

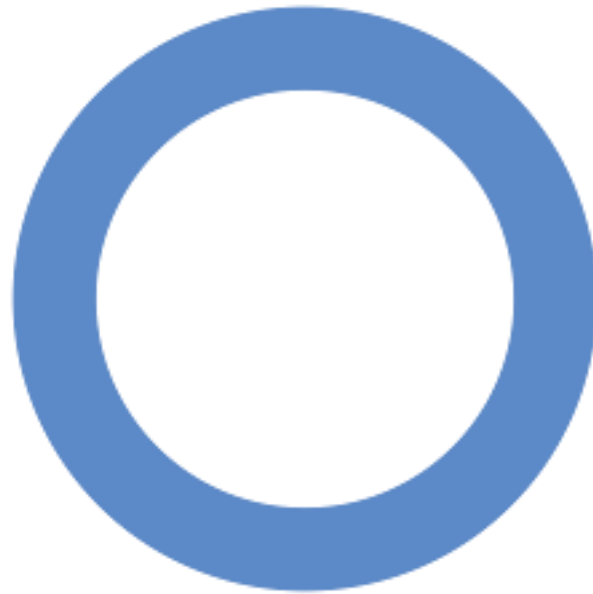
Diabetes and Sex



Diabetes & Sexual Dysfunction By Ashok Koparday

Contact: <http://mydoctortells.com/>

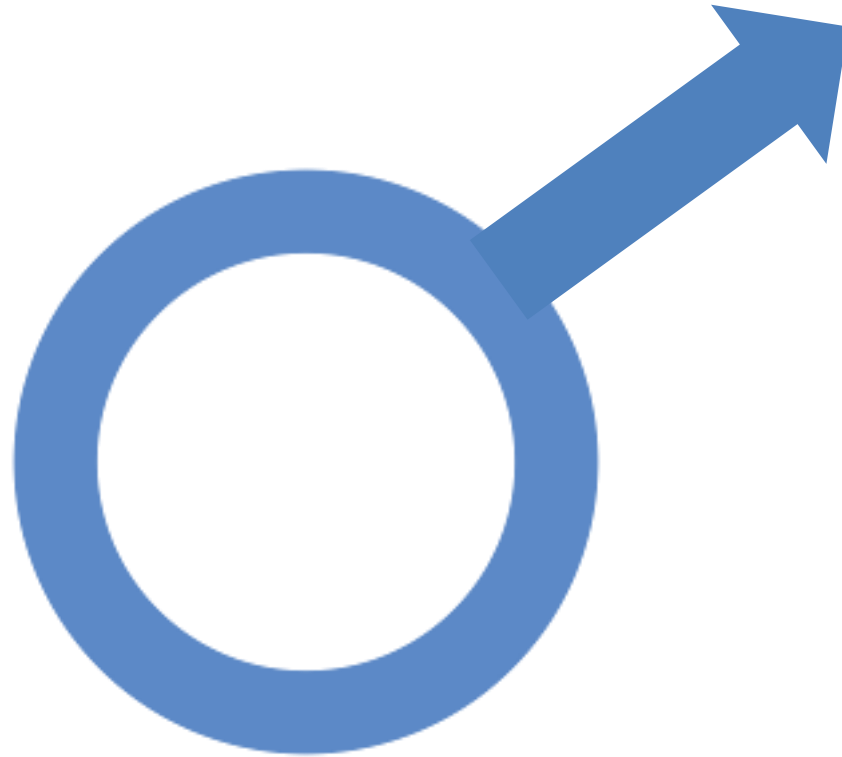
Universal Symbol of Diabetes



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Up to 50 % of men = sexual problems



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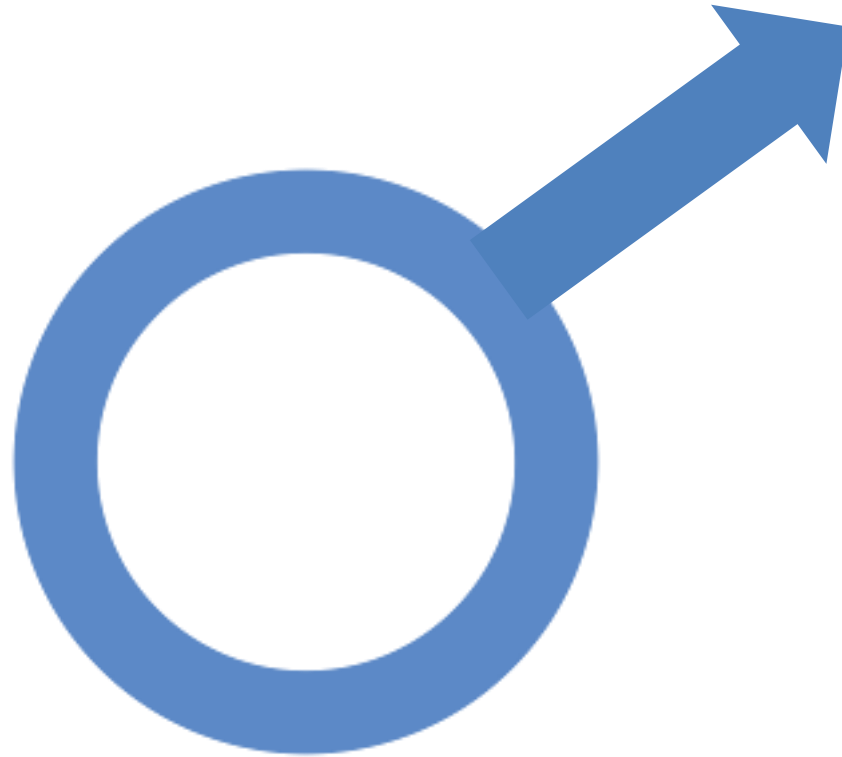
Up to 25 % of women = sexual problems



