

# Diabetes and Sexual Health



ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM

# Diabetes and Sexual Health

It is not uncommon for diabetes to affect a person's sex life. When a person's blood sugar is uncontrolled it can cause problems that can affect their sex life.

## Women

Uncontrolled blood sugars in women can cause:

- Yeast infections
- Vaginal dryness
- Irregular menstrual periods

Getting blood sugars to goal can help with these problems. There are also products that can help with some of these problems, such as lubrication for vaginal dryness.

Women can also have nerve damage from long term uncontrolled blood sugars. Nerve damage can take some of the feelings of pleasure out of sex.

## Men

Diabetes in men can cause erectile dysfunction, or ED. This is when a man cannot get an erection long enough to have sex. More than half of men with diabetes get ED. It is caused by nerve damage, blood vessel damage, depression or some medications.



The best way to prevent ED is to prevent nerve and blood vessel damage.

To prevent ED:

- Keep blood sugars at goal
- Keep blood pressure at goal
- Keep cholesterol at goal
- Don't use tobacco
- Don't drink too much alcohol
- There are different treatments for erectile dysfunction. One treatment is a medication. Talk to your provider about what is available to help with this problem.

## Take Action

Sexual problems are common in people with diabetes. You don't have to feel embarrassed talking to your provider about any problems diabetes may be causing in your sex life. Your provider is used to hearing about sexual health problems in their patients with diabetes and can provide you with tools to help.



## More Information

For more information or if you have questions, contact:

**Diabetes Educator:** \_\_\_\_\_

**Phone:** \_\_\_\_\_



## Diabetes Program

ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

**[www.anthc.org/diabetes](http://www.anthc.org/diabetes)**  
**(907) 729-1125**