

# Diabetes and Quality of Life: Initial Approach to Depression, Physical Activity, and Sexual Dysfunction

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## Resumen

The different aspects that contribute to quality of life in patients with diabetes mellitus, such as mood, are of great importance for the treatment of this disease. These aspects not only influence the well-being of patients but also influence treatment adherence, therefore affecting the course of the disease. A panel of experts from Argentina, Chile, and Uruguay performed a review of the main aspects affecting quality of life in patients with diabetes: physical activity, mood disorders, and sexual activity. The consensus of the panel was that physical activity is important in the treatment of patients with diabetes because it reduces morbidity, mortality, and disease complications, and it should be performed on a regular basis, bearing in mind the patient's characteristics. Increased physical activity is associated with better glycemic control, and in individuals with glucose intolerance, it delays progression toward diabetes. In patients with diabetes, there is a high prevalence of depression, which can influence treatment adherence. Therefore, early detection of depression is essential to improve the course of diabetes. Regarding sexual activity, erectile dysfunction may be a significant sign in the case of suspected diabetes and the early diagnosis of vasculopathy in patients with diabetes. In conclusion, greater emphasis should be placed on improving patient knowledge, early detection, and multidisciplinary approaches to deal with the aspects of diabetes that affect patients' quality of life.

## Palabras clave

**Palabras clave de autor:** depression; diabetes mellitus; physical activity; sexual dysfunction

**KeyWords Plus:** IMPAIRED GLUCOSE-TOLERANCE; GLYCEMIC CONTROL; ERECTILE DYSFUNCTION; INSULIN-RESISTANCE; PEYRONIES-DISEASE; SMOOTH-MUSCLE; EXERCISE; PREVENTION; MELLITUS; MEN

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