

Sexuality and Survivorship

THINKING OUTSIDE THE
BOX






SURVIVOR'S QUALITY OF LIFE ISSUE

- Between 40 – 100% of patients experience some form of sexual dysfunction
- Survivors are living longer, making “life and relationship issues” even more important
- QOL studies have identified cancer survivors concerns including altered sexuality (identified as one of the highest concerns)
- incidence of altered sexuality is high and can persist for years, and may continue to increase
- altered sexuality negatively affects the QOL of the cancer survivor AND the intimate partner(s)

Derogatis, LR, Kourelisis, SM (1981) *Ca Cancer J Clin* 31 (3)

Carelle, N. (2002) Cancer, 95:155



“Today, the physician [nurse, PT, social worker] who treats oncologic diseases should no longer join the collusion of silence about sexuality any more than she/he should join the collusion of silence about death. Sexuality [and intimacy] is part of life and, hence, a part of cancer patients and their families”

(Devita, Hellman, Rosenberg. (1985). p. 2055).

Devita, Hellman, Rosenberg. (1985). *CANCER. Principles and Practice of Oncology.*
JB Lippincott Company, Philadelphia



ASSESSMENT NEEDED

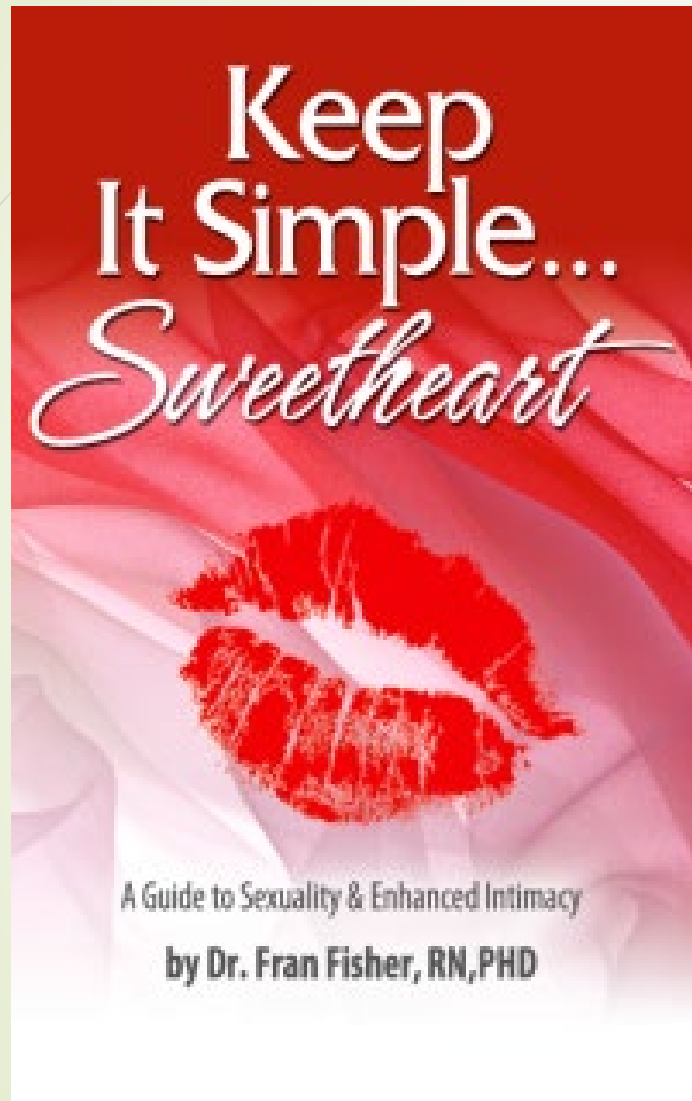
- Screening needed EARLY and OFTEN
- Studies have shown that clients do not voice their concerns about sexuality and sexual health because they feel vulnerable, shy and ashamed to ask and would prefer the health care provider to ask.*
 - Any lack of questioning by the patient and/or partner shouldn't indicate that it is not an area of concern.

*(McAlonan, 1996)

A Conspiracy of Silence

- difficulty establishing or re-establishing intimacy
- difficulty communicating
- silence may be interpreted as a lack of interest
- fear of rejection
- previous issues may complicate matters
- partner may be afraid of causing pain or being perceived as selfish





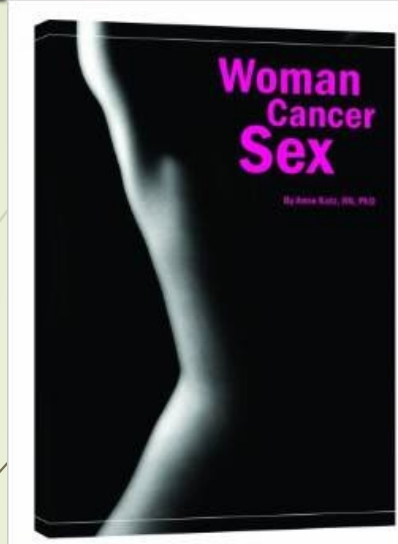
Start your Sensate Focus
exercises today beginning on page 73
<https://improveintimacy.com/books/>



