

## Diabetes: Two Men, Two Outcomes



**Mr. Yo-Yo** ate lots of Big Macs and fried food, drank a lot of soda and was too busy to exercise. He was diagnosed with diabetes 5 years ago, but thought that because he was young, he could still eat whatever he wanted. He didn't like doctors and never saw one to talk about his diabetes. Instead, he just took some herbs to control his sugar. His glucose levels would yo-yo, constantly going up and down, and he often felt very tired. One morning at work, he felt a sharp pain in his heart and fell to the floor. He was rushed to the emergency room, but unfortunately, he was unable to survive his heart attack and died.



**Mr. Steady** also loved eating fried chicken, fast food and soda, but when he found he had diabetes, he knew that he had to change his ways. He did not want to suffer heart problems, lose a leg or have difficulties with physical intimacy in the future. He checked his glucose levels and his feet daily. He regularly visited the doctor and monitored his diabetes numbers. He also started to eat lots of fruits, vegetables and lean meats, and watched his portion sizes. He walked as much as possible and found time to exercise everyday. His new lifestyle helped keep his glucose levels steady so that he was able to have a long and fulfilling life.

### Which man do you want to be?

TAKE CARE OF YOUR DIABETES TODAY!

\*For More Information Visit  
the American Diabetes Association's website  
<http://www.diabetes.org/type-1-diabetes/men-sexual-health.jsp>

Bronx Health REACH works with the Bronx faith-based community to improve health and get access to better health care. If you have any questions about Bronx Health REACH, contact Yvette Holland at 212-633-0800 ext. 1232.

Resources for this pamphlet include: Fisher, et al., Hardy, et al., Jack Jr. et al., Liburd, et al., Penson, et al., and the American Diabetes Association.



## A MAN'S GUIDE TO DIABETES



### HANDLING THE TOUGH STUFF

If you are a man with diabetes, you are not alone. You are one of 8.7 million other men in the United States living with this disease. In men, diabetes can lead to serious complications like heart disease, amputation, stomach problems, impotence, and depression.

Turn the page to learn more about these complications and what you can do to prevent them.

*A wise man will hear and increase in learning, And a man of understanding will acquire wise counsel. (Proverbs 1:5)*

# Men and Diabetic Complications

## 6 Issues You Can't Ignore



### 1. Heart Disease



**THE ISSUE:** Men with diabetes are two or three times more likely to have heart disease than non-diabetic men.

#### WHAT CAN I DO?

- Control your blood glucose, blood pressure and cholesterol.
- Ask your doctor what your diabetes numbers should be.
- Make sure to get your blood pressure measured at every visit and have your cholesterol checked at least once a year.

### 2. Lower Extremity Amputation (LEA)



**THE ISSUE:** African American and Latino men have high rates of amputation because of uncontrolled diabetes. Men suffer from LEA 4 times more than women.

#### WHAT CAN I DO?

- Check your feet everyday for cuts, blisters, sores, swelling, redness or sore toenails.
- Talk to your doctor if you experience any of these foot problems.

### 3. Gastroparesis (gas-tro-par-e-sis)



**THE ISSUE:** Gastroparesis is a when your stomach takes too long to empty because of nerve damage caused by uncontrolled diabetes.

#### WHAT CAN I DO?

- If you have persistent, or prolonged heartburn, nausea, or vomiting, talk to your doctor.
- Control your diabetes by monitoring your glucose levels daily, eating healthily and getting regular exercise.

### 4. Physical Relations



**THE ISSUE:** About 50-60% of men with diabetes are impotent, also known as erectile dysfunction or ED.\*

#### WHAT CAN I DO?

- Manage your diabetes to prevent ED.
- If you have ED, know it is not the end of your life of physical intimacy. Talk to your doctor about the treatment option that is best for you.

### 5. Depression



**THE ISSUE:** People with diabetes are twice as likely to experience depression as non-diabetics. Depression can lead to poor care of diabetes and other diabetic complications

#### WHAT CAN I DO?

If you are feeling down and not like your usual self, listen to your body. Talk to your doctor about symptoms of depression such as loss of sexual drive, trouble sleeping, change in appetite, loss of energy.

### 6. Alternative Remedies



**THE ISSUE:** Men who have diabetes often become frustrated with their doctor and the strict regimen involved in controlling diabetes and turn to herbal and homeopathic remedies. Many of these may have dangerous interactions with prescription drugs and side effects

#### WHAT CAN I DO?

- If you are having trouble with controlling your diabetes, talk to your family, friends and your doctor about ways to improve your situation.
- If you choose alternative remedies, talk with your doctor about them to learn about possible negative side effects.