

Testosterone therapy associated with improved sexual function in diabetic men with severely low hormone levels

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An article appearing on May 27, 2016 in *BJU International* reveals better sexual function in men with type 2 diabetes with severely depressed hormone levels who were treated with testosterone undecanoate. Type 2 diabetes, as well as deficient testosterone levels, have been linked to a decline in sexual function in aging men.

The study included 189 men, among whom 107 had mild hypogonadism and 87 had severe hypogonadism as demonstrated by low total and free serum testosterone levels. Participants received 1,000 milligrams testosterone undecanoate or a placebo at the beginning of the study and at 6 and 18 weeks. Questionnaires that assessed erectile function, intercourse satisfaction, orgasmic function and desire were administered prior to treatment and at 6, 18 and 30 weeks.

After 30 weeks, significant improvement in erectile function in comparison with the period before treatment as well as in comparison with the placebo groups was noted by the severely deficient men treated with testosterone. Intercourse satisfaction and desire also improved at 6, 18 and 30 weeks in the severely deficient testosterone-treated group.

Authors Geoffrey Hackett of the Heart of England Foundation NHS Trust and colleagues conclude that men severely deficient testosterone levels who receive testosterone undecanoate therapy will probably see significant improvement in sexual function when treated for up to 30 weeks.

Dr Hackett noted that "The study's results also suggest that trials of testosterone therapy should be for a minimum of 6 months and not shorter periods as suggested by some guidelines."