



## Diabetes and Men's Sexual Health

In people with type 2 diabetes, sexual dysfunction can be the result of damage to the nerves that regulate sexual response. This nerve damage is called neuropathy. For men, this can mean problems achieving an erection or difficulty with ejaculation.

### Erectile dysfunction

Erectile dysfunction (ED) is the frequent to total inability to maintain an erection firm enough for sexual intercourse. Men who have type 2 diabetes often experience ED earlier in life than men without the condition. Other factors that can cause ED are:

- High blood pressure
- Kidney disease
- Alcoholism
- Blood vessel disease
- Some medications
- Psychological distress
- Smoking
- Hormone deficiency

For ED that is caused by nerve damage, treatments include:

- Oral medicine
- A vacuum pump
- Urethral implants
- Injections
- Surgery

Talk with your doctor about recommendations for treating ED and how to manage type 2 diabetes to maintain good sexual health.



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### Retrograde ejaculation

In retrograde ejaculation, all or part of the semen is ejaculated backward into the bladder rather than out of the penis. This happens when certain muscles that open and close to allow passage of fluids inside the body don't work correctly. The semen ejaculated into the bladder does no harm and is eliminated during urination.

Symptoms of retrograde ejaculation include:

- A small amount of discharge during sex
- Cloudy urine
- Infertility issues

Retrograde ejaculation caused by nerve damage due to poor blood sugar control can be treated with medicine.

### What you can do to maintain your sexual health

To have a healthy and fulfilling life with type 2 diabetes and avoid potential sexual complications, it is important to eat right, exercise daily, track your blood sugar, and take medication if needed.

**For more information about diabetes, please visit [JourneyForControl.com](http://JourneyForControl.com).**

