ADULT TRACK

MEN'S HEALTH AND DIABETES

Leonard Zemel, MD
Creekside Endocrine Associates

Angelica Abston, NCC, LPC
University of Colorado Hospital - Outpatient Psychiatry

#EPICconf2019
www.EPICconferences.org

EPIC DIABETES CONFERENCE

MAY 11, 2019 | THE WESTIN DOWNTOWN DENVER

EMPOWERING PATIENTS FOR INDIVIDUALIZED CARE
CONFLICTS OF INTEREST

None

TOPICS

Urinary symptoms
- Prostate disease
- Bladder neuropathy

Cardiovascular disease
- Obesity

Metabolic bone disease
- Bone loss/Osteoporosis
- Frailty

Low testosterone/Hypogonadism
- Metabolic syndrome
- Diabesity
- Male clinics

Mental and Emotional health
- Phase of living with Diabetes and related symptoms.

Men and Mental Health
- Barriers
- Disordered eating behaviors
- Depression and Anxiety Disorders

Sexual Health
- Facts
- Erectile dysfunction and Treatment Options

#EPICconf2019
www.EPICconferences.org
URINARY SYMPTOMS

Prostatism
Bladder neuropathy
Diabetes out of control

CARDIOVASCULAR DISEASE

Obesity (Central)
Coronary artery disease/Angina/Heart attack
Overwhelming cardiac risk
Overwhelming drugs for each definable risk

#EPICconf2019
www.EPICconferences.org
METABOLIC BONE DISEASE

Diabetes bone paradox
Canadian study (Diabetes Care, April 2019) CaMos
Frailty

Hip fracture risk by age and gender in T1D

#EPICconf2019
www.EPICconferences.org
LOW TESTOSTERONE/HYPOGONADISM

Syndrome
Diabetes
Low testosterone/Male clinics
Good idea?

#EPICconf2019
www.EPICconferences.org

PHASES OF LIVING WITH DIABETES AND MENTAL HEALTH CONCERNS

Initial Diabetes Diagnosis
- Grief, anger, distress, fear, initial changes in activities, conduct or personality.

Learning Diabetes Self-Management
- Issues with autonomy, independence, empowerment, fear and persistent worry.

Maintenance of self-management
- Beyond Diabetes Distress. Obsessive thoughts and persistent worry, maladaptive eating behaviors, fear of hypoglycemia, feelings of helplessness, loss of motivation, neglecting treatment, thoughts of suicide.

Life Transitions Impacting Disease Self-Management
- (i.e. changing schools or jobs, marriage, divorce, loss) can negatively affect self-management

Disease Progression and Onset of Complications
- Depression, isolation, withdrawal, increased anxiety, thoughts of suicide.

Aging and Its Impact on Disease and Self-Management
- Forgetfulness and slowed information processing is a normal part of the aging process. If you notice more severe cognitive impairments or signs of dementia, important to talk to mental health professional.
MEN AND MENTAL HEALTH

Barriers
- Men are more avoidant of treatment, poor stress management skills

Disordered eating behaviors
- Not just a women’s issue
- Diabetes complicates eating disorders
- Equal number of men and women report dissatisfaction with their body
- Male rejuvenation

Depression and Anxiety Disorders
- Depression among patients with T1D and T2D 2x higher than general population.
- PTSD and fear of hypoglycemia

SEXUAL HEALTH

Facts
- Male sexual dysfunction among diabetic patients can include disorders of libido, ejaculatory problems, and erectile dysfunction (ED).
- ED affects at least 50% of men with diabetes.
- Significantly underdiagnosed and treated due to stigma and shame
- Diabetes complicates Erectile Dysfunction

Treatment Options
- Phosphodiesterase Type 5 Inhibitors i.e. sildenafil (Viagra)
- Vacuum Erection Devices
- Intraurethral Suppositories
- Intracavernosal Injection Therapy
- Penile Implant Surgery