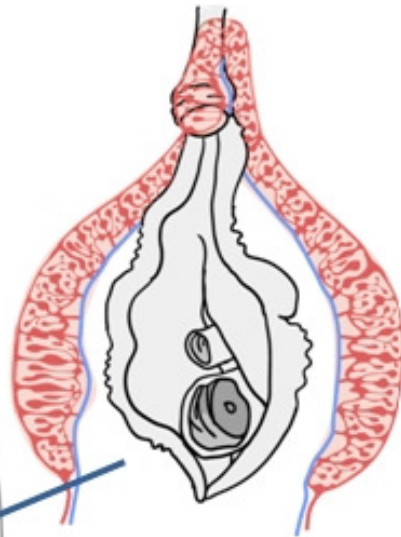
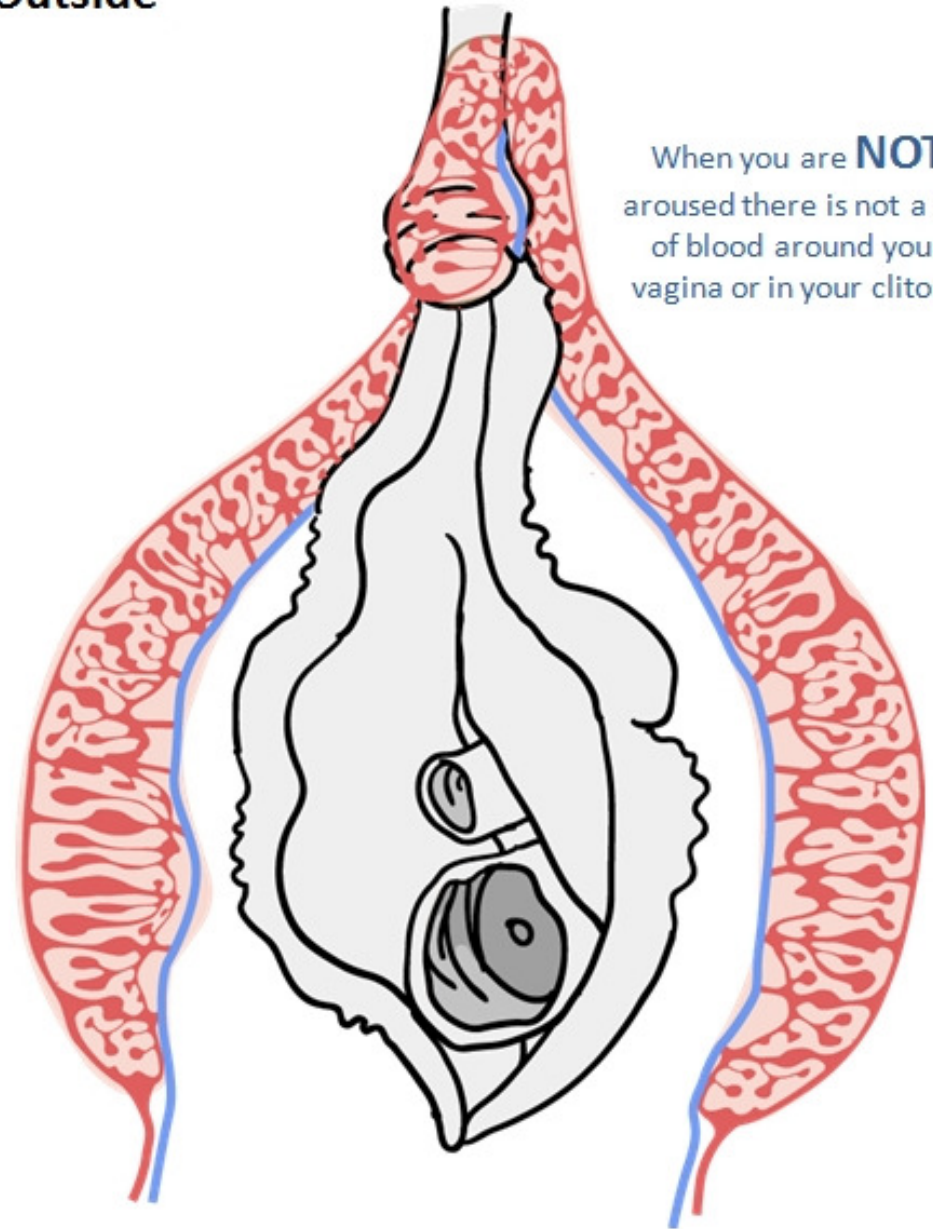


