



Sexual Health

While most people with diabetes, both male and female, are able to lead completely normal sex lives, diabetes may contribute to sexual problems for some people. **The most common problem for men is erectile dysfunction.** Common sexual problems encountered by women include thrush, vaginal dryness, painful intercourse and difficulty achieving orgasm. These factors can lead to reduced sexual desire and arousal.

Erectile dysfunction (ED)

happens when a person is unable to achieve or maintain an erection strong enough or long enough for intercourse. Whilst ED can be an entirely psychological problem, it can also be a sign of underlying cardiovascular disease or neuropathy. There are a number of effective treatments available for ED. These can include counselling, oral medications, injections,

vacuum pumps, penile rings and even surgical options such as penile implants.

Women with poorly managed diabetes are more likely to have frequent bouts of thrush

(yeast infection). In most cases, keeping blood glucose levels in the target range will help. During periods or menopause, some women need to change their insulin or tablet

dosage. Your doctor or diabetes educator will help during these times.

Some younger women may additionally experience Polycystic Ovarian Syndrome (PCOS).

It is one of the most common hormonal related problems in women during their reproductive years and also a leading cause of infertility. Women with PCOS have a greater risk of developing diabetes. For more information on PCOS [click here](#).

Sexual problems can be difficult to discuss for both men and women.

Talking openly and honestly with your partner is the first significant step. Speaking with a doctor, urologist, diabetes educator, pharmacist or a sexual health counsellor for persistent or recurring problems can also help.

Sexual problems are just another medical problem. You're not going to say anything that your health professional hasn't heard before!



Related Links

[Impotence Australia Website](#)

[Andrology Australia Website](#)
www.relationships.org.au
[Relationships Help Online](#)