

Essential advice for men  
with diabetes from Accu-Chek



# Man talk



# Diabetes and ere

More than 50% of m  
problems either obtai  
an erection.

50%

Whether you  
have diabetes or  
not, erectile  
dysfunction is a

really common condition, and many men will  
experience it at some point in their life.



# ctile dysfunction

en with diabetes have  
ning or maintaining

Margaret Boyd,  
Diabetes Specialist Nurse, Edinburgh

There are many names for this condition including impotence, erectile dysfunction or ED, but it is basically when a man is unable to get or keep an erection suitable for sexual intercourse.

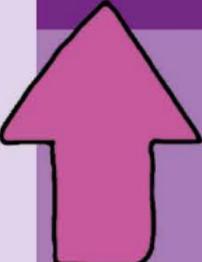
Erectile dysfunction is treatable and is not a condition that you, or your partner, just have to live with. This leaflet sets out to explain the facts; what causes it and most importantly what you can do about it.



# The usual

I didn't realise medicine

## The physical ones

- 
- Diabetes
  - Heart problems
  - Arteriosclerosis
  - Surgery
  - Prescribed medication
  - High cholesterol
  - Drinking alcohol
  - Kidney disorders
  - Smoking



## The emotional ones

- Stress or anxiety
- Relationship problems
- Worrying about performance



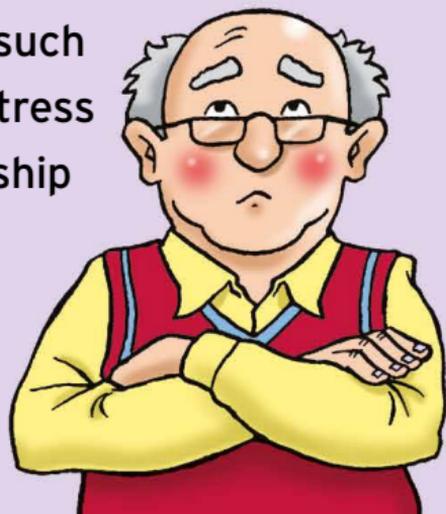
# suspects

ines can be to blame.

Mike, 42

There are several reasons why a man may have erectile dysfunction. Physical reasons can include heart problems, side effects of prescribed medication or surgery. Having diabetes also increases the odds. This is because uncontrolled glucose levels can cause damage to the blood and nerve supply to the penis.

For some men erectile dysfunction may be caused by a combination of several physical factors. For others the problem may be psychological or emotional such as worry, stress or relationship problems.



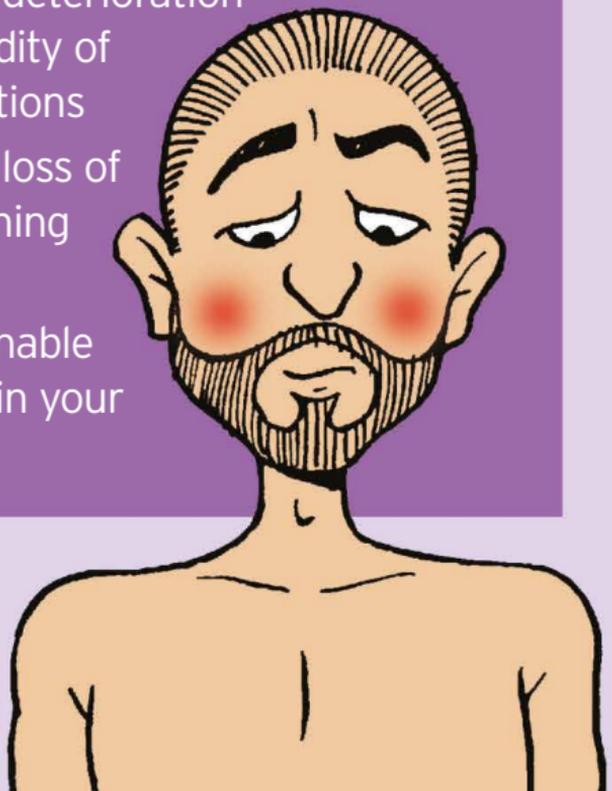
# Is it my

There are many factors, which may indicate that the problem is likely to be caused by your diabetes (see box). These symptoms generally appear gradually over a period of time.

