

Weight Loss Improves Sexual Health of Overweight Men with Diabetes

A new study published in *The Journal of Sexual Medicine* reveals that in obese men with type 2 diabetes, weight loss improves erectile function, sexual desire and lowers urinary tract symptoms.

Researchers led by Professor Gary Wittert, MBBch, MD, FRACP, FRCP, of the University of Adelaide studied 31 obese men with type 2 diabetes over 8 weeks. The men received either a meal replacement-based low-calorie diet or a low-fat, high-protein, reduced-carbohydrate diet prescribed to decrease intake by 600 calories a day.

In obese men with type 2 diabetes, results found that, a modest weight loss of 5%, resulted in a rapid reversal of sexual and urinary problem, within 8 weeks, and the improvement continued out to 12 months.

“Our findings are consistent with the evidence that not only erectile function, but also lower urinary tract symptoms are a marker of cardio-metabolic risk,” Wittert notes. “The evidence that improvement can be achieved by modest weight loss, in particular when a diet is of high nutritional quality, is of public health significance in framing public health messages that resonate with men.”

“This important paper supports earlier publications that lifestyle is relevant and can positively affect sexual function” stated Irwin Goldstein, Editor-in-Chief of *The Journal of Sexual Medicine*. “At a time when oral drugs are very popular, it can now be shown that weight loss is an important non-pharmacologic therapeutic intervention in restoring erectile and urinary function and cardio-vascular health. Obesity is an epidemic, and such data reinforce the positive relationship between eating right, losing weight, improved sexual function and voiding and overall cardiovascular health.

This study is published in *The Journal of Sexual Medicine*. Media wishing to receive a PDF of this article may contact healthnews@wiley.com

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About the Journal

The JSM is a peer-reviewed publication founded in 2004 and is the official journal of the International Society for Sexual Medicine, its five regional affiliated societies and the International Society for the Study of Women's Sexual Health. It publishes multi-disciplinary basic science and clinical research to define and understand the scientific basis of male and female sexual function and dysfunction and carries an Impact Factor of 4.884. For more information, please visit www.jsm.issm.info. The International Society

for Sexual Medicine (ISSM) was founded in 1982 for the purpose of promoting, throughout the international scientific community, research and knowledge in sexual medicine, considered as the subspecialty area of medicine that embraces the study, diagnosis and treatment of the sexual health concerns of men and women. The society has over 2700 members worldwide, with four regional societies that are affiliated with ISSM: the Asia Pacific Society for Sexual Medicine, European Society for Sexual Medicine, Latin American Society for Sexual Medicine, and Sexual Medicine Society of North America. For more information please visit www.issm.info.

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