



HOW TO speak with a partner about their loved one's diabetes-related erectile dysfunction (ED)

Intimate partners can play a variety of roles in the lives of men who have diabetes-related ED. They can be supportive cheerleaders, nagging critics or bystanders who leave their loved one to take care of the issue on their own.

Before you meet, ask your patient how much and what type of support his partner provides.

If you expect to have a difficult interaction, prepare yourself for the conversation by using **STOP, DROP** and **ROLL**:



STOP

Identify the strong attitude you have about this individual and stop it in its tracks. Your negative feelings can interfere with your ability to communicate and gather information.



DROP

Drop the negative attitude, and adopt a more compassionate one. Remind yourself that it can be challenging to live with someone who has diabetes-related ED. Also remember that this is the person your patient cares about. Respect that this relationship is probably very important to him.



ROLL

Move forward with this improved attitude and use it with this individual.

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When you and their partner finally meet, do the following:

- Listen to what he or she has to say. Partners can supply information that loved ones fail to mention or may not know.
- Empathize with the life they have together. Appreciate how frustrating it must be to live with someone who has diabetes and is unable to fully participate in sexual activity.
- Affirm that their feelings are common. Many partners who have loved ones with diabetes-related ED also feel this way.
- Make yourself accessible for additional questions and information. You don't have to be an expert in this field, but you can help by referring them to experts who can help.

Share a message of hope

There is hope ... every couple should be able to hear those words. There is an ED treatment for each and every man! Let them know that their support can make a real difference for their loved one as some of the options require patience and may take some practice.

It can be difficult for partners to talk about ED. It affects both people in the relationship. Encourage partners to visit EDCure.org/get-talking to hear from other partners/spouses, to learn more about available treatment options and to show their partner they are not alone in this journey.