However if the problem occurs suddenly, and you are still waking up in the morning with an erection, it is more likely that it has an emotionally related cause.

## Have you noticed?

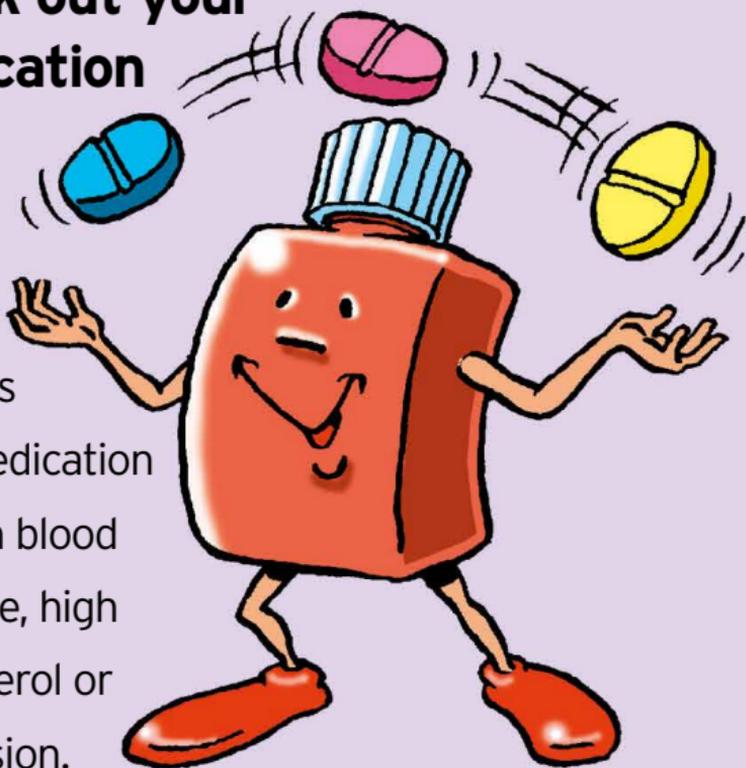
- a gradual deterioration in the frequency of your erections
- a gradual deterioration in the rigidity of your erections
- a gradual loss of your morning erections
- you are unable to maintain your erections



# diabetes?

## Check out your medication

Some people with diabetes take medication for high blood pressure, high cholesterol or depression.



Unfortunately, some medications needed to control these conditions can be a cause of, or contribute to, erectile dysfunction.

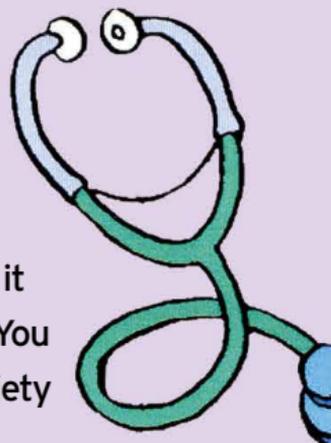
However, just because you take certain medicines doesn't mean you will automatically develop erectile dysfunction. And don't forget, keeping good control of your blood glucose levels will reduce the risk of developing long-term diabetes complications.

# What to do

Don't be embarrassed if the conversation got how easy it was.

## Don't ignore it

If you think you have erectile dysfunction speak to your doctor or diabetes specialist nurse. The earlier it is picked up, the easier it is to treat. You can also research online where a variety of sources may be able to help you.



## Speak to your partner

Talk about your concerns and make sure they know that it is a common problem in men with diabetes. Often partners think it is their fault so they may need some reassurance too. Involve them as much as possible.