Vagina & blood pipes

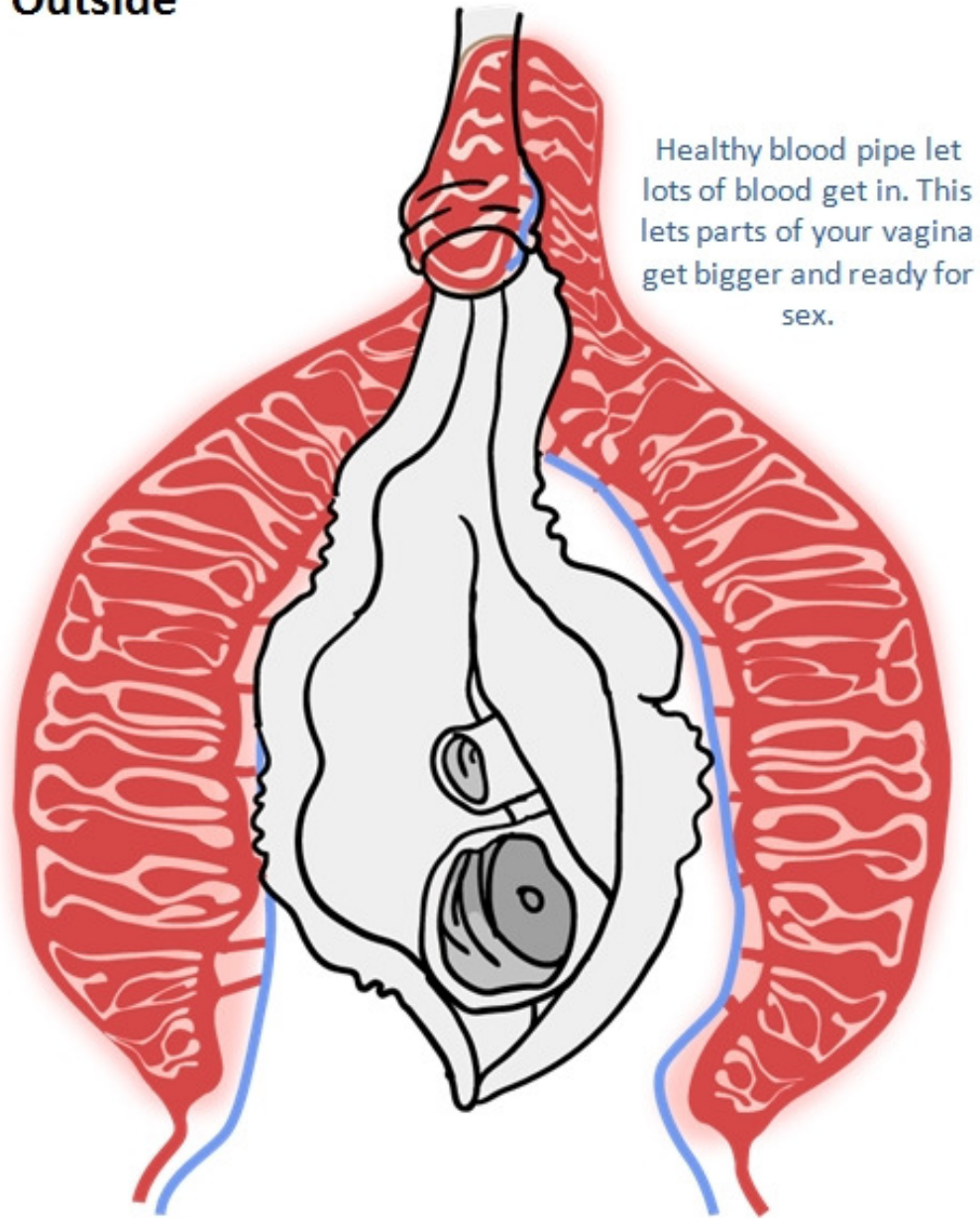


Outside



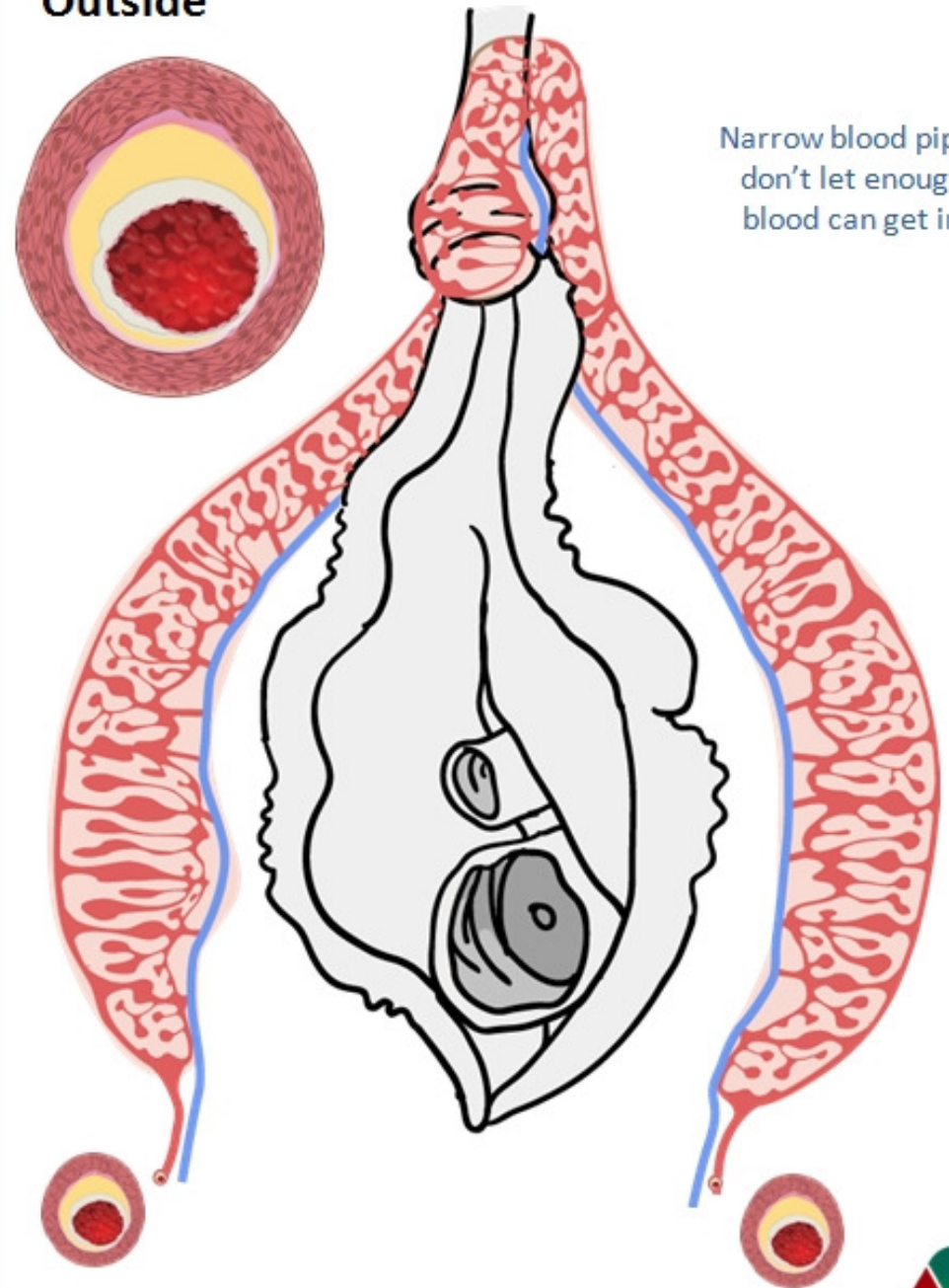
When you are **NOT** aroused there is not a lot of blood around your vagina or in your clitoris

Outside

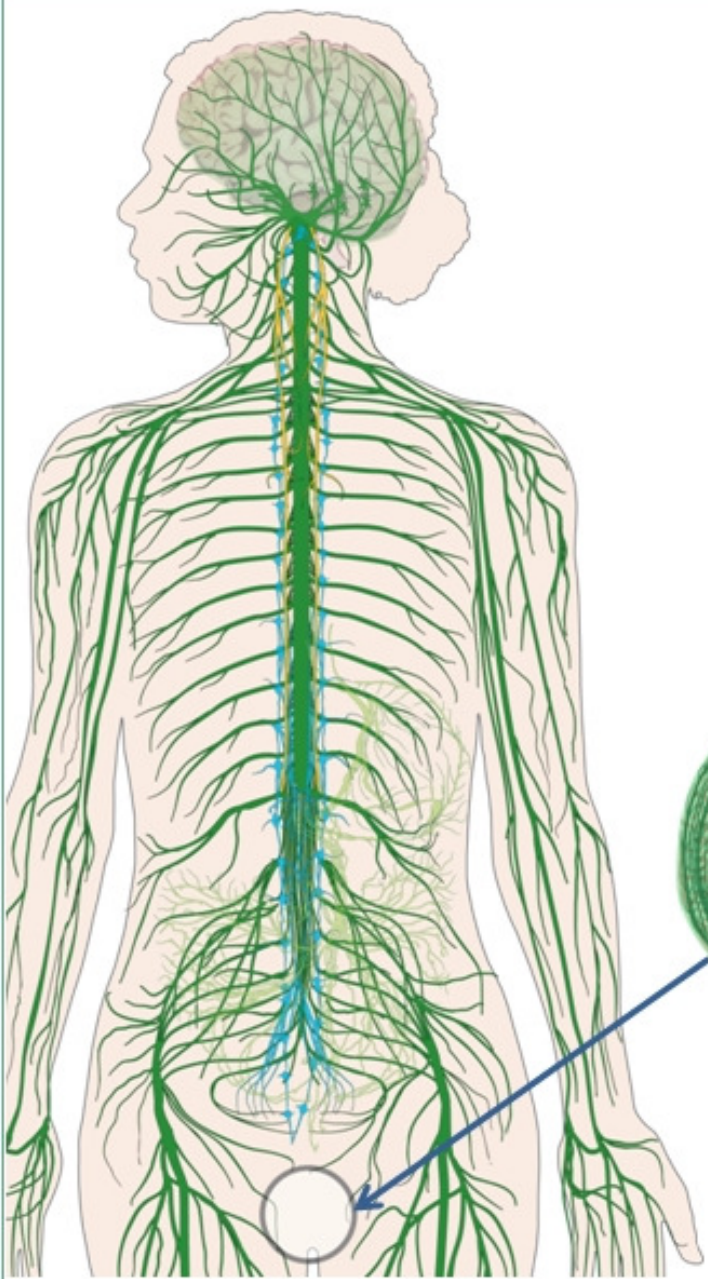


Healthy blood pipe let lots of blood get in. This lets parts of your vagina get bigger and ready for sex.

