Having diabetes is not too sexy. In fact, diabetes may affect the sexual function of both men and women. Some men with diabetes have a problem with impotence (the inability to have and maintain an erection). Impotence, along with the need to urinate often, may be an early sign of diabetes. Impotence occurs in men with type 1 diabetes as well as those with type 2 diabetes.

A 2004 study conducted at Cardiothoracic Centre, St Thomas' Hospital in London, UK, concluded that diabetic men are three times as likely to develop erectile dysfunction as non-diabetic men and that controlling diabetes through exercise and diet is the best way to stay sexually vibrant and healthy. Another study conducted in 2004 at the Centre for Obesity Management, Second University of Naples, Italy, (2004) found that one out of three obese, diabetic men with erectile dysfunction showed significant improvements in sexual function as a result of weight loss and improved lifestyle habits.

For women with diabetes, sexual dysfunction may more be subtle with it becoming more difficult to achieve pleasure.

Slim down with whole grains

Filling up on high-fibre, whole grain foods could help you lose those extra pounds. A study published in the American Journal of Clinical Nutrition (2004) says that women who opt for whole grain cereals and breads tend to put on less weight as they age compared to those who opt for refined breads and cereals. In the study, the women who ate whole grains regularly were half as likely to become obese compared to the women who ate refined grains. Whole, unrefined grains retain more of their nutrition and fibre compared to processed grains. Including grains such as millet, buckwheat, brown rice, whole wheat, and barley in the daily diet greatly reduces the risk of mid-life weight gain in women.
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