## Did you know?

Men with diabetes are entitled to free erectile dysfunction therapy.



# about it

d to talk about it. Once started, I was surprised

Paul, 58

## Ask about treatment options

Today there are many different treatments available. Your healthcare professional will discuss these with you and help you to decide which is the right one for you. They will also discuss any risks, side effects and usage restrictions which may be associated with your chosen treatment.

## Try not to worry

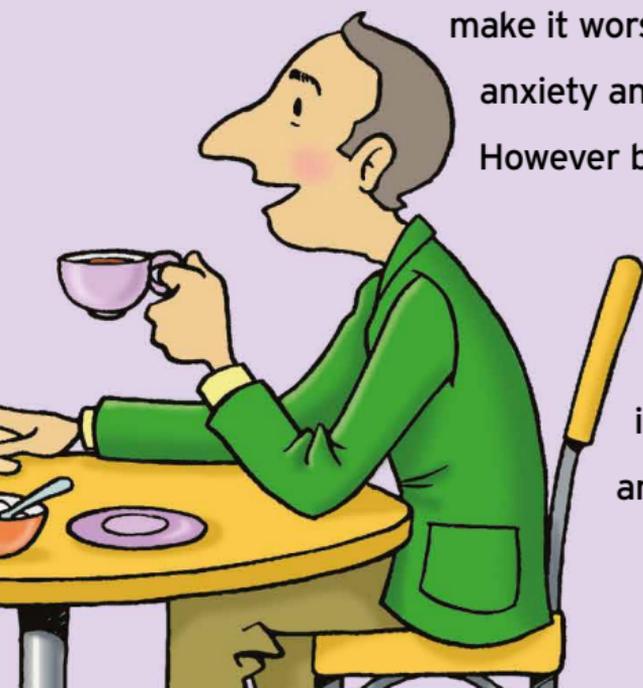
Impotence can affect your personal relationship, overall well-being and self esteem. Worrying can

make it worse, causing anxiety and stress.

However be reassured

that you are not alone.

This condition is very common and treatable.



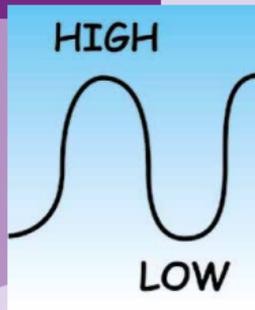
# What you s

## It's good to talk

Talk to your doctor or diabetes specialist nurse as soon as the problem becomes apparent

## Keep on top of your sugar

Good control of your blood glucose levels will reduce your chance of developing long-term complications of diabetes



## Bad habits are bad news

Smoking and alcohol are both bad news - for your diabetes and your sex life. Ideally you should try to stop smoking and minimise your alcohol intake



I suffered in silence then what I do now.

# ould know

## It's better when you're fitter

Take up more exercise - you'll feel fitter, healthier and have more energy



## It takes two

Involve your partner in any decisions you make - their support can make a big difference

## Get on the web

There are several helpful websites offering information about erectile dysfunction. The Diabetes UK website, [www.diabetes.org.uk](http://www.diabetes.org.uk) and the NHS website, [www.nhs.uk](http://www.nhs.uk) give information about all aspects and problems of diabetes



for years. If only I knew

Raj, 51

# Did you know?



- Erectile dysfunction is a really common condition**
- Diabetes can be a contributory cause**
- There are now many treatments available**
- Talk to your doctor or nurse about it - the earlier it's picked up, the easier it is to treat**

For more about the range of free diabetes information booklets, call the Accu-Chek Customer Careline:

**0800 701000 (UK)\***  
**1 800 709600 (ROI)\***

or log on to

**[www.accu-chek.co.uk](http://www.accu-chek.co.uk)**  
**[www.accu-chek.ie](http://www.accu-chek.ie)**

\*To improve the quality of our service, calls may be recorded. Some mobile operators may charge.

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