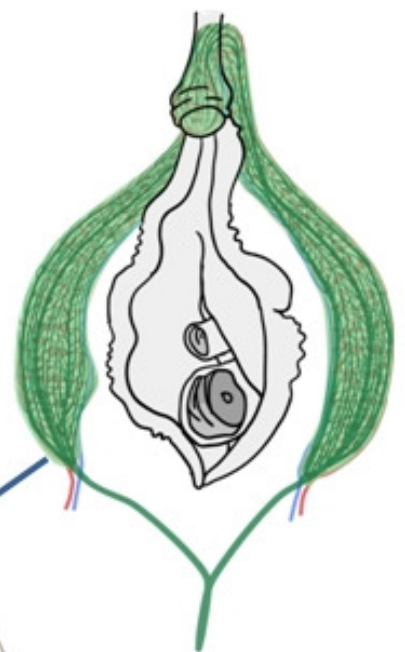
Outside



Narrow blood pipes don't let enough blood can get in



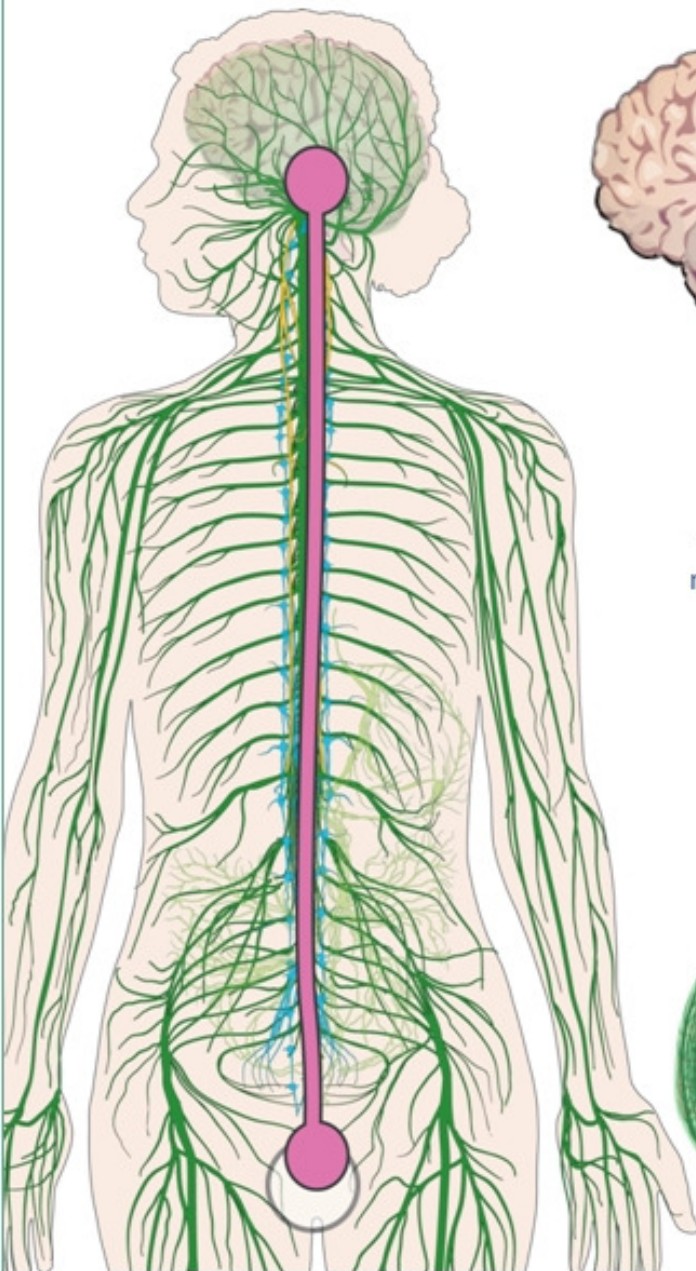
Vagina & nerves



Outside



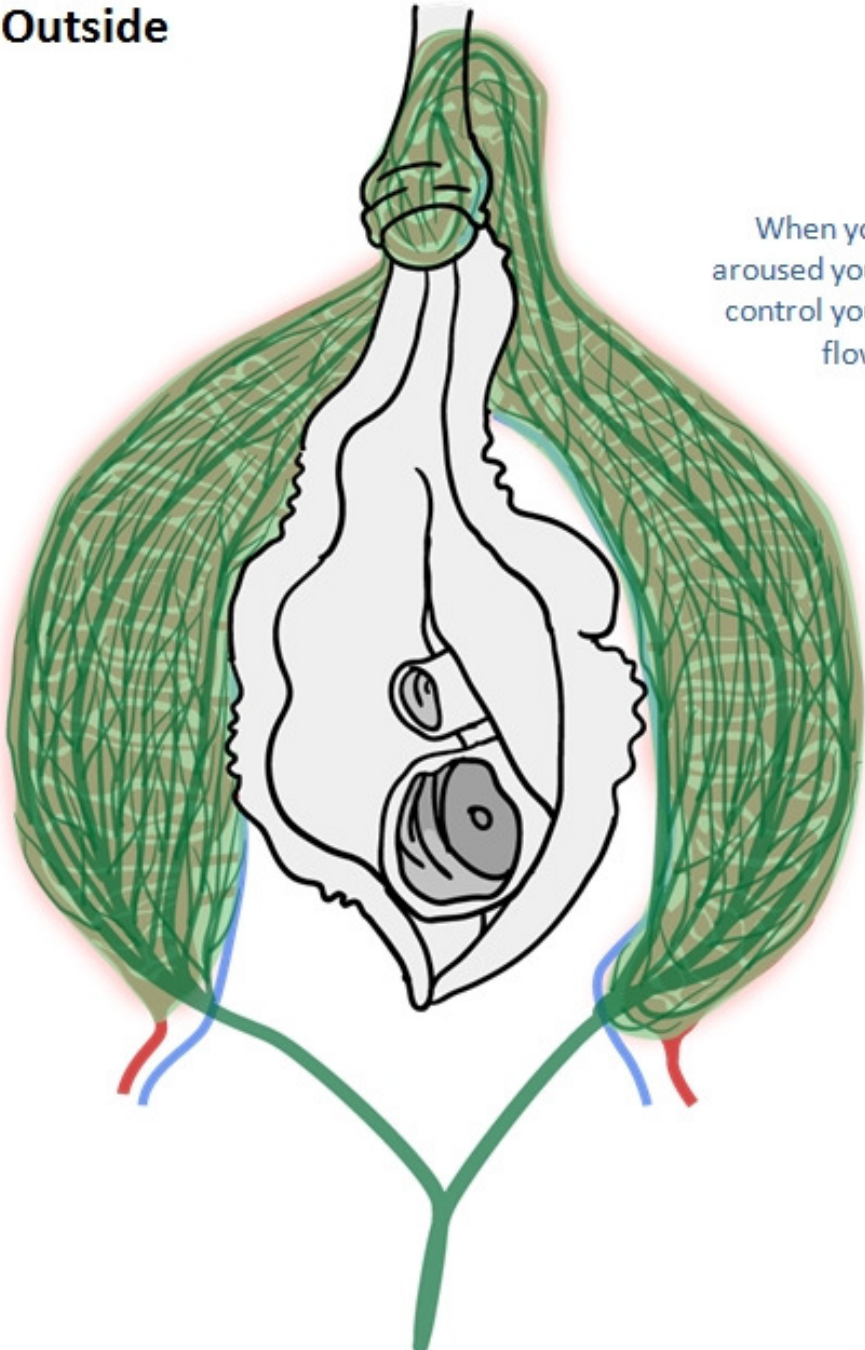
When you are **NOT** aroused there is not a lot of blood around your vagina or in your clitoris



Your brain sends messages through your nerves to your genitals & your genitals send messages back

