

# *Unknown Unseen Undisclosed*

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# Erectile Dysfunction (ED)

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Loss of Libido –Impotence or Erectile Dysfunction what does it mean?

ED is a persistent inability to attain and or maintain an erection sufficient for sexual performance (Hackett 2008)

## Unknown?

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- Between 30-60% of men with Diabetes may have ED (Sethia and Eardley 2003)
- ED occurs at an earlier age in men with Diabetes than in non Diabetic men  
(De Beradis et al 2008)
- Can occur in Men with either Type 1 or Type 2 Diabetes and often in relation to other complications of diabetes.

# Unseen?

## Why the need to raise awareness?

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- Evidence to support that ED is a marker for CVD
- Quality of life for patient and partner
- Part of life
- Other clinical issues
- Psycho sexual problems
- Not QOF -NICE recommendations: review issue of ED with men annually (2008)

## Early warning –Unseen

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The recognition of ED as a warning sign of silent vascular disease has led to the concept that a man with ED and no cardiac symptoms is a cardiac (or vascular) patient until proven otherwise

ref : Princeton11: Jackson G et al. 2006. Journal of Sexual Medicine

# Undisclosed ?

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Some evidence suggests that it may take up to 5 years before a man with ED will discuss this with a HCP

- Two out of three men still do not discuss ED with their HCP but evidence shows they would like to be asked
- May be due to embarrassment on the part of either the Patient and /or healthcare professional
- If not discussed in relation to diabetes complications then not disclosed ( Pts often suffer in silence)
- We ask about pregnancy with women why not ED with men?

## Case study 1

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Alan, a 62 year old married man has had Type 2 Diabetes for 3 years. His own general health is good. Recent Diabetes results:

Hba1c 52mmol/l mol (6.9%)

BP 130 /72

Chol 4.2

Do you ask about ED and if so how?



## Case study 2

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During his yearly review, Billy mentioned his sex life is not what it used to be.

How would you take this further? What Questions could you ask ?





## Case study 3

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Charles , A 73 year old man who has had Type 2 Diabetes for 20 years, had an MI about 18 months ago. Although now fit and active he was prescribed nitrate medications following his MI

He is asking about whether he can have treatment for his ED

What would you discuss with him?



## Case study 4

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Dennis, a man who was diagnosed with Type 2 Diabetes 3 years ago, in his early 50s , was initially treated with Sildenafil for his ED. He recently mentioned to you that the “ Sex tablets” don’t work anymore.



What questions could you ask him and what treatment options might you suggest?

# Case study 5

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- Kashim has Type 1 diabetes.
- Arranged marriage of 7 yrs duration
- Trying for a family for the past 3 years.
- Feels he is to blame because his wife is unable to conceive.

What questions would you ask to assess Kashim's Difficulties.



# Treatments options

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- PDE5's Tadalafil Sildenafil Vardenafil
- Vacuum Devices
- Muse
- Injection therapy
- Psychosexual counselling
- Surgery
- (what services are available in your local area)

# Female Sexual Dysfunction – (unknown unseen undisclosed)

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## Definition of Female Sexual Dysfunction (FSD)

- The persistent or recurrent inability of women to function sexually. Female sexual dysfunction can manifest as a lack of sexual desire, inability to enjoy sex, vaginal dryness or failure to achieve orgasm.

## ● Female Sexual Health and Diabetes

- Under reported
- Under discussed
- Undiagnosed

Many reasons for women not reporting sexual dysfunction

pre conceptual care /female sexual health little treatment options

- Nowosielski et al (2010) Diabetes &Primary Care vol 12 No 6 2010

## Conclusion

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- **Significance of ED in men with diabetes**
- **Heart risk?**
- **Ask the question!**
- **Genuine holistic care.**