men who can obtain good erections at first but cannot maintain them.
- ✓ **Intraurethral pellet medication (MUSE).**  
This is a pill that is inserted into the urethra prior to intercourse to help achieve an erection.
- ✓ **Penile injection therapy.**  
A small needle is used to inject medicine into the shaft of the penis to help form an erection.
- ✓ **Penile implants.**  
Surgery is needed to insert the implant.

*Remember, erectile dysfunction is treatable in all age groups.*