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ED in 1 in 3 men with Diabetes



[Source: http://diabetes.niddk.nih.gov/dm/pubs/neuropathies/](http://diabetes.niddk.nih.gov/dm/pubs/neuropathies/)

Retrieved 2014 March



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Damage to nerves over long period

- Diabetic neuropathies are a family of nerve disorders caused by diabetes.
- Desire is intact, the response erection/climax is impaired

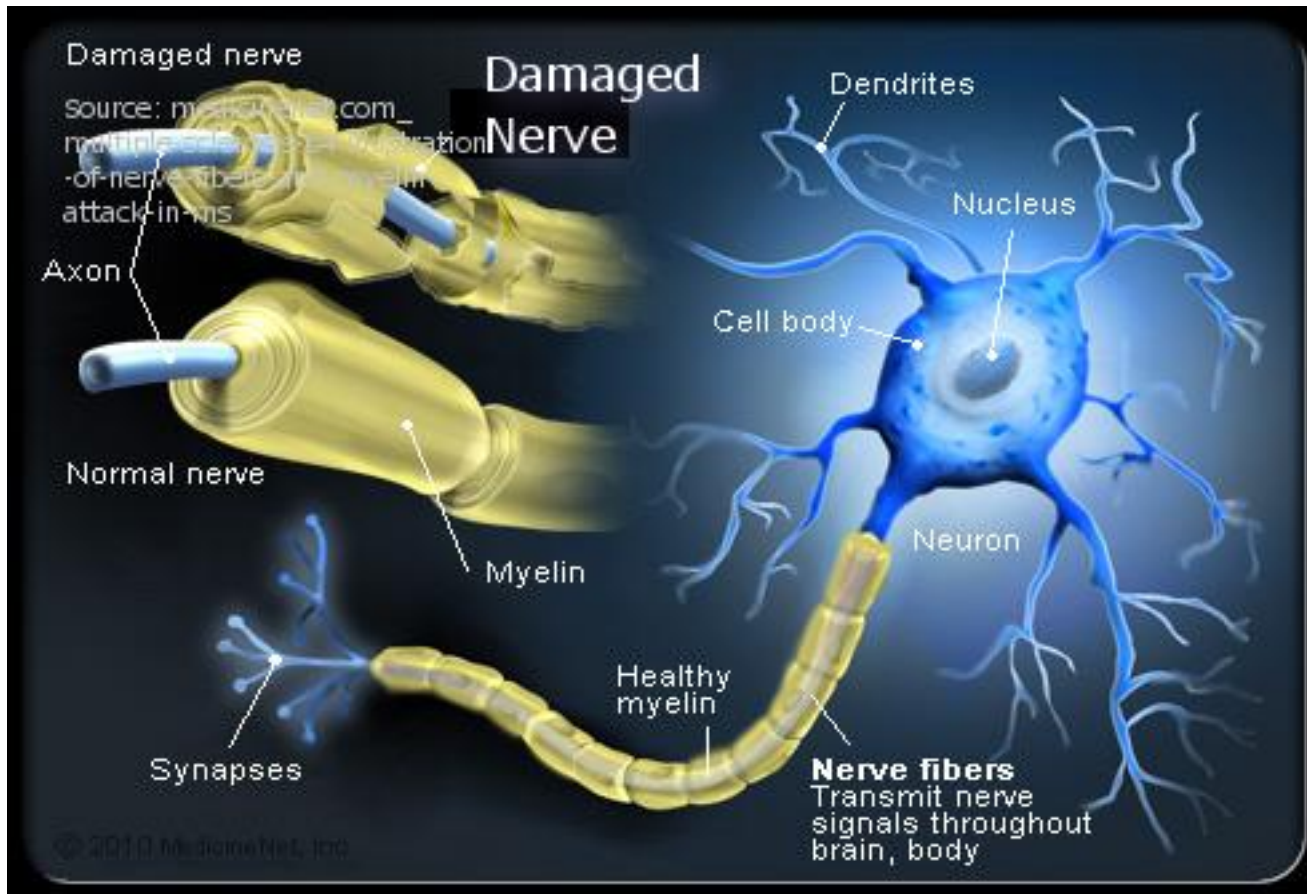
[Source: http://diabetes.niddk.nih.gov/dm/pubs/neuropathies/](http://diabetes.niddk.nih.gov/dm/pubs/neuropathies/)



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Damaged Nerve



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Blood vessel damage

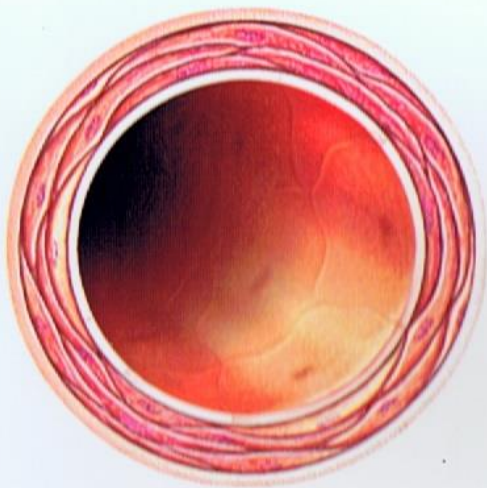
- Narrowing and hardening of blood vessels