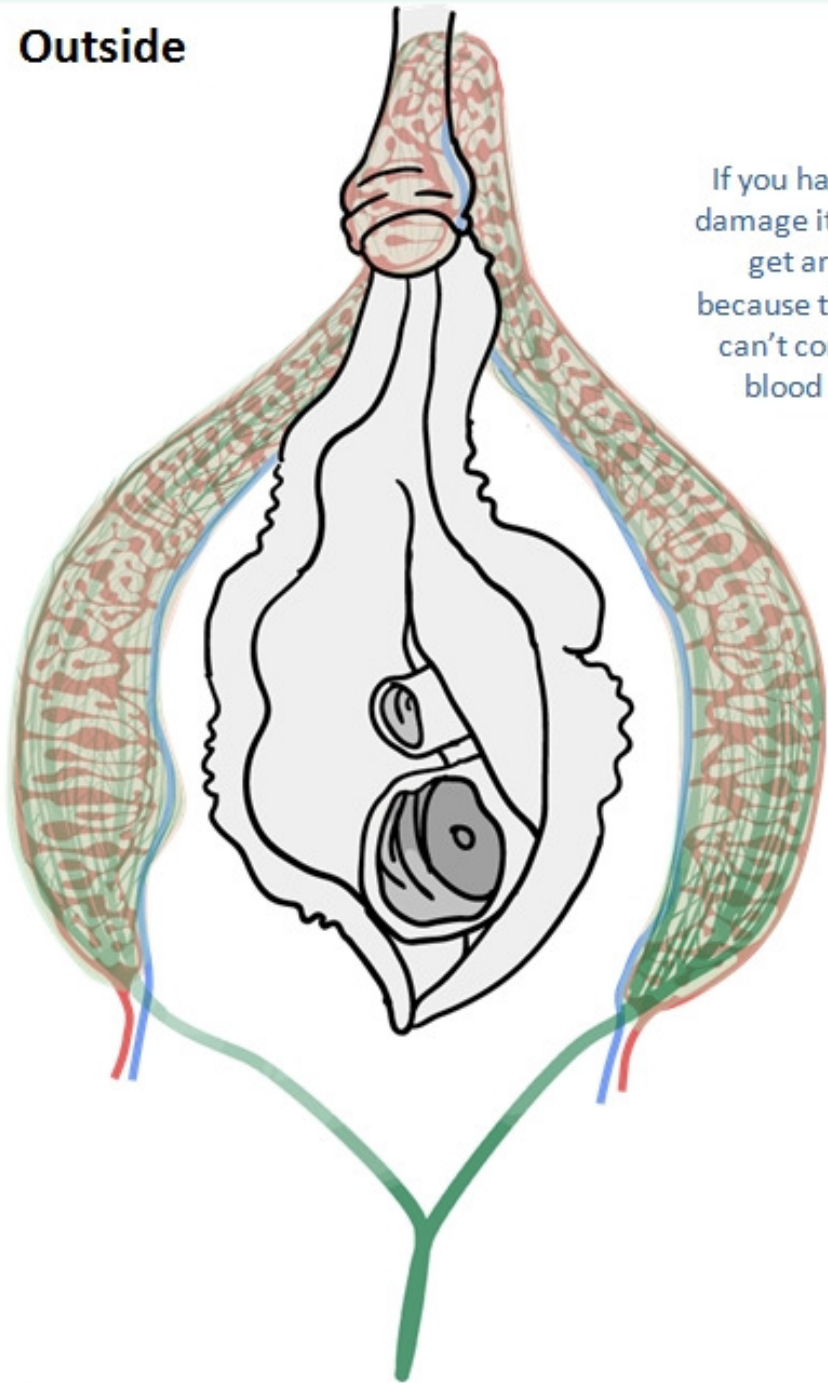


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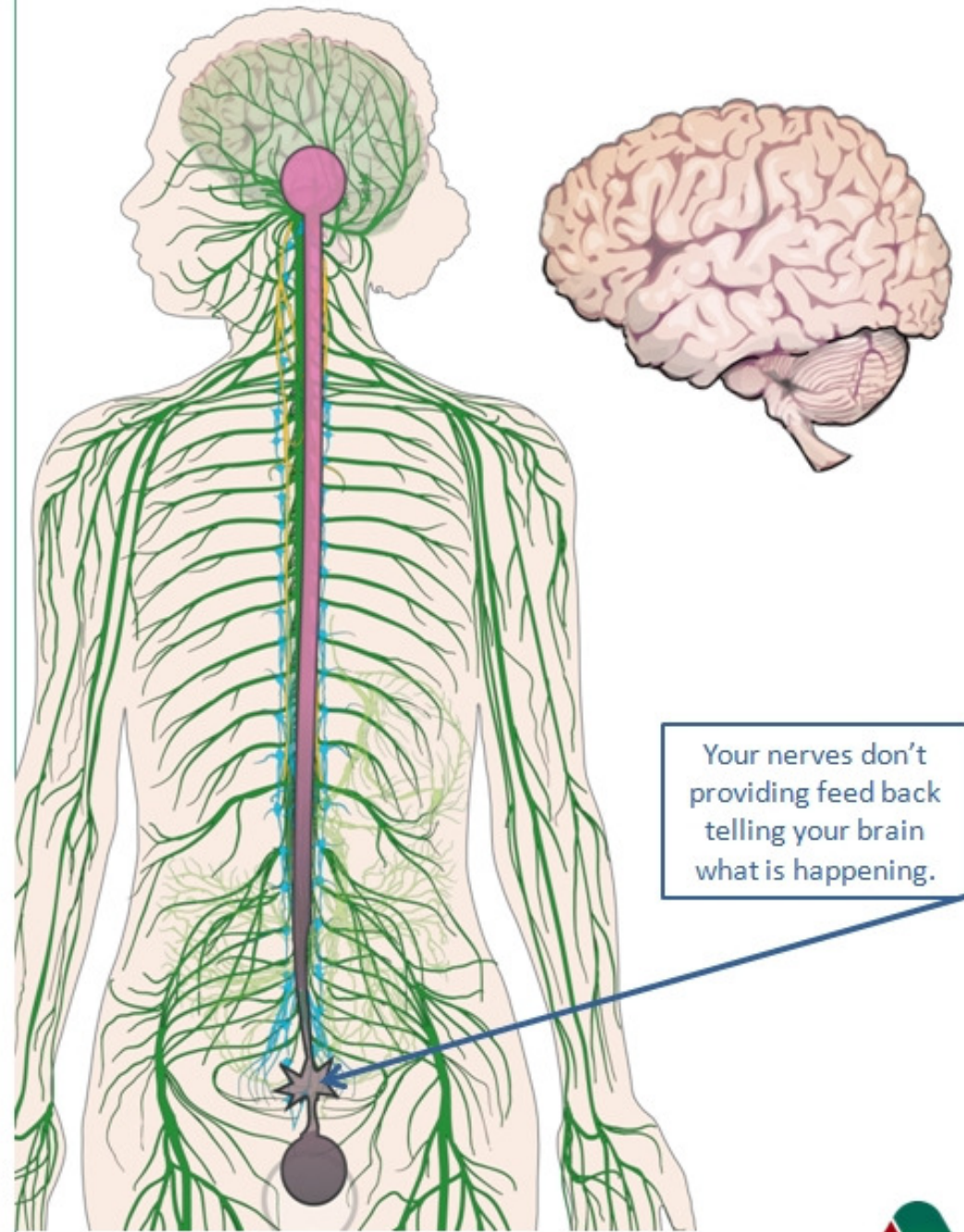


When you get aroused your nerves control your blood flow

Outside

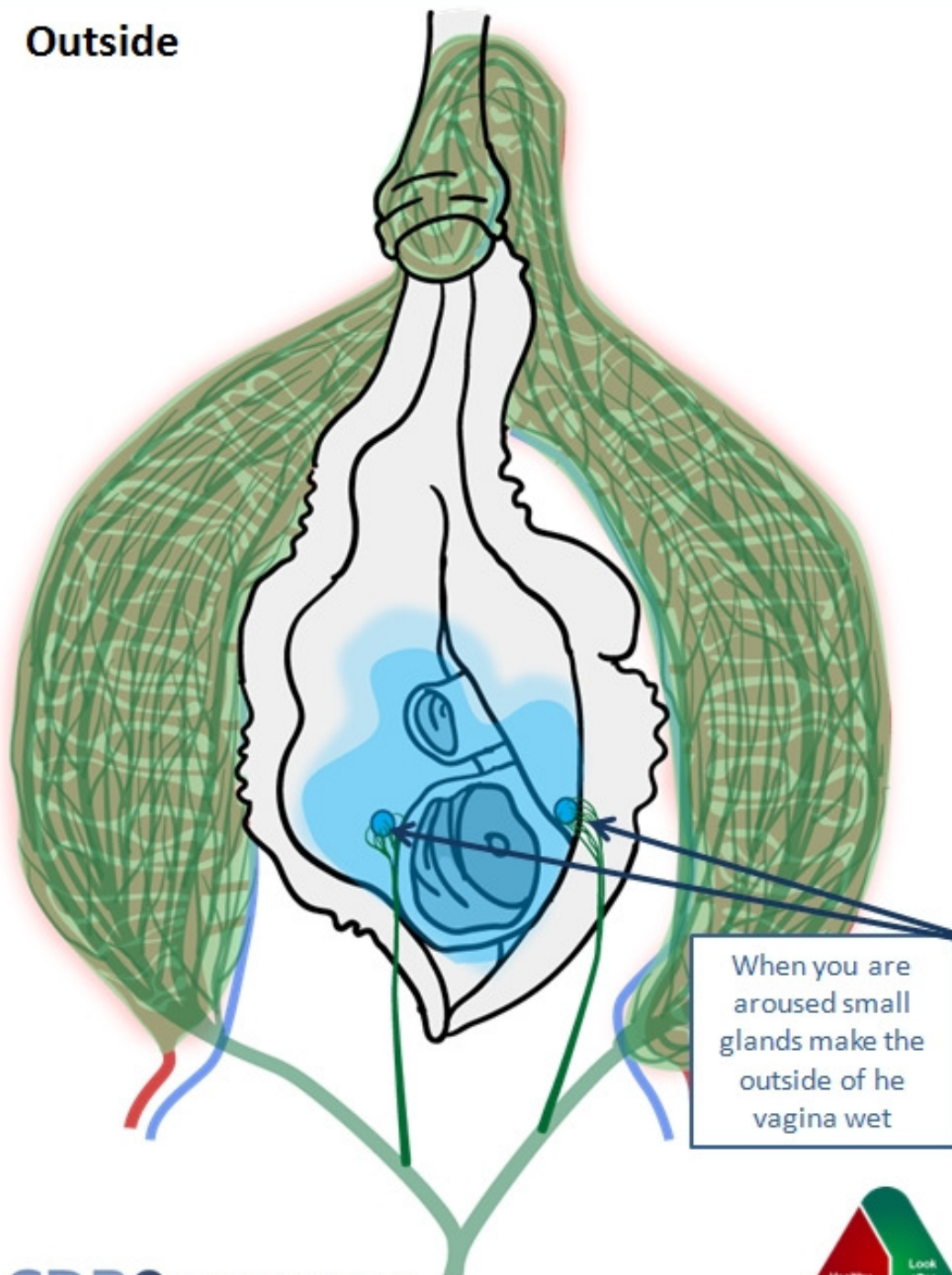


If you have nerve damage it is hard to get aroused because the nerves can't control the blood supply

