

Media Release – New review says greater awareness of sexual health may help reduce rates of chronic disease among Aboriginal and Torres Strait Islander males

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The latest publication from the Australian Indigenous HealthInfoNet, a *Review of sexual health issues linked with cardiovascular disease and type 2 diabetes mellitus in Aboriginal and Torres Strait Islander males* "[Male sexual health, CVD and T2DM in Aboriginal and Torres Strait Islanders](#)" by [Veronica Collins, Tamara J. Swann et al. \(ecu.edu.au\)](#) confirms that the links between male sexual health and chronic conditions are well established, however there is poor knowledge and awareness among both health professionals and Aboriginal and Torres Strait Islander males. There is also a lack of research and data about sexual problems among Aboriginal and Torres Strait Islander males and how they are managed.

One of the authors, Dr Mick Adams says “Most males are suffering in silence so there is a need to improve knowledge about male sexual health in Aboriginal and Torres Strait Islander communities to guide health promotion programs and health services. The growing evidence base about the links between male sexual health and general health, including shared risk factors can provide opportunities to address not only sexual health concerns of males but also potentially improve their general health”.

This review outlines the mounting evidence that erectile dysfunction (ED) can be a sign of future cardiovascular disease or type 2 diabetes. This has the potential to motivate males of all ages to seek help if they experience ED, and for health professionals to become skilled in discussing sexual health with patients. This requires further consideration of cultural factors for Aboriginal and Torres Strait Islander males and the social and historical context in which their health and wellbeing exists.

HealthInfoNet Director, Professor Neil Drew, says “In this review, we strive to provide an accurate and informative summary of this important topic to create greater awareness and highlight the barriers and changes needed”.

Accompanying the review is an infographic *Summary* of the key information [Summary of sexual health links with chronic disease in Aboriginal and Torres Strait Islander males - Publications - Promote and practice - Australian Indigenous HealthInfoNet \(ecu.edu.au\)](#), a short video [Links between sexual health and chronic disease among Aboriginal and Torres Strait Islander males \[video\] - Publications - Promote and practice - Australian Indigenous HealthInfoNet \(ecu.edu.au\)](#) and factsheet [Sexual health links with chronic disease in Aboriginal and Torres Strait Islander males \[factsheet\] - Publications - Promote and practice - Australian Indigenous HealthInfoNet \(ecu.edu.au\)](#)

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