WORRIED ABOUT WELLBEING? ASK OUR EXPERTS

I am diabetic, can I regain a normal erection?

Q Dear Doctor,
I have been battling diabetes for the last two years. The challenge is that about four months ago, I developed difficulty getting and sustaining an erection. This is now beginning to affect my marriage. What is causing this? Can I regain my normal erection? What can I do?

Martin from Kayunga

A Dear Martin,
Erection problems, also called erectile dysfunction (ED), are common complications in men with chronic diabetes. Men with type 2 diabetes are particularly at risk.

High blood sugar levels over a long period can damage the nerves and blood vessels that supply the penis. When these nerves and blood vessels are damaged, adequate blood flow needed for an erection is reduced, resulting in erectile dysfunction. This damage can make it difficult to get or maintain an erection firm enough for sexual activity.

The good news is that you can regain your sexual function. However, it is important to take your medication as prescribed and ensure your blood sugar levels are well controlled.

Proper diabetes management is key to improving erectile function.



ASK THE DOCTOR

The questions were answered by Dr Mbaga Kigongo, a consultant urologist at URO CARE Hospital based in Nansana, Wakiso municipality and Dr Silver Bahendeka, a senior consultant physician in diabetes and endocrinology at Doctors Plaza Clinic. They spoke to Agnes Kyotalengerire.

Is it dangerous to keep a baby boy in diapers for long?

Q Dear Doctor,
My younger sister dresses her baby boy in diapers all the time, including at night, to avoid soiling clothes and bedding. Is this healthy for the baby? What are the dangers of keeping a baby boy in diapers all the time?

Flavia

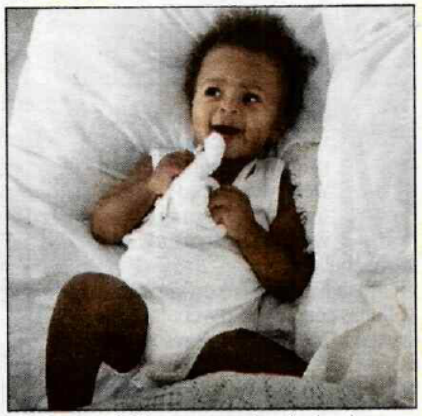
A Dear Flavia,
It is recommended to limit prolonged diaper use for baby boys, as extended use may have potential negative effects.

Disposable diapers, in particular, can increase the temperature of the scrotum, which may potentially impair sperm production later in life. The scrotum needs to be a few degrees cooler than the body's core temperature for optimal sperm development.

Generally, it is recommended to begin transitioning a baby boy to toilet training and underwear between 18 and 24 months of age, or as soon as the child shows signs of readiness, such as being able to communicate when they need to use the toilet. This helps maintain a more optimal temperature range as the reproductive system develops.

However, timing varies depending on the child's development and readiness. Some boys may be ready earlier, while others may take longer.

The key is to observe the child's cues, transition gradually and avoid prolonged reliance on diapers as the child grows older.



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