

Erectile dysfunction



The inability to achieve and maintain an adequate erection to achieve satisfactory sexual intercourse is known as erectile dysfunction. This is common problem among males having diabetes. This condition is seen among males without diabetes as well. There are available treatment for this condition. If it interferes with your sex life, You should discuss with your diabetes care team.

Is diabetes a heritable disease?

When you are planning a pregnancy, you may be worried that your child might also get diabetes. A child has a higher risk of developing diabetes, if a parent has diabetes or if there is a significant family history of diabetes. There is no way to certainly know if the child might get diabetes since only the risk of diabetes is inherited. Have a discussion with your diabetes care team to clear any doubt regarding this.



Diabetes and your sexual health



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Contraception

Patients with diabetes can use the same contraceptive methods that other individuals use. You will not have an additional risk when compared to a woman without diabetes using the oral contraceptive pill. The side effects of the oral contraceptive pill are the same for healthy women as well as women with diabetes. There may be slight changes in the blood sugar levels when using the oral contraceptive pill.

You should discuss regarding a suitable contraceptive method with your diabetes care team. You should especially pay attention to fact if you have established complications of diabetes. You should inform your diabetes care doctor before changing the method of contraception. Condom is the only contraceptive modality which also prevents sexually transmitted disease.



Family Planning

It is very important to have a discussion with your diabetes care team if you are planning a pregnancy in the next 6 – 12 months. Increased blood sugar levels before and during pregnancy is harmful to you and your baby. Blood sugar levels should be optimally controlled for at least 3 months before getting pregnant. This may require changing your current diabetes treatment regime. In the case of an unexpected pregnancy, immediately meet your diabetes care team and get advice.



Fertility

Diabetes affects the fertility of women only rarely. But diabetes can occur with a condition called Poly Cystic Ovary Syndrome. Ovulation is reduced in this condition and it may be difficult to conceive. Meet your diabetes care team and get advice if you have a problem with fertility and diabetes.

