

# Impotence and Sexual Dysfunction



Men with diabetes commonly face sexual dysfunction

Diabetes and impotence are strongly associated with each other. Amongst men, impotence refers to the inability to gain an erection in order to perform sexual intercourse.

Men commonly face this problem, and it is more likely to happen amongst diabetic men.

The problem is thought to affect about one in ten men on a long-term basis.

- For more on this topic also see [diabetes and sex](#)

## What are the causes of impotence?

Impotence can be caused by stress, anxiety, relationship problems, drinking too much alcohol and medication, as well as low testosterone levels.

## What is the link between diabetes and impotence?

Men with diabetes are more prone to suffer from impotence problems, but it is not clearly understood what the exact association is. Diabetics can suffer from hardened arteries, and this could influence blood flow.

Damage to the nerves, [diabetic neuropathy](#), can also cause impotence.

## How do I find out the cause of diabetes-related impotence?

How impotence is treated depends entirely on the cause, and in order to establish this the problem usually needs to be brought into the open and discussed with a doctor.

Impotence can be physical or psychological.

## How can impotence be treated?

A variety of treatment alternatives are possible for diabetes-related impotence. A doctor will be able to discuss and decide on an appropriate treatment.