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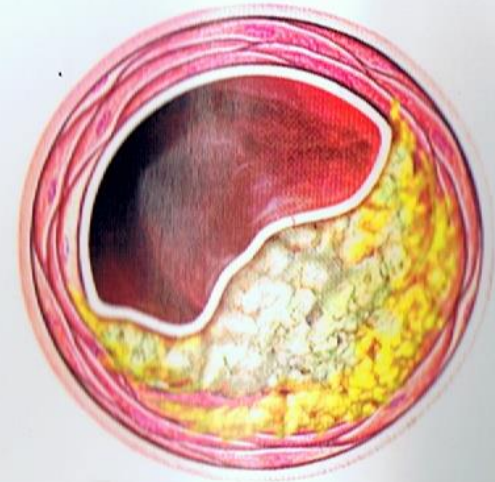
Atherosclerosis



Normal vessel



Arteriosclerosis



Atherosclerosis

Source: Janetgibson.co.uk



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Less NO due to less blood sugar

- Less of Nitric Oxide is produced

[Source: Dan-O Royalty Free Music](#)

"Dan-O at <http://danosongs.com>".



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Damage to capillaries (microangiopathy)

- Diabetic neuropathy → Vasoconstriction



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Microvascular (microangiopathy) injuries to small blood vessels that supply nerves (vasa nervorum)

- ED
- Retrograde ejaculation
- Anorgasmia



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Source: https://en.wikipedia.org/wiki/Diabetic_neuropathy
Contact: <http://mydoctors.com/>

Macrovascular conditions -> Diabetic neuropathy

Macrovascular conditions -> Diabetic
neuropathy



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Neuronal ischemia

- Autonomic neuropathy – genitourinary system
(Find if orthostatic hypotension or fainting was present)



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Tight glycemc control

- Men and Women Both
- Psycho-Sexual Therapy



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Rx Men:

- PGE – 5 inhibitors
- Other treatment methods of ED



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Rx Women:

- Lubricants
- Anti infective medicines



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Fasting > 7.0 mmol/l (126 mg/dl)
2 hour > 11.1 mmol/l (200 mg/dl)
Blood Level

- http://www.who.int/diabetes/publications/Definition%20and%20diagnosis%20of%20diabetes_new.pdf
- [*Definition and diagnosis of diabetes mellitus and intermediate hyperglycemia : report of a WHO/IDF consultation.*](#) World Health Organization. 2006. p. 21. [ISBN 978-92-4-159493-6](#).



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Diabetes mellitus (DM) or simply **diabetes**, is a group of metabolic diseases in which a person has high [blood sugar](#).

Definition

- http://www.who.int/diabetes/publications/Definition%20and%20diagnosis%20of%20diabetes_new.pdf
- [*Definition and diagnosis of diabetes mellitus and intermediate hyperglycemia : report of a WHO/IDF consultation*](#). World Health Organization. 2006. p. 21. [ISBN 978-92-4-159493-6](#).



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1/2 women had sex problem

- 32 % problems with lubrication
- 89 % problems started after they were diagnosed
- 1986 study

Source: <http://www.webmd.com/diabetes/features/women-sex-and-diabetes>



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Unable to have orgasm

35 % with diabetes

6 % without diabetes

- Journal Diabetes 1971

Source: <http://www.webmd.com/diabetes/features/women-sex-and-diabetes>



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Vaginitis= Vaginal infection

- Sex is painful, itching and burning
- due to Yeast/Bacterial infection
- Clitoris fails to respond to stimulation



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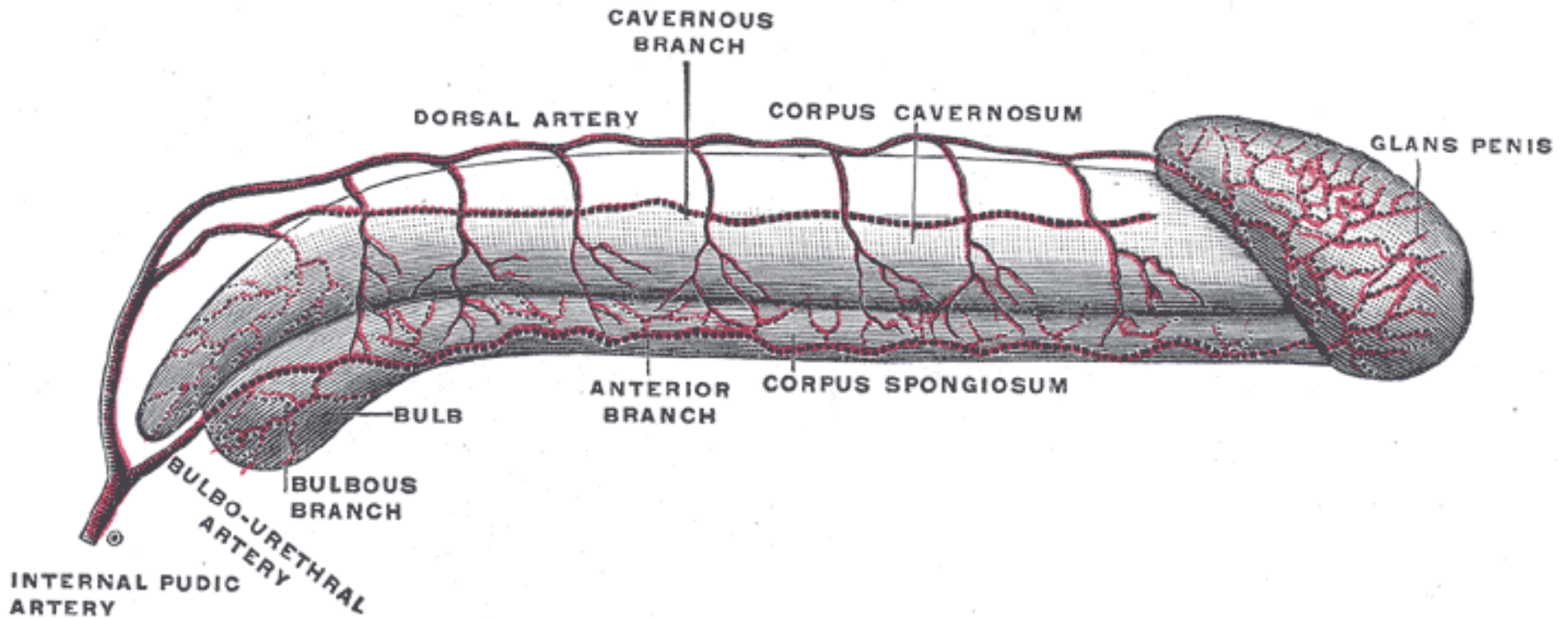
Treatment Women

