

ALPHA FIRST

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LOTS OF GOOD ADVICE INSIDE

At the heart of the community...your first step in healthcare

**PLEASE!
DONATE BLOOD**

WITH THE RIGHT NEWS



Critical Blood Shortage!

Please note that there is a serious national Group O blood shortage. If you are eligible, please donate blood, or motivate others to do.

Men with diabetes at huge risk of developing erectile dysfunction

As many as 75% of diabetic men will be confronted at some time in their lives with a consistent or recurrent inability to achieve and maintain an erection adequate for sexual performance. And with the incidence of diabetes fast on the increase, this will mean many more men suffering from ED in years to come. In fact, according to the World Health Organisation (WHO), the number of people with diabetes globally will rise from 177 million in 2000 to 300 million by 2025.

An erection is caused when blood flow to the penis increases causing it to become elongated and stiff.

This occurs once sexually stimulated, when the brain sends signals through the nerves to the blood vessels of the penis.

As such, achieving and maintaining an erection is a complex action in which blood circulation, nerves and hormones all play a role. In men with diabetes, the problem can lie in any or all

of these systems.

Primarily in men with diabetes, the deposition of glucose (sugar) into the various nerve and vessel cells is the main problem. This causes inflammation and can eventually lead to dysfunction due to the nerve impulse damage and vascular deficiency.

Diabetes can similarly affect all the nerves and blood vessels of the body, which highlights the need for good diabetes control.

Other risk factors because of this nerve and vessel damage could include blindness, heart attacks or foot amputation. ED can often be the first sign of these other conditions being present.

The main message to men out there with ED, whether they are diabetic or not, is to go and have a complete medical examination.

What seems to be undisputed is that the link between diabetes and ED is considerable. But the good news is that there are medications available that can improve sexual function.

For men with diabetes, action can be taken to help prevent the nerve damage which leads to erection problems. Good blood sugar control is essential.

Smoking can also greatly contribute to nerve and vessel damage, so smoking should be avoided. Maintaining normal blood pressure can also be a protective measure.



References on request

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