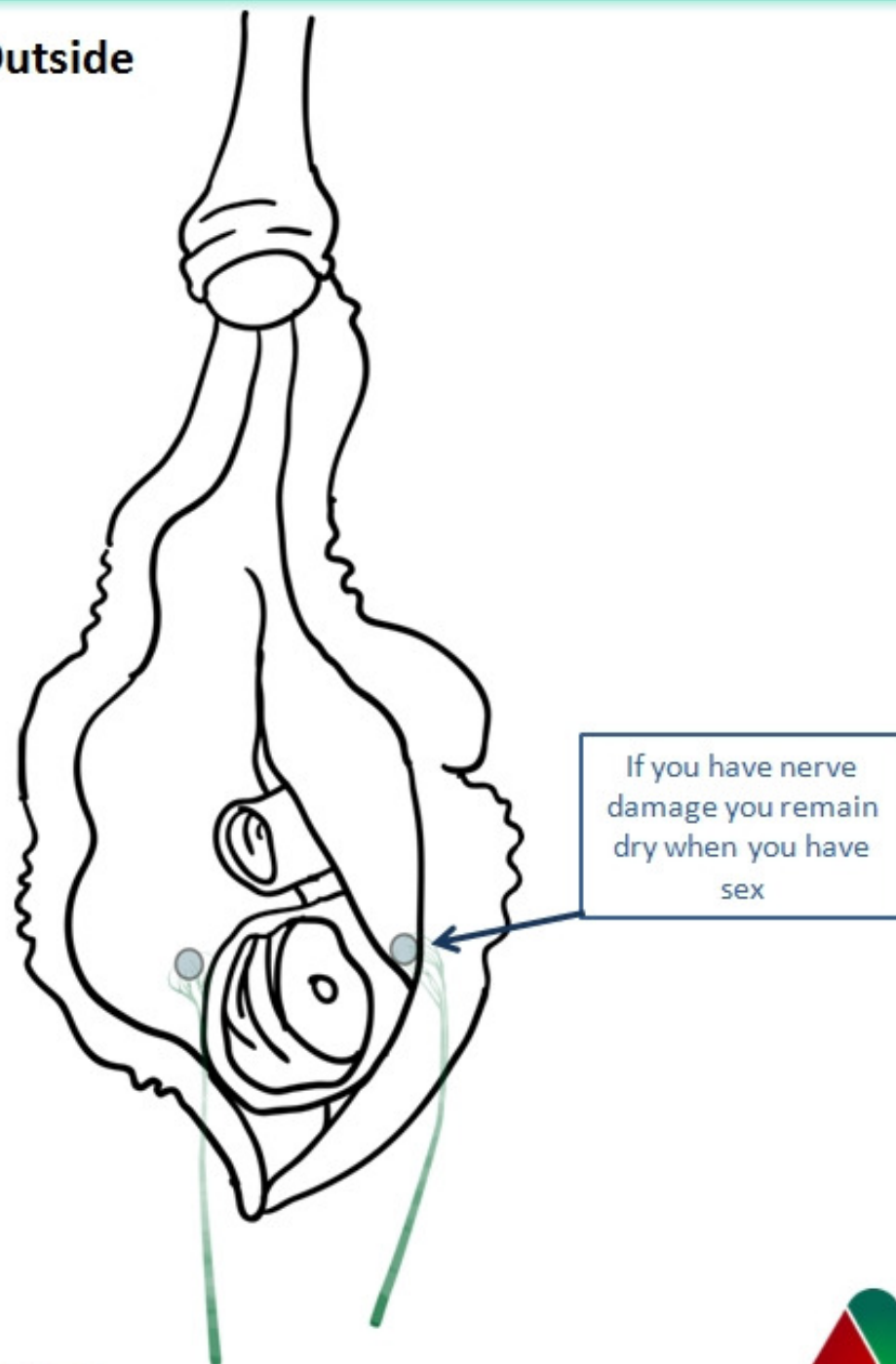


Your nerves don't providing feed back telling your brain what is happening.

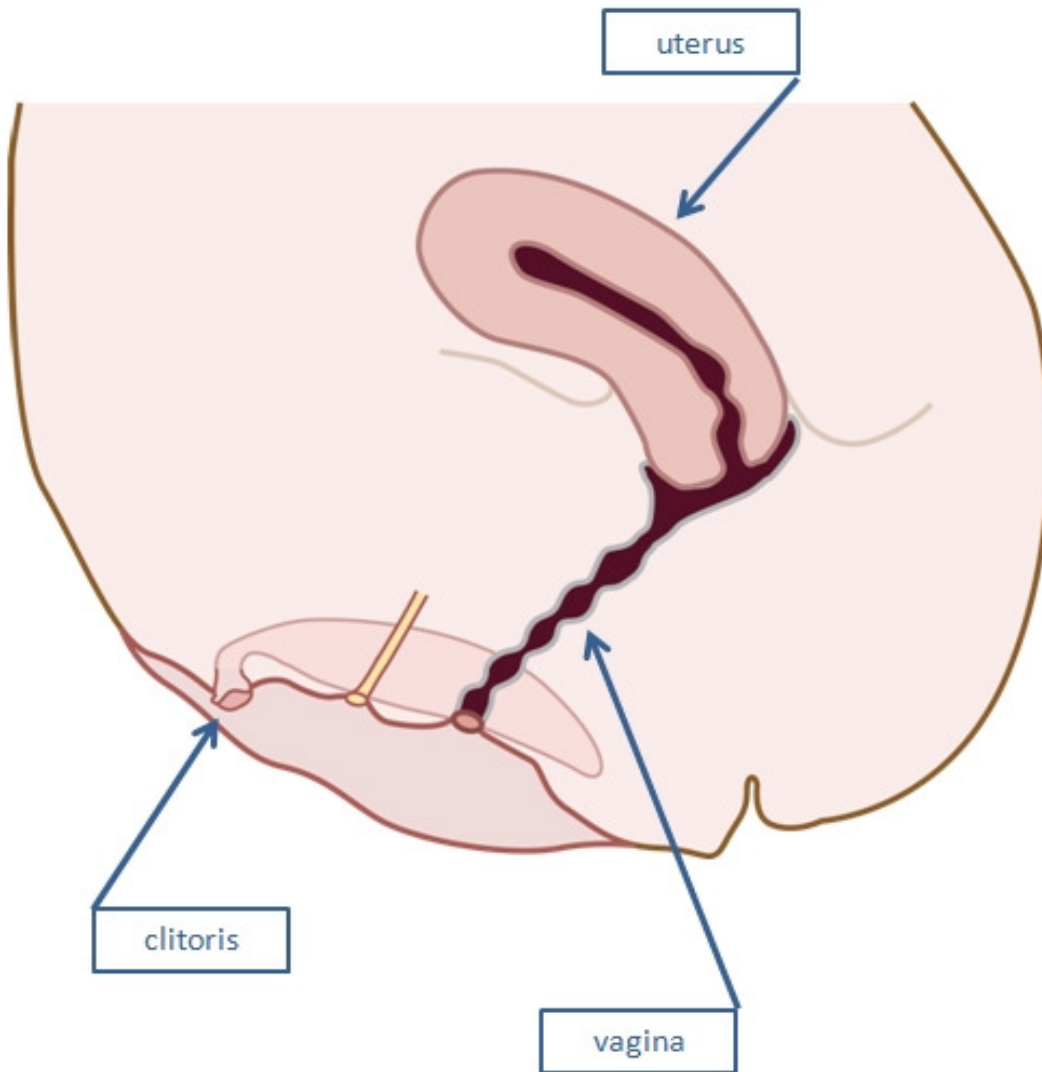
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