- Anti infective medicines
- Lubricants
- Relationship Counseling & Sex Therapy



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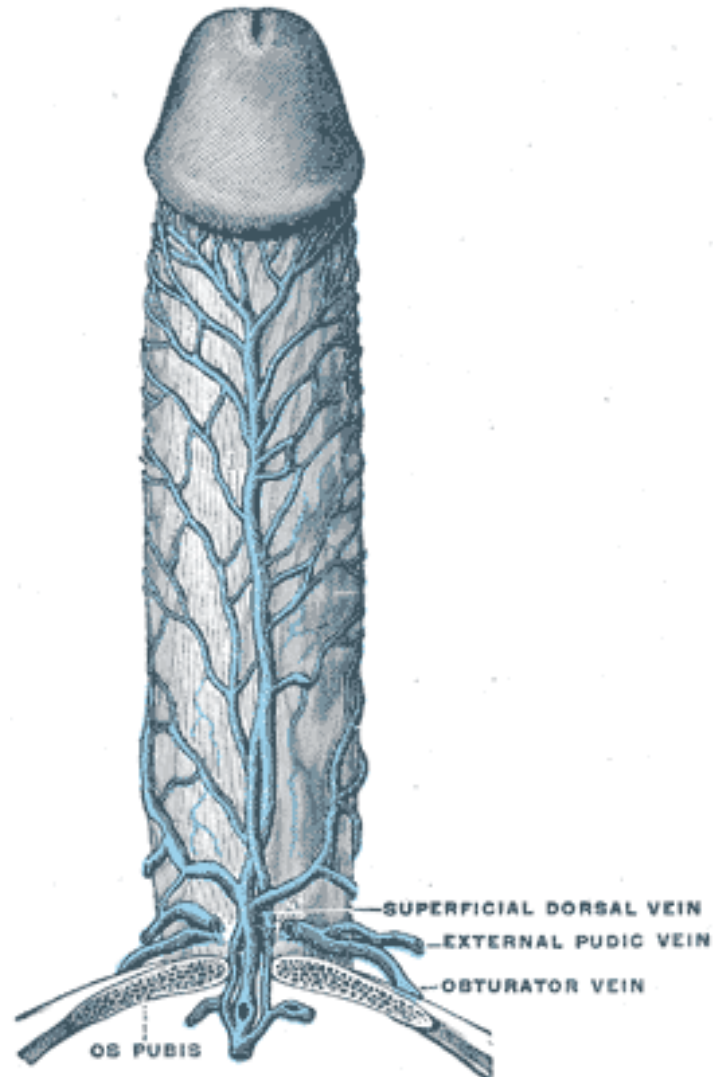


