

Sexual Health Questions

Sometimes starting the conversation with a medical provider or a patient about sexual health can be difficult. People are afraid to start the conversation because of embarrassment or because they feel like they are being intrusive. Current studies and research has shown that sexual dysfunction is a real issue and is growing in the breast cancer population. Here are some questions from the patient and providers perspective to help start the conversation.

Example Patient Questions

- I have noticed that I have some increased pain with sexual activity is there something I can do for that?
- I feel much drier in/around my vagina. Is there something (lubrication or lotion) you would recommend?
- I know my treatment may cause early menopausal symptoms. Would/could you recommend me seeing a Pelvic Floor therapist to adjust to these changes?
- My partner says that he/she feels like things are different inside my vagina. Are there exercises or stretches that I can do help with the tightness?
- I'm no longer interested in having sex and I would like help to change this. What should I do? Who can I talk to?
- I don't have as much sensation in my genitalia, is this normal?

Example Provider Questions/Comments

- "Ms/Mrs. Smith, how are things going? Are you experiencing any increased fatigue, numbness tingling in the hands/feet, pain with intercourse, or vaginal dryness? We have some tips to help these conditions if needed."
- "Studies have shown that some women experience sexual dysfunction after treatment for breast cancer. Are you experiencing any of the following:"
 - Decreased libido?
 - Pain with intercourse?
 - Increased vaginal dryness?
 - Inability to orgasm
 - Pain with urination?
- "A possible side effect from your treatment could be sexual pain or discomfort. Please let me know if this is an issue for you and we can make some recommendations."
- "Is there anything else I need to know? Anything else you may have questions about?"