Web of Sexual Dysfunction

More than 50% of cancer survivors experience sexual health side effects from their treatment-yet the topic is rarely discussed. We must change that.

Side effects can be physical or psychological in nature and impact all areas of the sexual response cycle, including stimulation, desire, arousal, and orgasm. Like individual threads of a web, multiple factors lead to a satisfying sexual encounter. When sexual side effects interfere with one area of the web, it affects other parts

DECREASED DESIRE

ANXIETY RELATED TO CANCER FATIGUE CANCER RELATED STRESS BODY IMAGE PROBLEMS

FEAR THAT CANCER CONTAIGIOUS/RECURRENCE MEMORY AND CONCENTRATION PROBLEMS PERFORMANCE ANXIETY

SEXUAL DISORDERS and PAIN/PENETRATION DIFFICULTIES

UNSATISFYING **ENCOUNTER**

PARTNER ROLE/CHANGE CAREGIVING PARTNER ROLE UNCERTAINTY PARTNER FEAR OF HARMING PARTNER STRESS SEXUAL SCRIP UNCERTAINTY **EXCESSIVE FOCUS ON PENETRATIVE** SEX/ORGASM UNRESOLVED RELATIONAL CONFLICT

DECREASED AROUSAL

DECREASED LUBRICATION HORMONE CHANGE MAINTAINING AN ERECTION

PAINFUL SEX

NERVE DAMAGE VULVOVAGINAL ATROPHY VAGINAL STENOSIS INABILITY FOR PENETRATION PAIN WITH GENITAL TOUCH VULNERABILITY TO INFECTION PELVIC FLOOR HYPERTONUS VAGINISMUS

STIMULATION PROBLEMS

DECREASED STAMINA SKIN SENSITIVITY CHANGES SEXUAL SCRIPT CHANGES PARTNER SEXUAL DYSFUNCTION PARTNER COMMUNICATION PROBLEMS ERECTILE DYSFUNCTION

DECREASED ORGASM

LOSS OF GENITAL SKIN SENSIVITY GENITAL SKIN HYPERSENSITIVITY PARTNER COMMUNICATION PROBLEMS NUMBNESS ANTIDEPRESSANT THERAPY EFFECT

Adapted from Phillips. Am Fam Physician 2000;62(1):127-36 ah Shaffer, DO, All of Me implementation workgroup, originally created for Females. After Cancer updates to dysfunction 2023 please do not reproduce without permission

After Cancer provides a library of patient education pieces that offer practical solutions to address sexual dysfunction during and after cancer treatment. They include:

Cancer and Your Sexual Health

Minimize and Treat ADT Side Effects

Penile Rehab Using Vacuum Erection Device

Fertility and Reproductive Planning

Non-Hormonal and Hormonal Solutions--Female

Miracle of Pelvic Floor PT

Let's Slide Into Lubricants

Patient Education

Navigating Sex With an Ostomy Considerations for Anal Intimacy

Navigating the Dating Scene

For the Partner of the Patient

Sensate Focus Touching Exercises

Suggestions for Low Libido



