

Diabetes, obesity linked to erectile dysfunction

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Introduction

It is been estimated that about 35%-75% of men with diabetes will experience at least some degree of erectile dysfunction also called ED or impotence during their lifetime. Men with diabetes tend to develop erectile dysfunction 10 to 15 years earlier than men without diabetes. As men with diabetes age, erectile dysfunction becomes even more common.

The causes of erectile dysfunction in men with diabetes are complex and involve impairments in nerve, blood vessel, and muscle function. Diabetes can damage the blood vessels and nerves that control erection.

The leading cause of Diabetes is Obesity, or excess body weight, and approximately 90% of the diabetic men in India are also obese. Because of their extremely high weight, men develop diabetes at a young age which leads to further complications like erectile dysfunction and maybe even impotence in future.

According to a research published in a leading obesity journal the obese men had lower scores for sexual drive, erectile dysfunction, ejaculatory function, problem assessment, and sexual satisfaction than people with normal weight.

Dr Manish Motwani, Weight loss surgeon at Aastha Healthcare, Mumbai says "Obesity is a root cause for many diseases especially Diabetes. In men, who are very obese and have diabetes, erectile dysfunction is most common. The cause for this disease is twofold, obese men have lower sexual drive because of physical appearance

and to add to that obesity and diabetes leads to hormonal imbalances and nerve damage that can cause ED. We have observed in our practice that the number of young obese male diabetics with erectile dysfunction is on the rise. These are also proven risk factors for developing cardiac diseases in future."

It is also shown that with weight loss, Type 2 Diabetes Mellitus and erectile dysfunction can be cured. Dr Manish Motwani says, "The main reasons for these problems with obesity are the hormonal changes with extreme weight gain. A huge amount of weight loss is necessary to cure Diabetes, and bring hormonal and glycemic control. Weight loss surgery, or bariatric surgery, works very well to cure diabetes, because of certain hormonal effects after surgery. Within 6-8 months patients are able to control diabetes without medication. The same results in control and reversal of Erectile Dysfunction in male patients. Weight loss surgery not only cures the hormonal imbalances leading to diabetes and ED but also with proper and long term weight loss patients' physical condition is improved, with improved sexual function."

Dr Manish Motwani says, "Bariatric surgery, or weight loss surgery is a proven option for weight loss and control of other diseases. There are multiple studies to show the results post bariatric surgery in curing diabetes and erectile dysfunction in men. Not only that, we have seen live examples in our practice where in after bariatric surgery, patients are living happy lives after losing 85-90% of their excess weight and getting rid of diseases like diabetes, heart diseases and erectile dysfunction."