

DIABETES IN THE BEDROOM: DO YOU SPEAK UP?

A new Dutch study has shone a light on the issue of the impact of diabetes 'in the bedroom' with the investigation finding 1 in 3 people with type 2 diabetes is sexually dissatisfied.

The Dutch researchers also discovered more than half of those people report a need for help and are keen to see a screening tool used to help identify those needing support.

It's fantastic that this study (link: [http://www.jdcjournal.com/article/S1056-8727\(17\)30645-1/fulltext](http://www.jdcjournal.com/article/S1056-8727(17)30645-1/fulltext)) has put some emphasis on this issue – and how to address it – because it is not restricted to those with type 2 diabetes.

Erectile dysfunction (the inability to achieve or maintain an erection firm enough for sexual activity) is a common complication for men with both type 1 and type 2 diabetes, with more than half of men with diabetes developing it. The higher than normal blood glucose levels linked to diabetes can cause blood vessel and nerve damage all over the body, often starting with the tiny blood vessels in the penis.

In this latest study, low sexual desire and lubrication problems were most common issues reported by women with diabetes.

There's also the issue that as sex is exercise, it can have an effect on blood sugar levels, causing them to drop too low (hypoglycaemia). Some type 2 medications can also cause hypoglycaemia during sex, adding to the complexity of this part of life for those with diabetes.

As sex can be an important part of a relationship, sexual problems can cause tension and undue stress so if it's placing a strain on your relationship, we'd urge you to speak with your medical team about it.

Yes, we know it can be a sensitive subject to bring up, but once it's out in the open, you can search for ways to support yourself and your partner through the challenges.

It can also give your doctor critical information about your health and the impact your diabetes is having and give them a chance to intervene to prevent further health complications developing.

Thanks for reading, I'd love to hear your thoughts. You can email me here:
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