

## **Sexual Problems Associated with Diabetes**

Living with diabetes can be stressful. The disease affects every feature of your life, and this includes sexual well-being.

Diabetic people have a problem with their body not using insulin appropriately, this leads to blood sugar levels which are high. Having this condition for a long period can result in cardiovascular risks and nerve damage. These complications also result in sexual health implications.

In addition to the physical effects, diabetes also has an effect on one's mental health, which can affect sexual wellness as well.

Heightened blood sugar levels cause damage to nerves. In women, this results in an inability to have sexual arousal and stimulation and also a reduction in the discharge of vaginal lubricant leading to a reduced orgasm and painful sex.

Diabetic women in menopause experience a drop in blood sugar levels. This, in turn, can affect sexual health as low blood sugar symptoms during sex can make the perception of sex seem more like a problem rather than pleasure. Moreover, diabetic women are likely to have infections like cystitis, urinary tract infections, and thrush. All these can affect the ability to have or relish sex.

Research states that diabetic men usually experience a reduction in their testosterone level leading to a reduced sex drive. The main sexual health that diabetic men face is Erectile Dysfunction- this is the inability to have or sustain an erection. There must be significant blood flow to the penis for a man to have an erection, however, diabetes damages blood vessels thus affecting how much blood flow can get to the penis. The damage to nerves caused by diabetes can also make it difficult for a man to have an erection.

Lastly, both women and men with diabetes may feel tired most of the time, as well as having a variety of concerns over complication and spending a lot of time and energy managing their health. These aspects also tend to lower one's overall sex drive.

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