

Sharing your information

Your information will only be disclosed to those who have a genuine need to know and who agree to keep your information confidential. For your direct care we often share information with:

- NHS hospitals and clinics
- GPs
- Social care

Following the principles within the General Data Protection Regulation (GDPR), MCH processes your data for purposes of:

- provision of health or social care or treatment
- medical diagnosis
- preventative or occupational medicine
- management of health or social care systems and services, carried out by, or under the supervision of health professional or another person, who in the circumstances owes a duty of confidentiality under an enactment or rule of law

Who to contact

Community Diabetes Team

t: 0300 123 3444

e: medch.communitydiabetes@nhs.net

Unit 7, Ambley Green, Bailey Drive, Gillingham Business Park, Gillingham, Kent, ME8 0NJ

Medway Community Healthcare CIC providing services on behalf of the NHS
Registered office: MCH House, Bailey Drive, Gillingham, Kent ME8 0PZ

Tel: 01634 337593

Registered in England and Wales, Company number: 07275637

Our privacy notice is available on our website

<https://www.medwaycommunityhealthcare.nhs.uk/privacy/>

If you would like to view or request a copy of your patient record, please contact MCH Governance team via email medch.dataprotection@nhs.net or telephone 01634 334640. In most instances this service is free and we aim to provide the requested information within 1 calendar month. More information can be found by visiting:

<https://www.medwaycommunityhealthcare.nhs.uk/contact-us/information-about-me/>

Customer care

Please send any comments about Medway Community Healthcare services to: -

Customer care coordinator
Medway Community Healthcare
MCH House, Bailey Drive, Gillingham, Kent, ME8 0PZ

t: 0300 123 3444

medwaycustomercare@nhs.net

All contact will be treated confidentially

This information can be made available in other formats and languages. Please contact:
medch.communications@nhs.net

Ref: MCH525



Diabetes and erectile dysfunction



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What is Erectile Dysfunction?

Erectile Dysfunction (ED) means not being able to achieve or maintain an erection long enough to have sexual intercourse.

All men experience this at some time in their lives and the problem usually increases with age.

You are not alone:

- Approximately one man in ten over the age of 40 has ED, whether they have diabetes or not.
- ED may affect over half of men with diabetes.
- In men over the age of 70 with diabetes, over 75% have some degree of ED.

There are a wide range of treatments available to help you.

What causes ED?

ED may have a physical, hormonal or psychological cause. In some cases, a mixture of causes can occur.

Common causes are:

- Diabetes. Long term effects of diabetes can damage the blood vessels that supply your penis and the nerves which control an erection
- Smoking, drinking too much alcohol and use of some illegal drugs

- Tablets, such as some of those taken for high blood pressure and depression
- Operations on your bowel, prostate, bladder or spine may damage the nerves connected to your penis
- Damage to your spinal cord
- Lack of a hormone called testosterone
- Psychological problems such as stress, anxiety, depression, marital problems, guilt, fear of failure to perform.

ED affects both people in a relationship. You may feel embarrassed or frustrated. Your partner may feel rejected. Talking to your partner can lead to more understanding about how you both feel about this issue. This can help to improve the situation and help you decide if you wish to take further action to address the issue.

ED can be a strong indicator of cardiovascular disease – please discuss it with your doctor.

How to find professional help

You should first discuss the issue with your GP (family doctor) or a member of your diabetes team. They will have experience in advising people about ED and may be able to identify the possible cause from the list above.

You can ask to be referred to a specialist, once potential causes have been eliminated.

What assessments are needed?

It will be helpful if you and your partner (if you have one) can be involved during your assessment. You should be prepared to discuss the situation fully, which may feel a bit uncomfortable. You may need some or all of the tests such as:

- Blood tests to check diabetes control, kidney function and testosterone levels
- Tests on the nervous system, including blood pressure and sweat tests
- You may have an injection of a drug in to your penis to check your erection response
- You may be referred for counselling

What treatments are available?

Changing medication – a change of drug or an additional prescription to remove the side effects of some medications can be useful.

Drug therapy – certain drugs are available on the NHS for men with diabetes and ED. They may not be suitable for you so you should always consult your doctor.

Self-injection therapy – you can inject a drug into your penis before intercourse. This increases the blood supply to your penis to achieve an erection.

Vacuum therapy – This is a very effective method of achieving an erection. You place a tube (rather like a rigid condom) over your penis and use a pump to empty the air out of the tube. This causes blood to be drawn in to the penis. You then place a ring on the base of your penis to maintain your erection during intercourse. Vacuum therapy is only available on the NHS to patients that meet certain criteria. Devices can be self-funded and purchased in some sex shops or via the internet.

Surgery – Occasionally an operation is used to open the blood supply to your penis by implanting a stent or rod.

Further information:

ED is now much better understood and treated than in the past. For further information and support, contact:

Sexual Advice Association c/o Right Angle
224, Building 3, Chiswick Park
566 Chiswick High Road
London W4 5YA

Helpline Tel: 0207 486 7262

email:
info@sexualadviceassociation.co.uk

Website:
sexualadviceassociation.co.uk