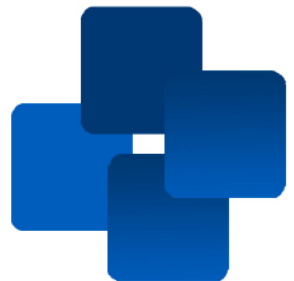


## Patient Information

# Introduction to the Men's Health Service



## **Introduction**

The purpose of this leaflet is to explain about the Men's Health Service. Some may already be aware of this service that was previously in place, for others it is a new service available.

My name is Carol - I'm the new Men's Health Nurse and a member of the Diabetes and Endocrine Team.

The aim of the service is for us to work together to find workable treatments and solutions for men who suffer with erectile dysfunction (ED) and, along the way, make this a topic for discussion.

Erectile dysfunction is actually a lot more common than you may think. For men with diabetes, around 50% may have some degree of ED, but probably never talk about having any problems.

There are other physical/medical causes of ED, such as having heart problems and/or high blood pressure, and also some of the medications used to treat these can lead to ED. For some, the cause of developing ED may be from psychological issues: worry, stress and relationship problems. There can be several routes that lead to developing ED.

## **So what does that mean?**

It means you are not alone in having ED. It also means that there is now a service that is designed to try and find treatments, and provide support with the hope of you being able to restore a more functional and sustainable erection, and improve your intimate relationship with your partner.

## **Taboo?**

It can be difficult as a man talking to friends about sex when it does not go well. It can leave you thinking you are the only one with the problem.

It's not always an easy topic to discuss, so if you've got this far and you make it all the way in to clinic, then everything else, we hope,

will feel easy! The biggest hurdle to getting treatment is making this first step into seeking it. Talking about it with your partner is probably step two, and we encourage partners to support you. They are very welcome to visit our clinics with you.

Taking these first steps, will hopefully lead to a happier and more fulfilled you.

## **What do we do?**

We take your problem seriously, treat it with the upmost confidence and talk through the options of treatments available based on the underlying causes of your ED.

Lifestyle choices are something that can impact ED and changing some of those, whilst not easy, can help improve ED as well as overall health. It might be reducing alcohol intake, improving diet or stopping smoking. Your GP will be happy to offer further advice and support with this.

We realise though that ED is likely to need more than just a change in lifestyle, and we are able to offer and provide treatment for this. It's likely treatment will involve medication, and for some, additional equipment may also be recommended.

We aim to select the treatment we both agree offers the best chance of success at that point in time. No one treatment is the only treatment. You may find over time that a treatment is not right or no longer works for you and may need changing. We will then discuss alternative treatments.

We cannot promise a 100% success rate, but we can say there will be 100% effort in trying to make things work for you.

## What do I do next?

If you were referred to our service before, you should be getting an appointment through. If you do not receive an appointment within the next 3 months, then please contact us either by phone or email as below.

## Useful telephone numbers

**Diabetes and Endocrine Team,**  
Lister and New QEII

☎ 01438 288301

**Email:** [enh-tr.endomenshealth@nhs.net](mailto:enh-tr.endomenshealth@nhs.net)

**Contact Centre (Appointments)**

☎ 01438 284444

## Useful websites

- **Diabetes UK** - [www.diabetes.org.uk](http://www.diabetes.org.uk)
- **NHS website** - [www.nhs.uk/conditions/](http://www.nhs.uk/conditions/)

**We very much hope we can support you going forward!**



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