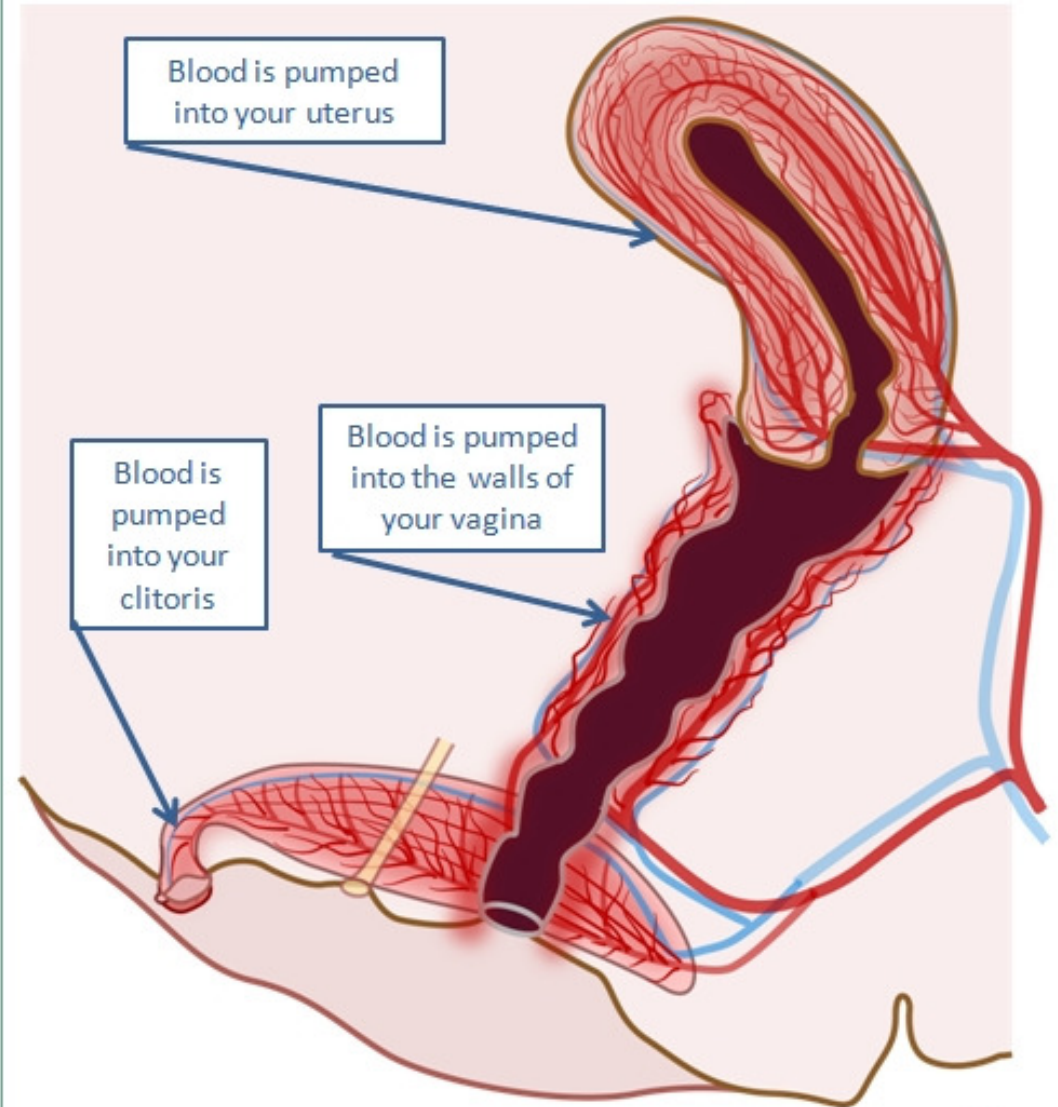
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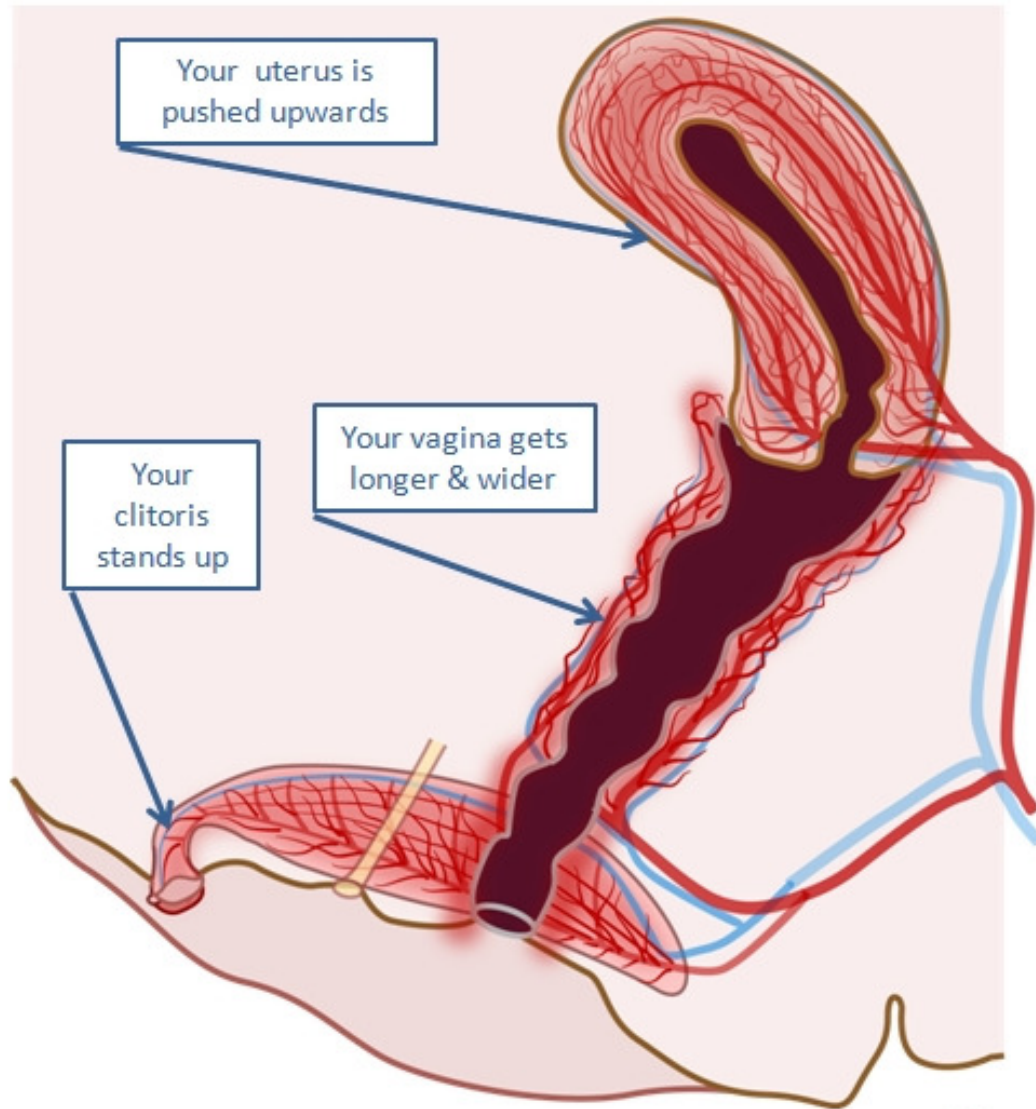
Inside - When you are not aroused