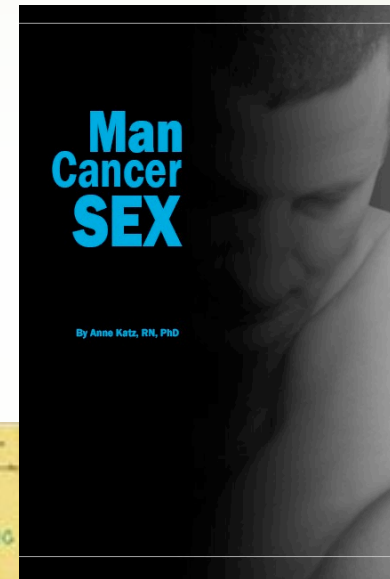
ellie.c@blueheart.io

Sensate Focus Program

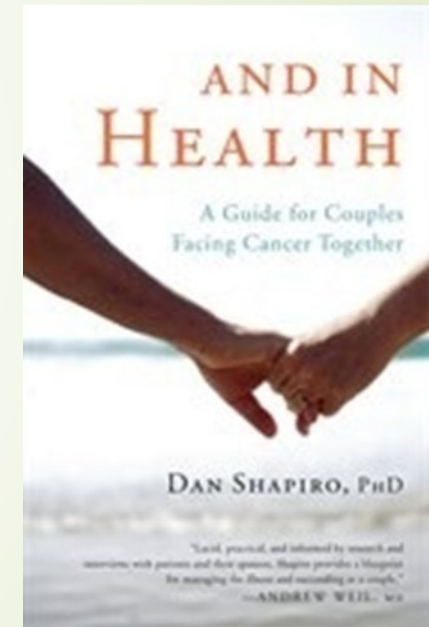
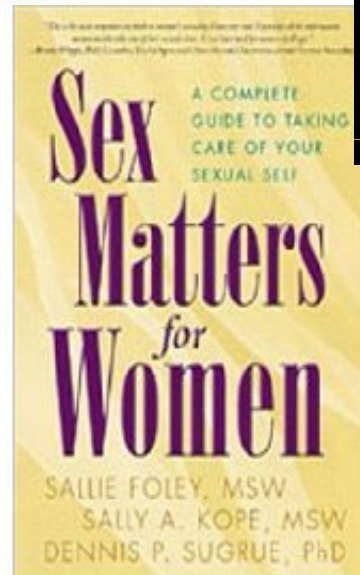
Resources



“Many patients describe the worries you are expressing about being intimate again.”



“Yes, this is so normal. Here are some resources that might be helpful”





SEXUAL WELLNESS A WOMAN'S TOUCH SEXUALITY RESOURCE CENTER

- ▶ Strategies and techniques to regain sexual function and enhance sexual health and pleasure:
- ▶ To view full catalogue:
- ▶ www.sexualityresources.com
- ▶ Or to order:
- ▶ Toll-free: 888-621-8880
- ▶ Fax: 608-250-2523

RESOURCES

STUPID CANCER BLOG TALK RADIO

JONNY IMERMAN -- IMERMANANGELS.ORG

TAMIA FELDER --- TAMIKA&FRIENDS.ORG

LIFEWITHCANCER.ORG

AASECT.ORG

PSYCHOLOGYTODAY.COM (Sexuality Counsellors in your area)

**AMERICAN CANCER SOCIETY BOOKLETS ON SEXUALITY AFTER CANCER
MALE AND FEMALE**

DR. FRAN FISHER

www.improveintimacy.com

franfisher@improveintimacy.com

916-791-8426

RESOURCES

WWW.SEXUALHEALTH.COM

FERTILITY RESOURCE:

ALICE CRISCI, FOUNDER OF WWW.FERTILEACTION.ORG

BOOKS ON “OUTER-COURSE” NON-INTERCOURSE SENSUALITY AND SEXUALITY

1. LET ME COUNT THE WAYS:

**DISCOVERING GREAT SEX WITHOUT INTERCOURSE,
MARTY KLEIN**

2. KEEP IT SIMPLE SWEETHEART:

**A GUIDE TO HEALTHY SEXUALITY & ENHANCED INTIMACY.
BY FRAN FISHER RN. PhD.**

With sincere thanks to

- Sage Bolte, PhD, LCSW, OSW-C, CST
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