



Ooh la la

Sex and Diabetes



Hot title, huh? Why in the world do we want to talk about them together?



Ladies with diabetes

Getting, or being, pregnant when your blood sugars are not in target puts your baby at **VERY HIGH RISK OF BIRTH DEFECTS** (way higher than the rest of the population). The baby is *most* vulnerable in the **FIRST** weeks of pregnancy...the time you may not even know you're pregnant. You can have a healthy baby if you have diabetes, but you must **PLAN** your pregnancies. You must have blood sugars within your target before you get pregnant and during your pregnancy, so it takes planning.

Guys with diabetes

Erectile Dysfunction (ED) is the failure to get and keep an erection for sex. Several things can lead to it, and consistently high blood sugar is one of them. This can result in ED *sooner* rather than later...so that means "performance" could be an issue if blood sugars are not in target.



You've probably heard it before: In any sexual relationship, **think about preventing pregnancy and Sexually Transmitted Infections (STIs) or viruses**. Talk with your doctor about preventing STIs and about the best birth control for you.

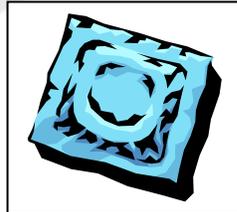
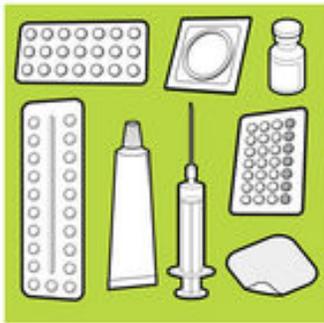
If you're planning on being intimate with your partner, talk about whether sex is what you **both** want.

- * Talk about sexual history. Have either of you had STIs?
- * Do either of you plan on being intimate with anyone else outside the relationship? Be honest.
- * How will you prevent STIs?
- * In a heterosexual (straight) relationship? Talk about birth control.
- * What would you do if birth control didn't work?

Birth Control is important for everyone who wants to prevent an unwanted pregnancy!

Contraception that prevents STIs:

- *Condoms
- *Abstinence



Contraception that prevents pregnancy (out of 100 women, this number will get pregnant)

- *Abstinence (0)
- *Implant (1)
- *IUD (1)
- *Birth control pills (2-9)
- *Injection hormones (2-9)
- *The "patch" (2-9)
- *The "ring" (2-9)
- *Condoms (15-24)
- *Spermicides (25)

NOTE: Young women with diabetes need to consider the contraception that is most effective.

Forgot birth control or the condom breaks?

Consider emergency contraception ("Morning-after pill," "Plan B"). This is NOT the "abortion pill". It can prevent pregnancy up to 5 days after unprotected sex. More Info? Call Planned Parenthood: 1-800-230-PLAN

Want to prevent pregnancy and protect against STIs???

Condom + 1 more form of Birth Control =

