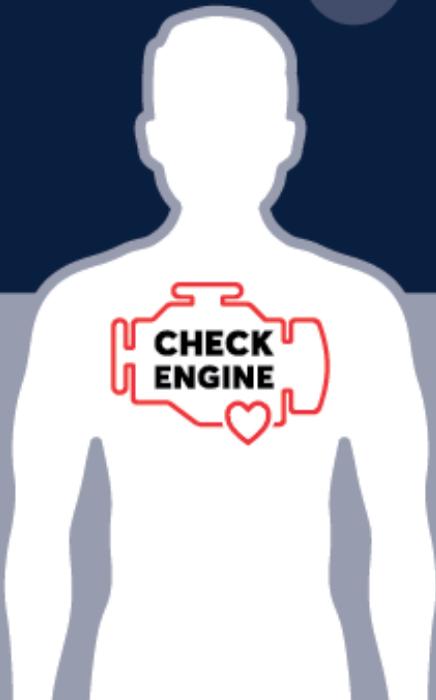


THE DIABETES GARAGE®



Diabetes & Sex

Does Your Hood Stay Up?

Diabetes & Sex

Can you keep your Hood up?



- A healthy sexual life for people with diabetes and their partners is important.
- For men, this can mean maintaining an erect penis.
- If blood sugar levels are not well managed this can lead to problems with your "hood" and sexual life.

WARNING! SIGNS OF SEXUAL PROBLEMS
<ul style="list-style-type: none">▪ When your partner communicates that they are noticing changes in the sexual relationship.▪ Getting an erection sometimes, but not every time.▪ Getting an erection but not having it last long enough for sex.▪ Being unable to get an erection at any time.

Types of Sexual Problems

- **Erectile Dysfunction:** Unable to keep an erection firm enough for satisfactory sexual intercourse.
- **Retrograde Ejaculation:** When the semen goes into the bladder instead of out of the penis during ejaculation.
- **Low Testosterone:** Can cause men to feel tired or have a low sex drive.
- **Fertility Problems:** Diabetes can create problems in sperm and can make it harder to conceive.



Ways to Keep the Hood Up

- Don't feel uncomfortable, talk to your health professional about any sexual problems.
- Damage to blood vessels and nerves can lead to Erectile Dysfunction. Avoid damage by not smoking and keeping blood sugar levels in your target range.
- Be physically active and maintain a healthy weight.
- Be aware of your emotions, motivation, and psychological health, speak to your health care provider about any changes.

Learn more by visiting National Institute of Diabetes and Digestive and Kidney Diseases

Source: National Institute of Diabetes and Digestive and Kidney Diseases

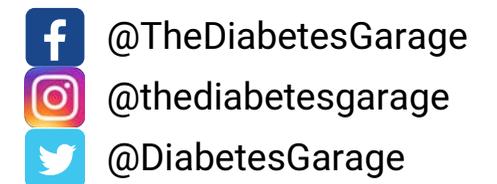
Make a Pit Stop at The Diabetes Garage® to Learn More

Register online at
diabetesgarage.org
or call us at
El Paso (915) 747-8377
Harlingen (956) 230-5144
San Antonio (210) 562-5584
or email us at
diabetesgarage@utep.edu

Is This Research?

The Diabetes Garage® is a diabetes self-management intervention research study designed to increase men's participation in diabetes education programs, men's diabetes knowledge, improve self care behaviors and health outcomes. An evaluation is being conducted to understand how to better engage men in diabetes self-care.

Connect with us



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