- Source: Gray's Anatomy bartleby.com publishers



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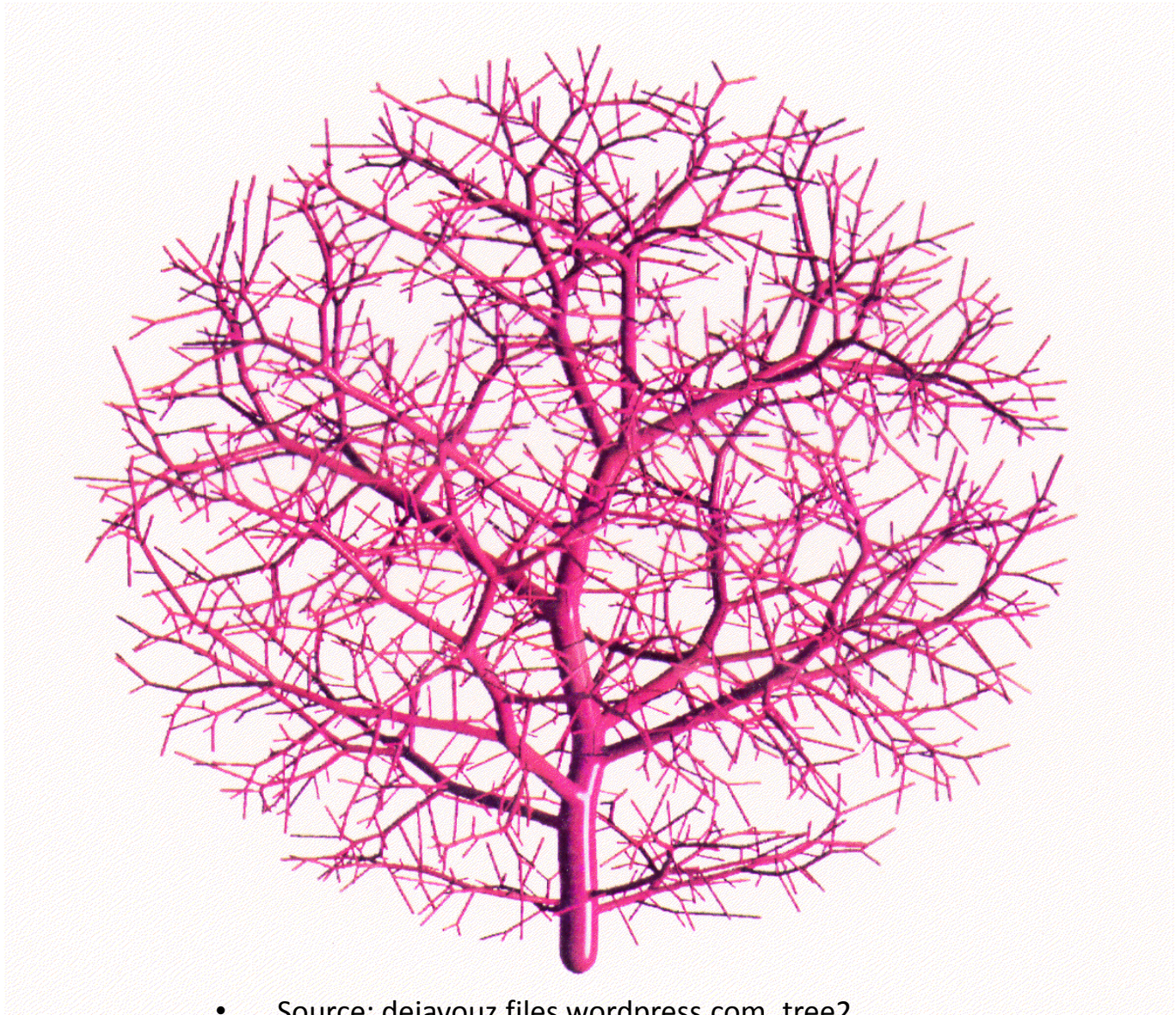


- Source: Gray's Anatomy bartleby.com publishers



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- Source: dejavouz.files.wordpress.com_tree2



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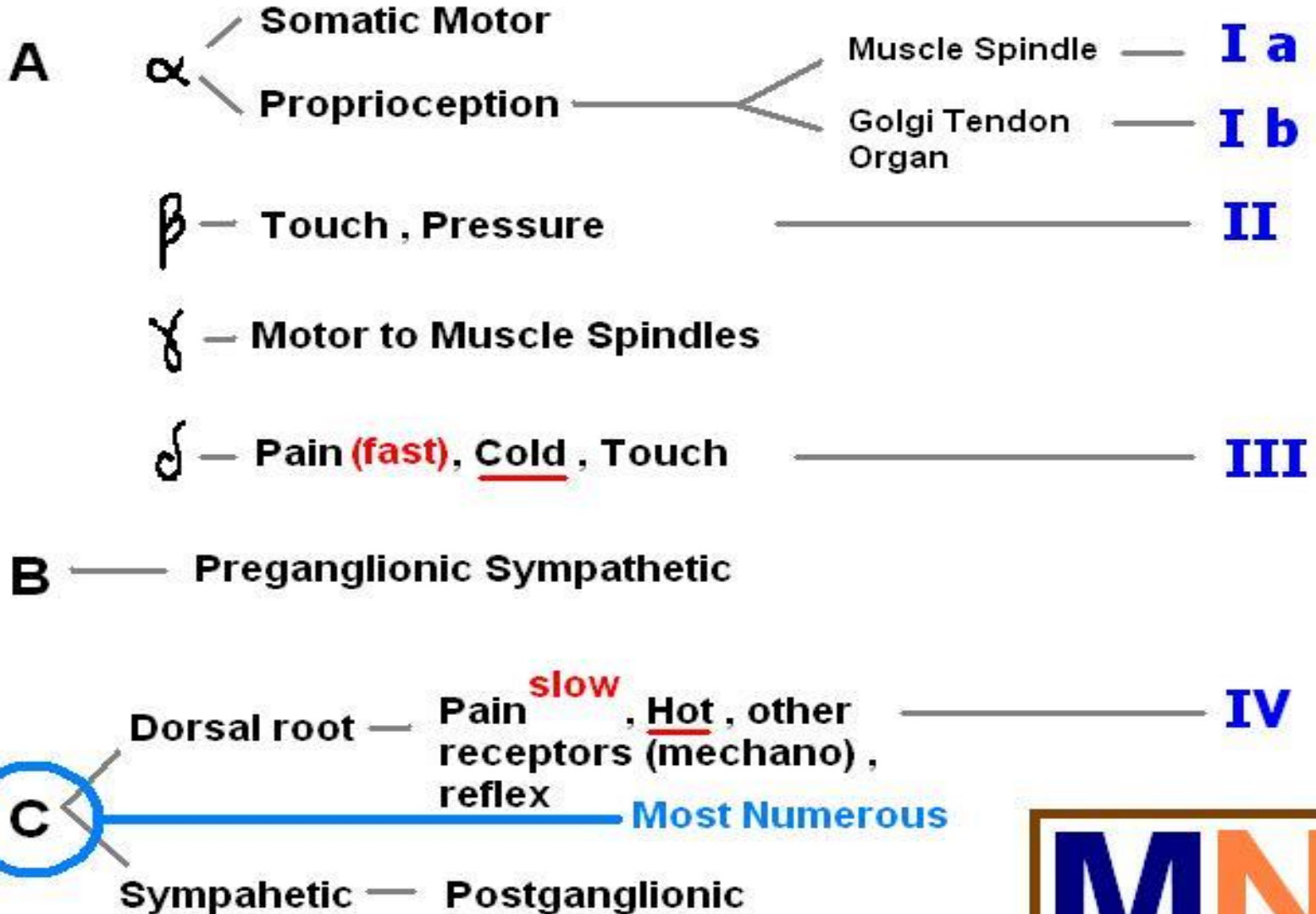
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Classification of Nerve fibers

