

Erectile dysfunction linked to undiagnosed prediabetes, type 2 diabetes in young men

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DIABETES



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Erectile dysfunction (ED) is more common in older individuals with long-term Type 2 diabetes. However, emerging research at Saint Louis University School of Medicine has found that ED indicates undiagnosed prediabetes and type 2 diabetes in young men under 40.

Although the prevalence of undiagnosed diabetes declined in the United States from 1988 to 2020, 2.5% of the population has persistent undiagnosed diabetes. The [Centers for Disease Control and Prevention](#) estimate 8.5 million adults have undiagnosed diabetes, and a quarter of these cases are among young persons 18 to 44.

In a recent [study](#) published in *Preventive Medicine*, Jane Tucker, M.D., associate professor of family and [community medicine](#) at SLU, and Jeffrey Scherrer, Ph.D., professor of family and community medicine at SLU and a member of the Saint Louis University AHEAD Institute, examined data to look at the connection between type 2 diabetes and ED.

Researchers designed the study to determine the risk for prediabetes and type 2 diabetes among young men with and without new ED diagnoses and the time between a new ED diagnosis and the onset of prediabetes and type 2 diabetes.

This retrospective study reviewed the electronic health data of 1,915,468 patients from 2008-22. The study found that ED patients have a 34% increased risk for prediabetes or type 2 diabetes. Additionally, 75% of patients developed prediabetes or type 2 [diabetes](#) within a year of ED diagnosis.

"This indicates a remarkable ability to predict the potential onset of illness and treat it early with lifestyle or medication," Tucker said.

More information: Jane Tucker et al, Erectile dysfunction associated with undiagnosed prediabetes and type 2 diabetes in young adult males: A retrospective cohort study, *Preventive Medicine* (2023). [DOI: 10.1016/j.ypmed.2023.107646](#)

Provided by Saint Louis University

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