

## Diabetes and Women'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. Women may experience problems with vaginal lubrication or sexual stimulation.

### Reduced vaginal lubrication

Women with type 2 diabetes can be affected by nerve damage to the cells that line the vagina, resulting in:

- Dryness within the vagina
- Discomfort during sexual intercourse
- Decrease in sexual desire or response

### Decreased or absent sexual response

Up to 35% of women who have diabetes may also experience low or no sexual response or desire. Symptoms may include:

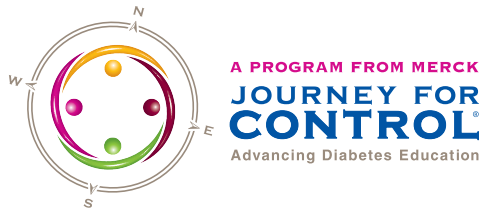
- Little interest in sexual intercourse
- Reduced sensation in the genital area
- Occasional, frequent, or total inability to reach orgasm
- Vaginal dryness with accompanying pain or discomfort during sex

In addition to type 2 diabetes, other causes of a woman's lack of sexual desire include:

- Blood pressure medicine
- Various prescription and over-the-counter medicines
- Alcohol abuse
- Smoking
- Psychological issues
- Gynecologic infections
- Conditions relating to pregnancy or menopause

Talk with your health care team, including your gynecologist, about how to manage type 2 diabetes and what to do to help female sexual dysfunction. Some methods used to treat the condition are:

- Kegel exercises
- Vaginal lubricants
- Psychological counseling
- Changes in sexual approach or position



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### 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).