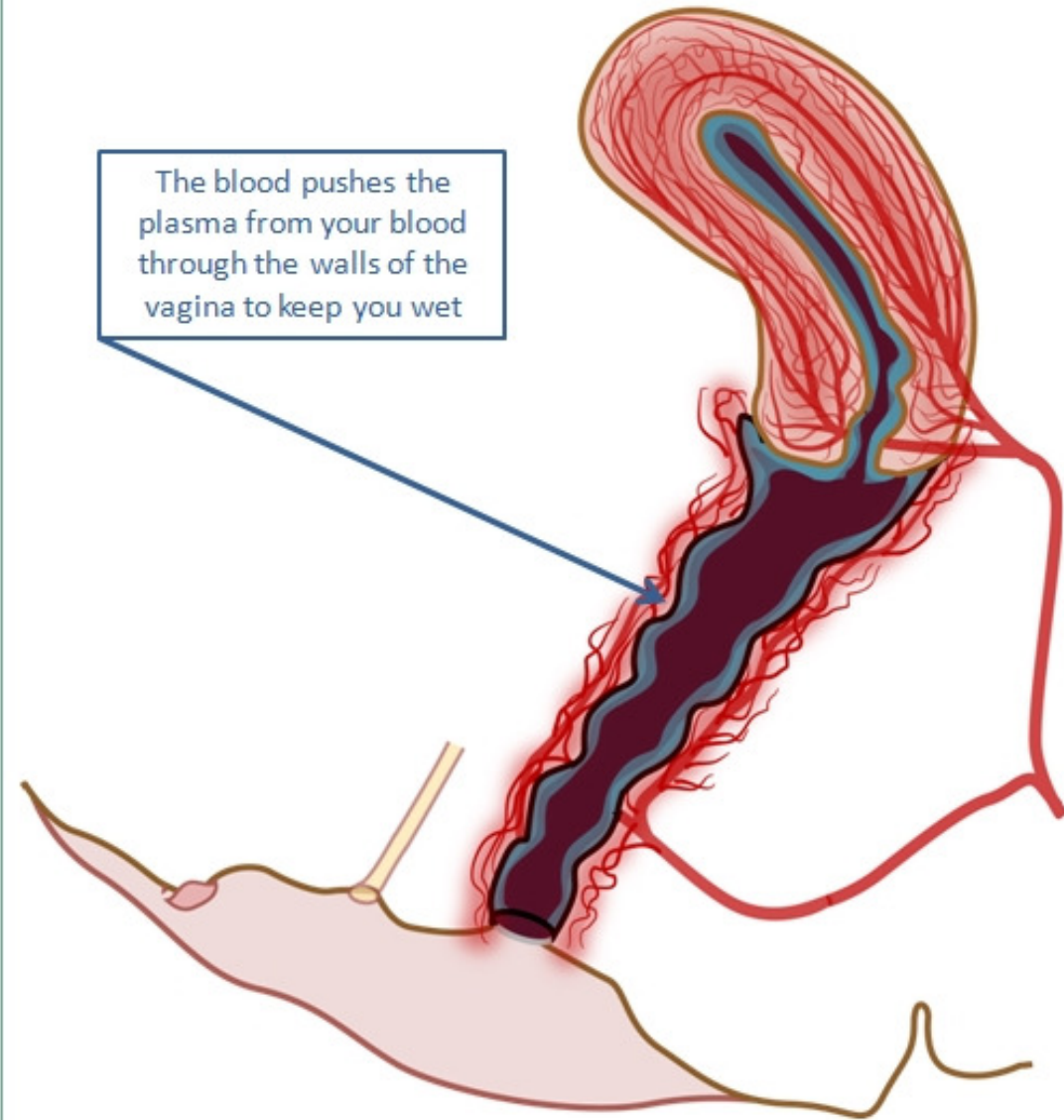
Inside - When you are aroused



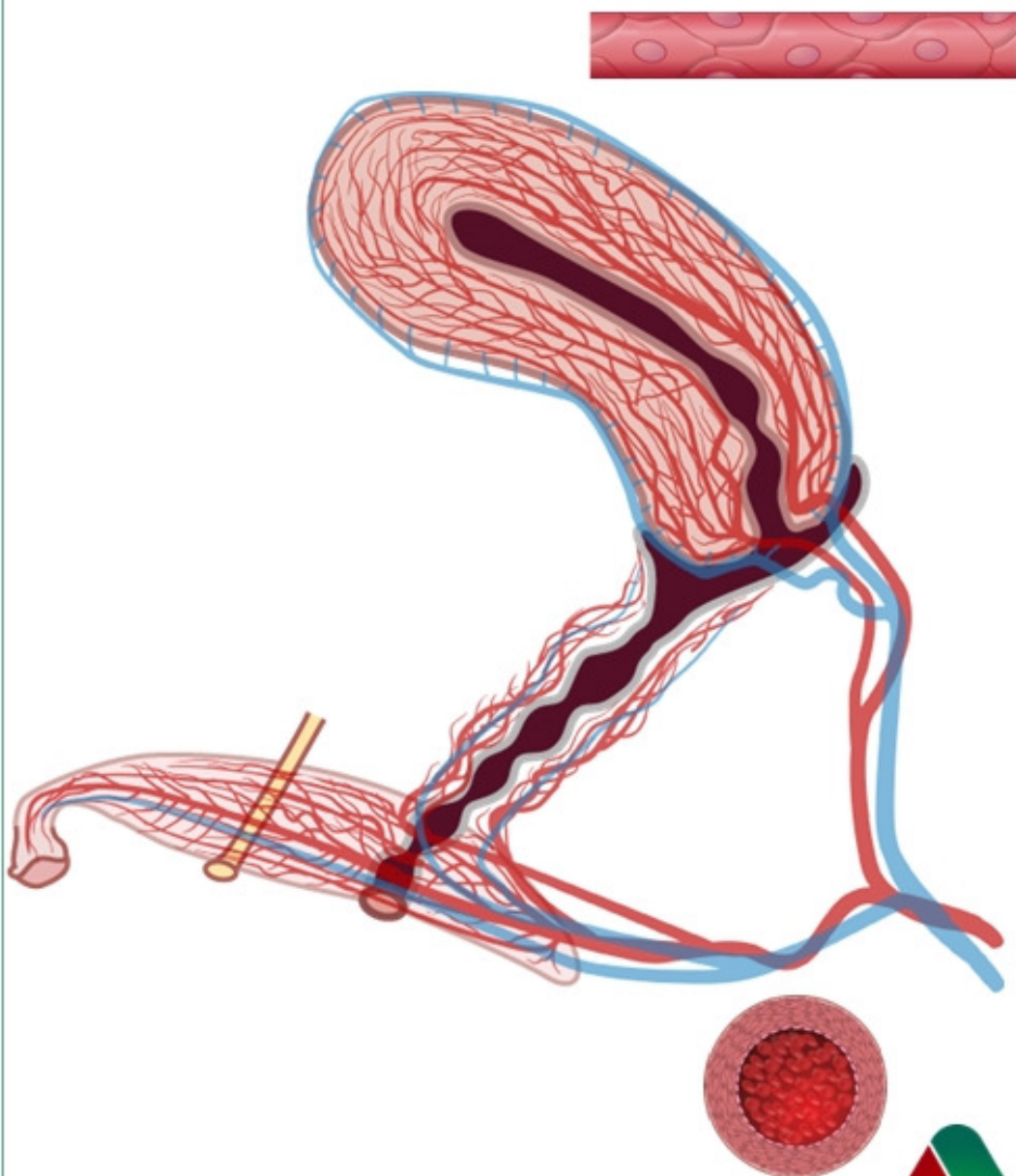
Inside – Everything gets bigger



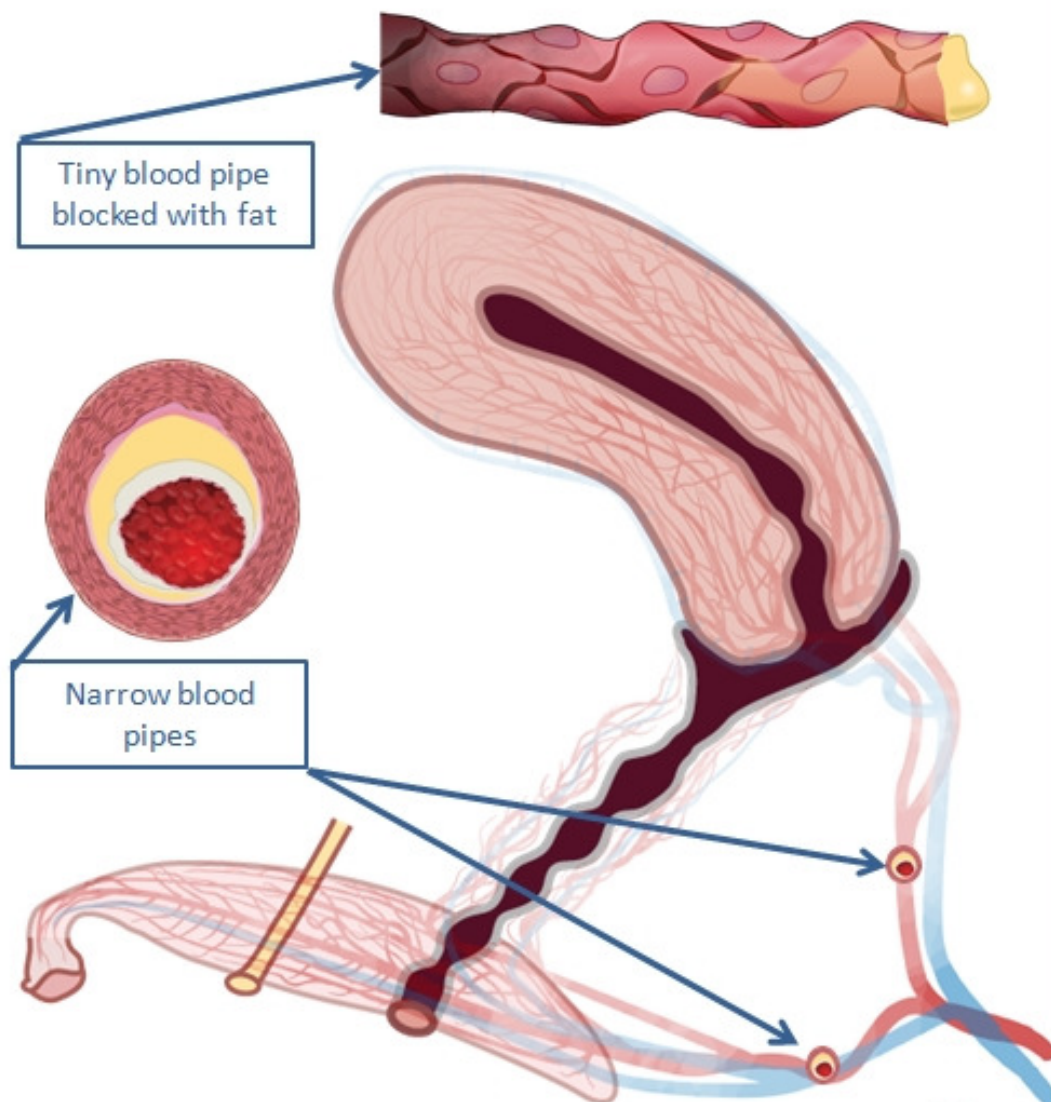
Inside – Keeping you wet when you are aroused



