Diabetes can affect a man’s sex life. Diabetes can lead to erectile dysfunction (ED). ED means it is hard to have or keep an erection.

**Men with diabetes:**
- Are two times more likely to have ED
- Experience some degree of ED 10 to 15 years earlier than men without diabetes

Just because you have diabetes does not mean you will get ED. But if you do, there are ways to treat ED!

**In addition to diabetes, ED can be caused by:**
- Poor blood supply or nerve damage to penis
- Prostate or bladder surgery
- Some medicines for treating blood pressure or depression
- Smoking
- Weighing too much
- Lack of activity
- Stress
- Depression
- Too much worrying about ED
- Guilt
- Low self-esteem

**You can help yourself!**
You may be able to avoid ED if you:
- Stop smoking
- Lose weight
- Be more active
- Ask your doctor if ED is a side effect of any of your medicines.

Talk to your doctor before changing your medicine or treatment regimen.

ED is not the end of your sex life
There are many ways to treat ED, such as:
- Counseling and life changes
- Medicines taken by mouth or injection
- Vacuum aids
- Surgery, including implants

Talk with your doctor to find out what treatment is best for you.

This material has been developed by GlaxoSmithKline.