

Web of Sexual Dysfunction

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 as well.

Version 1.2 Nov 2024



After Cancer

Decreased Desire

ANXIETY RELATED TO CANCER
FATIGUE
CANCER RELATED STRESS
BODY IMAGE PROBLEMS
FEAR OF CANCER CONTAGIOUS/RECURRENCE
MEMORY AND CONCENTRATION PROBLEMS

Unsatisfying Encounter

PARTNER ROLE/CHANGE CAREGIVING
PARTNER ROLE UNCERTAINTY
PARTNER FEAR OF HARMING
PARTNER STRESS
SEXUAL SCRIPT UNCERTAINTY
EXCESSIVE FOCUS ON
INTERCOURSE/ORGASM
UNRESOLVED RELATIONAL CONFLICT

Painful Sex

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

SEXUAL DISORDERS and PAIN/PENETRATION DIFFICULTIES

Stimulation

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

Decreased Orgasm

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

Decreased Arousal

DECREASED LUBRICATION
HORMONE CHANGE
MAINTAINING AN ERECTION

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

- Minimize and Treat ADT Side Effects
- Penile Rehabilitation Using a VED
- Fertility & Reproductive Planning
- Managing Sexual Dysfunction with Pelvic Floor Therapy
- Let's Slide Into Lubricants
- Practical Considerations for Anal Intimacy
- Navigating the Dating Scene When Affected by Cancer
- Navigating Sexual Intimacy with an Ostomy
- For Partners of Those Affected by Cancer
- Sensate Focus: Touching Exercises to Rediscover Intimacy
- Practical Suggestions for Tackling Low Libido After Cancer



Scan for More **Patient Resources & Handouts**

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

Visit **aftercancer.co** to learn more.