Erlanger & Gasser

Numerical

Myelinated



Diameter and Velocity
DECREASE

erlanger_and_gasser_types_of_Nerve_fibers_Diabetes_and_Sexual_Dysfunction_by_Ashok_Koparday_Contact:_http://mydoctortells.com



- Source: fineartamerica.com_capillaries-lindsay-clark
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Endothelial permeability

Leucocyte migration



Endothelial adhesion

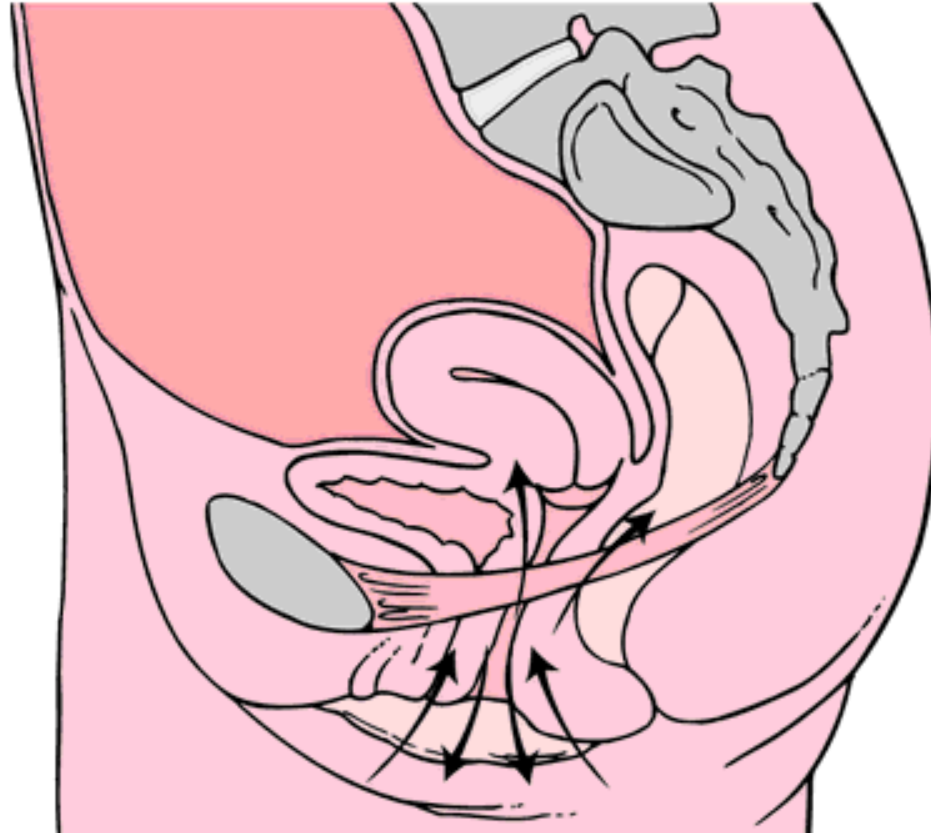
Leucocyte adhesion

- Source: glycemicindex.com_endothelium200



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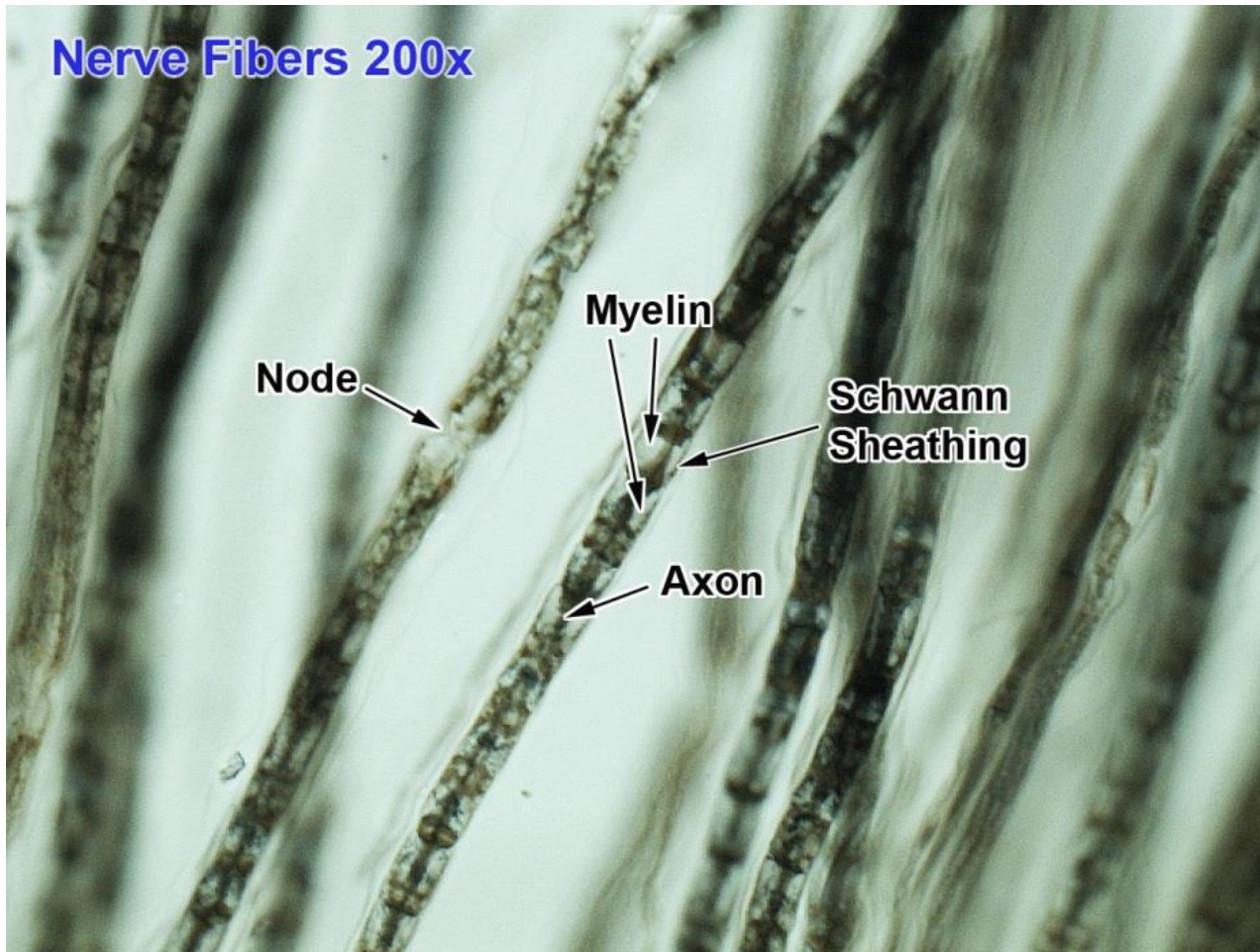


- Source: kegel_exercise_diagram



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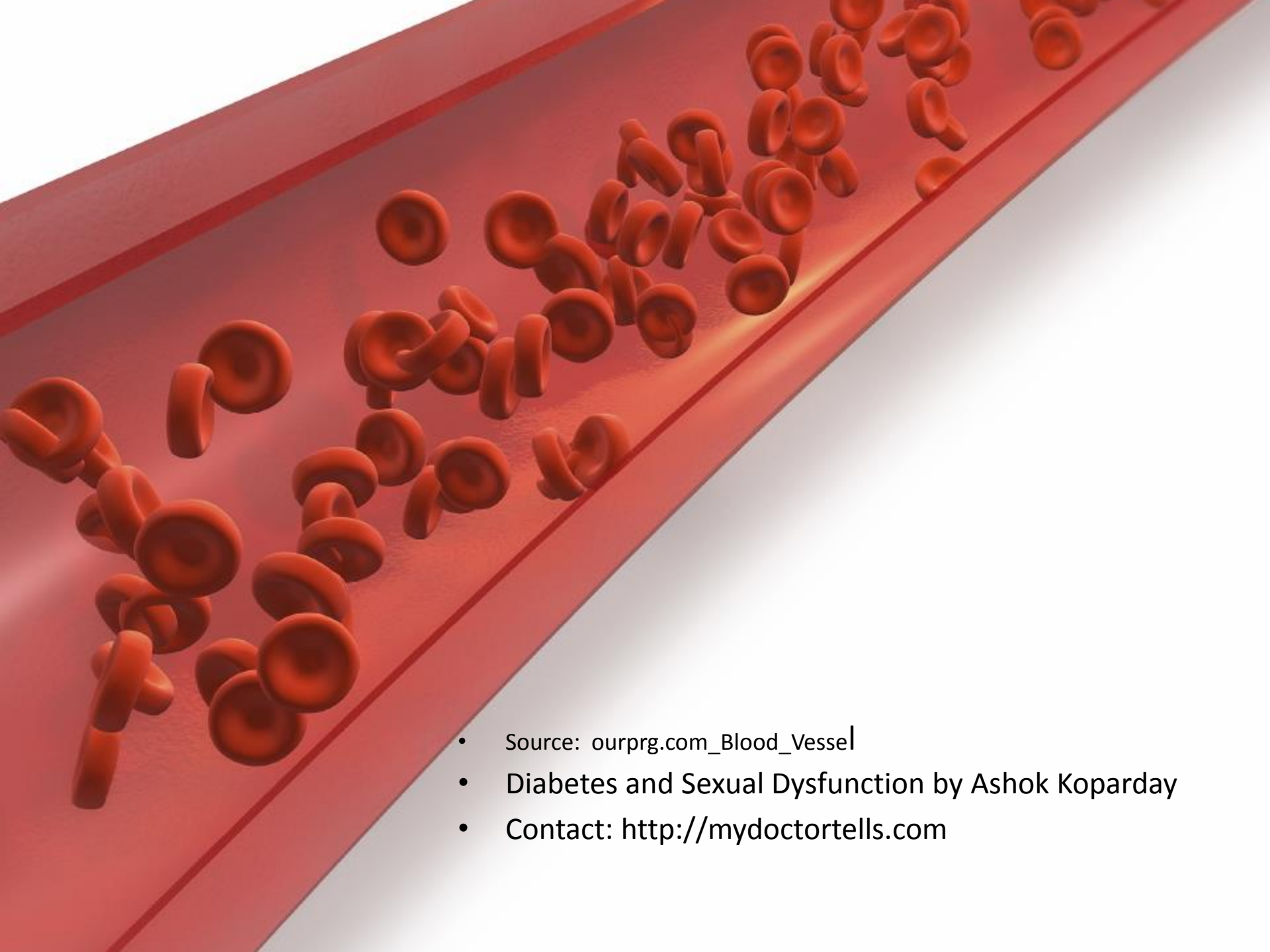


