

ADULT TRACK

MEN'S HEALTH AND DIABETES



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DIABETES
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EMPOWERING **P**ATIENTS
INDIVIDUALIZED **C**CARE

CONFLICTS OF INTEREST

None



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TOPICS

Urinary symptoms

- Prostate disease
- Bladder neuropathy

Cardiovascular disease

- Obesity

Metabolic bone disease

- Bone loss/Osteoporosis
- Frailty

Low testosterone/Hypogonadism

- Metabolic syndrome
- Diabetes
- 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

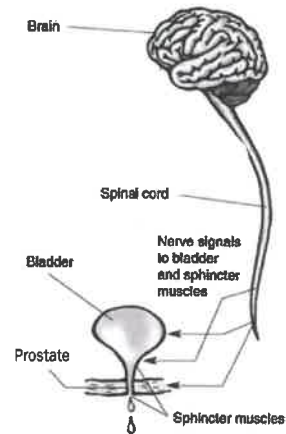


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URINARY SYMPTOMS

Prostatism
Bladder neuropathy
Diabetes out of control



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CARDIOVASCULAR DISEASE

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



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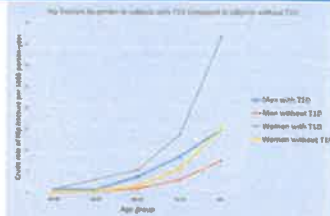
METABOLIC BONE DISEASE

Diabetes bone paradox

Canadian study (Diabetes Care, April 2019) 

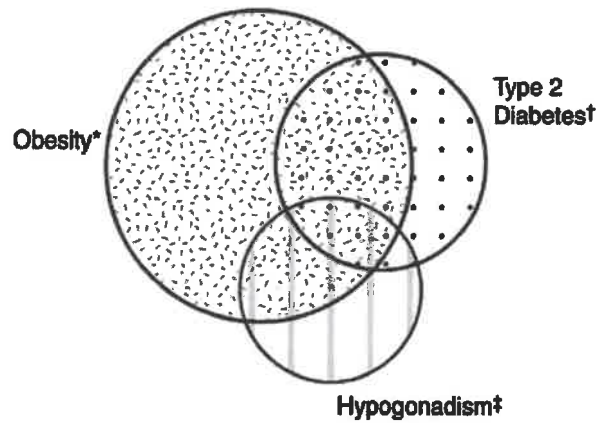
Frailty

Hip fracture risk by age and gender in T1D



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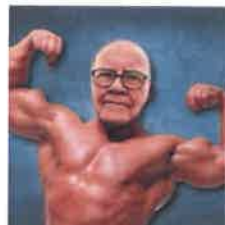
LOW TESTOSTERONE/HYPOGONADISM

Syndrome

Diabesity

Low testosterone/Male clinics

Good idea?



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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 It's 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.

Psychosocial Care for People With Diabetes: A Position Statement of the American Diabetes Association
Deborah Young-Hyman, Mary de Groot, Felicia Hill-Briggs, Jeffrey S. Gonzalez, Korey Hogg, Mark Peyrot
Diabetes Care Dec 2016; 39(12):2126-2140. DOI: 10.2337/dci.16-2663

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