

# Men urged to report erectile dysfunction

Urologist says subject is taboo in society and wives often don't have courage to tell husbands to seek help

- By Mahmood Saberi, Senior Reporter
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Dubai: One of the side effects of diabetes is erectile dysfunction, and men in this region are more prone to hide the impairment and consult others rather than their doctor, a urologist said.

"The subject is taboo in this society and the wife does not have the courage to tell her husband to seek medical help," said Dr Ahmad Kamel, who adds there is deterioration in the quality of life.

"Men cannot accept the fact that a wife should express this problem."

The doctor has called for more coordination between urologists and diabetologists as this problem is not addressed.

"Doctors here are not experienced enough to discuss this with the patient," the urologist said.

Dr Kamel said a majority of the cases are vascular, relating to constriction of the blood vessels, and not psychological. But he warned that patients should not take drugs such as Cialis or Viagra without the doctor's advice, as it could be ineffectual. There could be a decline in the hormonal level, for instance.

"A blood test will show the testosterone level," he said.

According to a study published in a British medical magazine, about 50 per cent of men in the Middle East suffer from severe erectile dysfunction and at least 78 per cent of these have diabetes.

The study said the common problem remains understated because of the embarrassing nature of the disease. Diabetes can damage the blood vessels and nerves that control erection, it said. Dr Kamel said there are various treatments for poor erections.

"There are different options available and the patient can discuss these with his doctor," he said.

The study said while erectile dysfunction is not a major health hazard, it needs to be resolved as it can hamper the patient's normal life and can lead to a loss of self-esteem.

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