- Source: montgomerycollege.edu_NerveFibers-200x-AllLabels



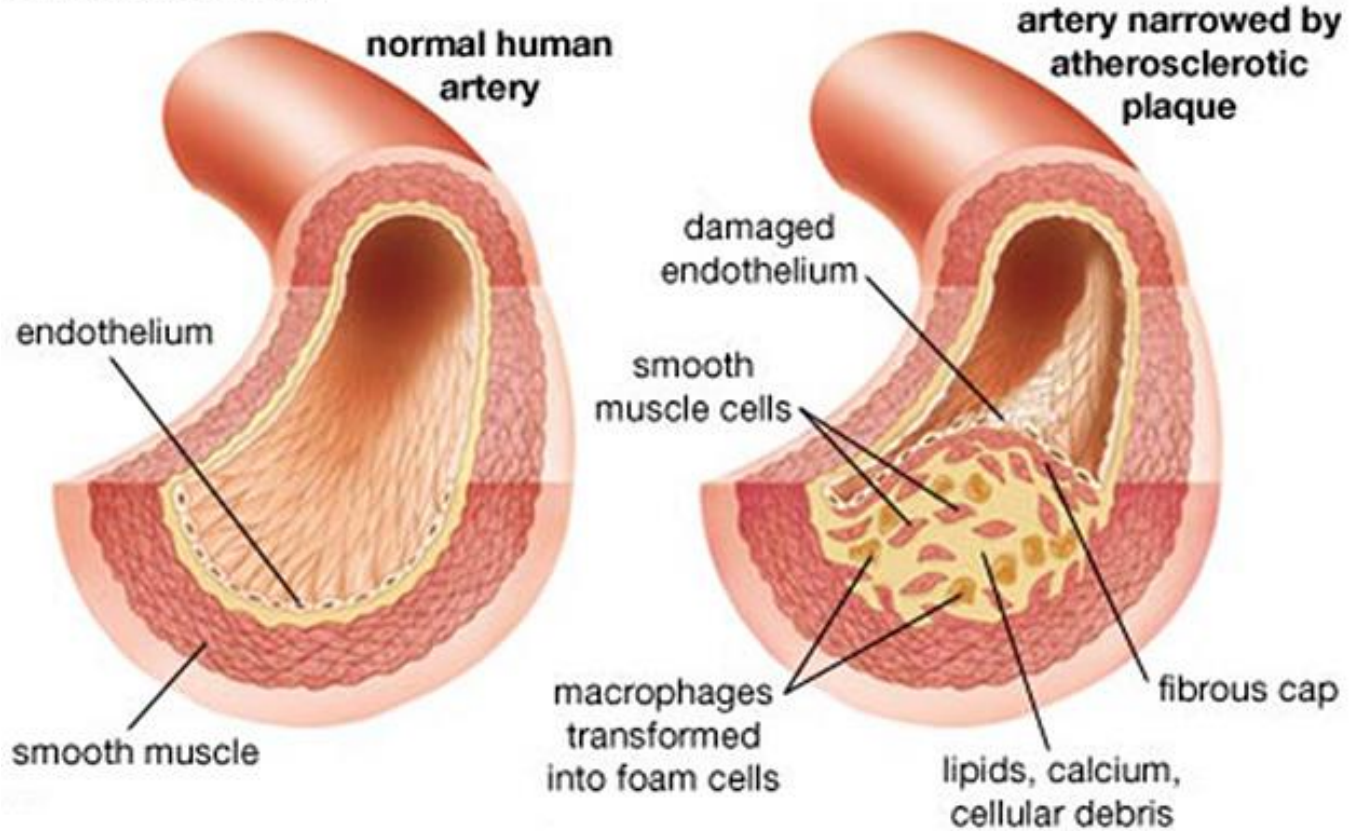
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- Source: ourprg.com_Blood_Vessel
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- Contact: <http://mydoctortells.com>

Atherosclerosis



Source: tappmedical.com_atherosclerosis_slice



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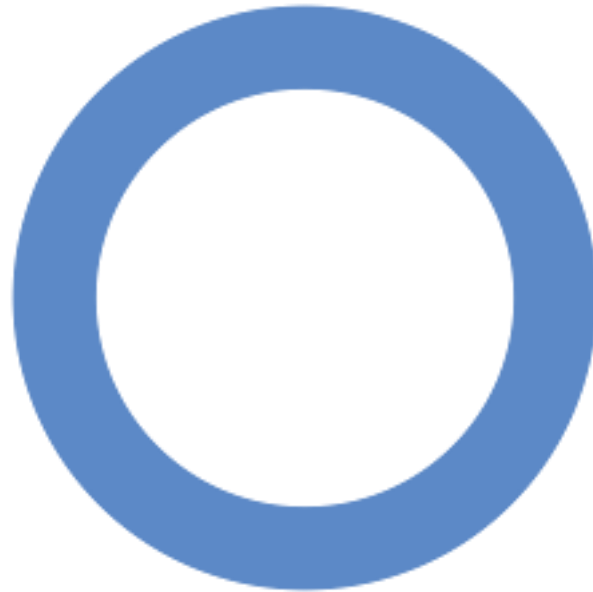


- Source: wikipedia_Kegel_exerciser



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