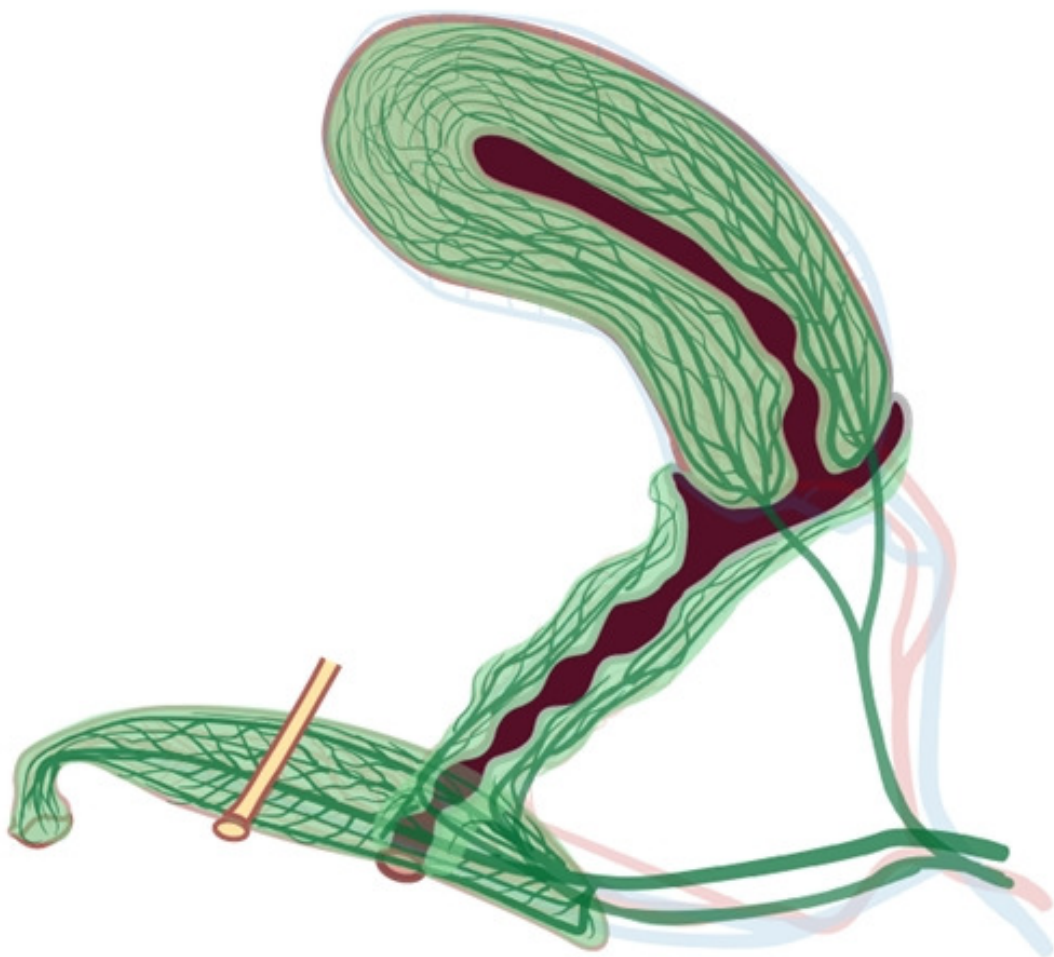
Inside – Healthy blood pipes



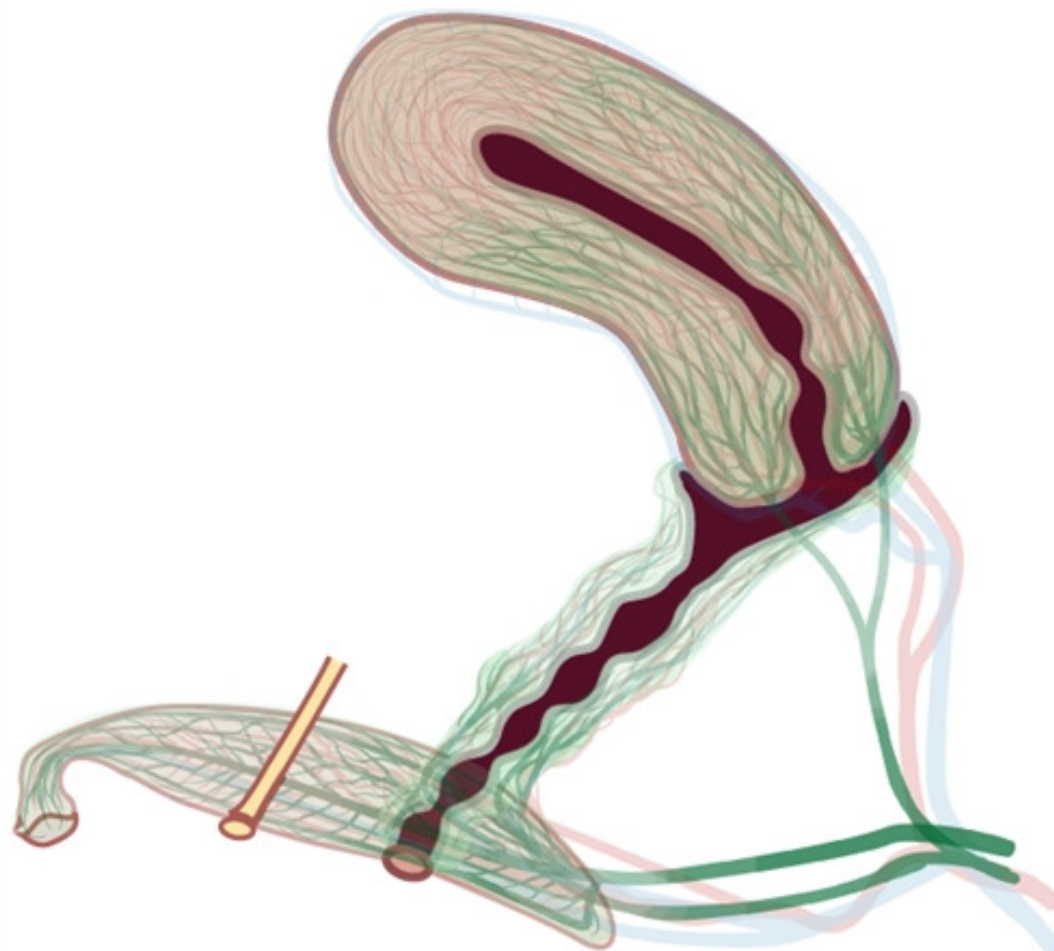
Inside – Damaged blood pipes. There isn't enough blood flow for arousal.



Inside – Healthy nerves are needed to control arousal and normal sexual function

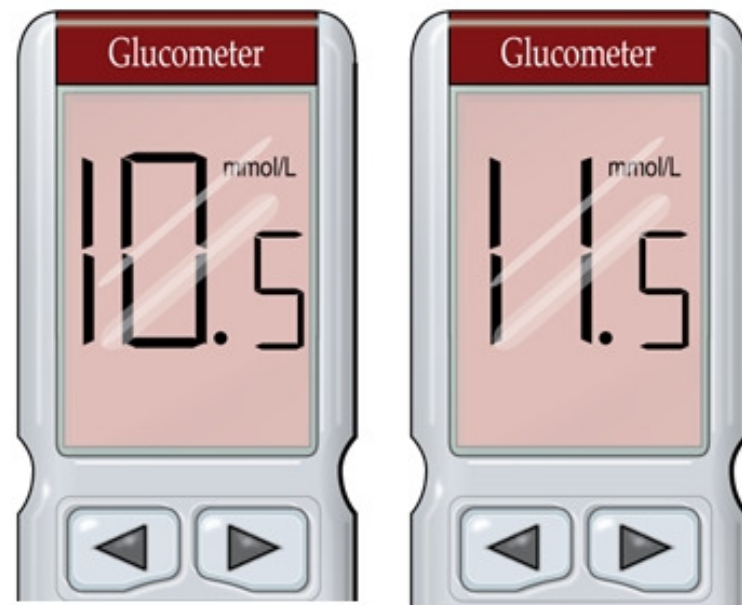
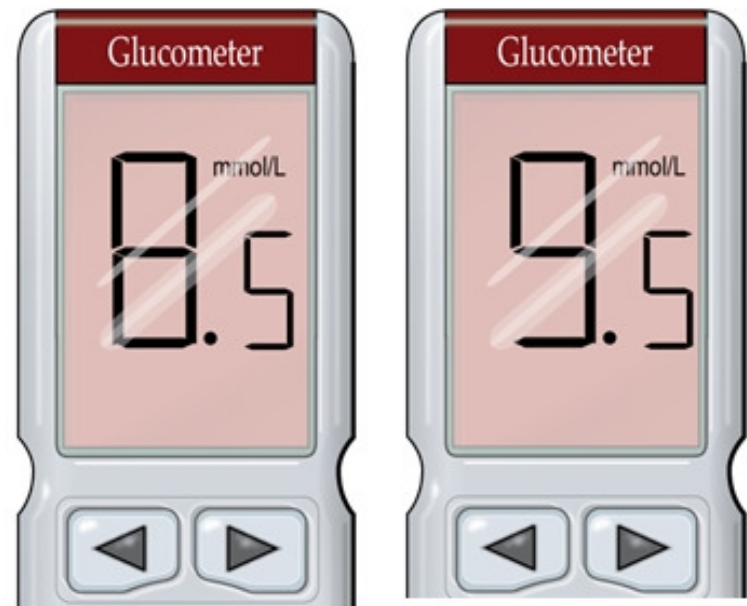


Inside – Nerve damage will make arousal harder and lead to sexual dysfunction





Good blood sugars levels



Poor to bad blood sugars levels



Symptoms

REMAINING DRY

- Not enough lubrication in the vagina.
- Not enough lubrication outside the vagina

UNCOMFORTABLE & PAINFUL SEX

NOT A LOT OF DESIRE FOR SEX

NOT A LOT OF SEXUAL RESPONSE

Issues

The longer you have diabetes the greater the risk of nerve damage & sexual dysfunction

Related issues

URINARY TRACT INFECTION

YEAST INFECTIONS

LOW OESTROGEN LEVELS

Your well being

DEPRESSION

STRESS & LOW SELF IMAGE

Diabetes does not stop you getting pregnant

Prevention

NO SMOKING

**NO MORE THAN 5 STANDARD
DRINKS A WEEK**

**NO MORE THAN 1 STANDARD
DRINK IN A DAY**

**CONTROL YOUR BLOOD SUGAR
CONTROL YOUR BLOOD PRESSURE**

- Eat properly
- Be active & exercise
- Take your medication

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must use your own professional judgement when using this resource

Purpose of resource:

To discuss female sexual dysfunction.

The story is relevant for people with different kinds of diabetes.

Related resources

There are resources for the following :

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