



## Sexual Function & Cancer Survivorship

Sexual health is an important part of an individual's overall physical and emotional well-being.

### Screening Questions:

1. Are you dissatisfied with your sexual function?
2. Do you have any concerns regarding sexual function or sexual activity?

### Types of problems commonly seen related to sexual function:

- ♥ Problem with little or no interest in sex
- ♥ Problem with decreased genital sensation (feeling)
- ♥ Problem with decreased vaginal lubrication (dryness)
- ♥ Problem with reaching orgasm
- ♥ Pain during sex

### Your provider may ask you more questions, such as:

1. How has cancer treatment affected your sexual functioning and intimacy?
2. Have you had problems with incontinence of urine or stool?
3. Do you have questions related to fertility?

### Depending on your concerns, it may be suggested that you try:

- ❖ For dryness: lubricants (water, oil, silicone-based) or non-hormonal, vaginal moisturizers
- ❖ For pain: topical Lidocaine
- ❖ Vaginal dilators/vibrators
- ❖ Relaxation techniques and exercises
- ❖ Pelvic floor physical therapy
- ❖ Topical estrogen therapy
- ❖ Communication with partner
- ❖ Psychotherapy/Couples counseling
- ❖ Treatment for men (Men's Health Center at The Miriam Hospital)

