

# Diabetes - the leading cause of impotence

✘ Diabetes is a very common disease but not many men, according to a survey conducted by the Diabetes Prevention Program, are educated about the symptoms, risk factors and aftermaths.

How to recognize, that you probably suffer from diabetes?

Dr. Kalousek says: "It is important to know the symptoms of common diseases such as diabetes, to inform your doctor. The symptoms of diabetes include increased urination and thirst, tingling or numbness in the extremities, blurred vision, and fatigue."

Approximately **7.5 million men** have **Type 2 Diabetes** in the USA, **one third is undiagnosed**. Dr. Kalousek warns: "Diabetes leads to heart attacks, strokes, blindness, kidney failure, amputations and other permanent impairments. So if any of the symptoms occur, please [inform your doctor](#) before is to late."

"What is not so commonly known", continues Dr. Kalousek, "is that **diabetes is also leading cause of erectile dysfunction by men.**"

According to the survey conducted by the Diabetes Prevention Program only 4 % of men knew about this fact.

"If you suffer from this problem, please do not hesitate, do not be ashamed and inform your doctor. Right medication is a very important factor. There are also some alternative methods that supply the right medication and have also good results. For instance [Czech health spas](#) can be an ideal place where to go, because the staff and doctors there have experience in dealing with diabetes and you can also relax there, which is important because part of every disease lies only in your head. It is easier to cure every disease if you are not stressed."

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