

# Post Operative Sexual dysfunction

by Helena Green

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## Surgery

❖ Recommendation for RRSO @ high risk (HR) of ovarian cancer:

❖ Family history

❖ BRAC1/2/Lynch syndrome

❖ Breast cancer

❖ other

35-40 years

Completion of family

Psychosexual long term consequence: relationship satisfaction influencing factor

- 90% cancer patients will experience sexual changes at some stage during their illness
- 80% of women after treatment for cervical cancer report sexual dysfunction
- 80% of women who have colostomy formation after surgery reduce or stop sexual activity

**Impact varies but in most cases worsens with time**

*negative impact on their psychosexual wellbeing*

- 74% Female Sexual Dysfunction
- 73% Hypo sexual Desire Disorder
- 44% Lubrication difficulties
- 41% reduced sexual satisfaction
- 27% Dyspareunia
- 25% Difficulty to orgasm

(Paige E tucker, Max K Bulsara, Stuart Salfinger, Jason Jit-Sun Tan, Helena Green, Paul Cohen, : 2015)

Overall 80% reported sexual activity

74% reported sexual activity with a partner

49% experienced high level of sexual distress:

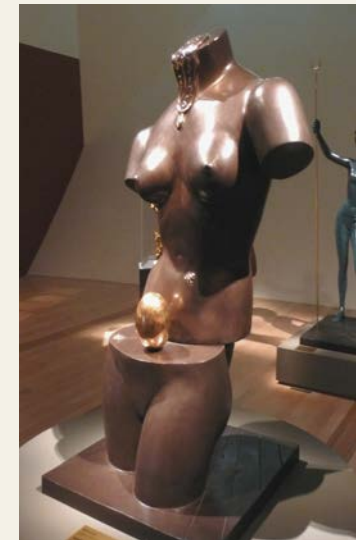
- ❑ Decrease lubrication (DL)
- ❑ 44% reporting (DL) most of the time/always
- ❑ 41% dissatisfaction overall sex life
- ❑ 28% regular dyspareunia
- ❑ 15% high levels of pain
- ❑ 25% difficulty with orgasm



- Libido, Sexual arousal response
- Vaginal dryness / Vaginal Stenosis
- Mood swings / Depression
- Weight gain / loss of body confidence & Image
- Hot flushes / night sweats
- Decline in sexual wellbeing / Body Image
- Pelvic pain : Dysparuenia / Vaginismus /  
Vulvodynia

## Where is the pain?

- Pain at the vaginal opening as the penis enters the vagina?
  - Burning pain during intercourse
  - Pelvic Discomfort during and after
  - Pain elsewhere
- Arousal
  - Moisture
  - Positions for intercourse
  - Pelvic Floor Exercises / Dilators





**Partners** experience a 'ripple' and this in turn, decreases their own libido

Fear of rejection or of hurting their partner

The complexity of regaining a sense of 'normality' within their sexual relationship

Sense of being 'unwanted'/ 'undesirable'

Same Sex relationships



## Vaginal moisturisers (non hormonal)

### Replens

Replens - 3 X week for 3 months

Vaginal tissue regains moisture & elasticity

Use with lubricants

Can use Replens before intercourse

### **Vit E capsules**

Personal lubes (sexual intimacy/activities)

## Vaginal Oestrogen...

Vaginal oestrogen: be well informed & make well informed decisions based on individual needs .

Krychman 2007 – 1500 women / no difference in disease free survival

# No Magic Pill!!!!

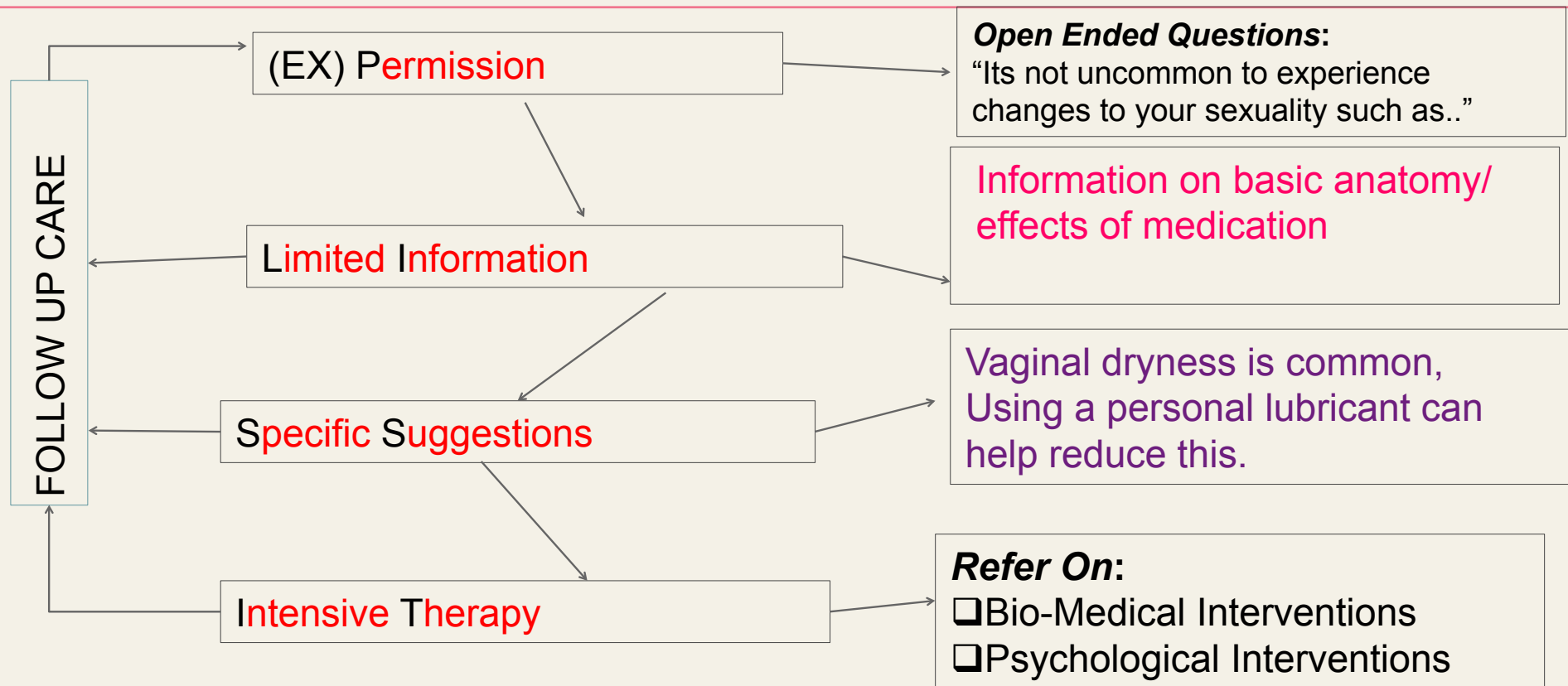




## Asking for Help



**The Elephant in the Room**



## *Enhancing Goodwill within the therapeutic relationship*

- Create an atmosphere conducive to open discussion.♪
- Introduce the topic and ascertain the patient's readiness for a discussion.♪
- Use open-ended questions to gauge the patient's level of understanding and concerns.♪
- Use a non-judgemental approach based on trust and confidentiality.♪
- Make no assumptions about the patient.♪
- Do not use medical jargon.

Incorporate sexual health assessment/questions as part of your  
assessment

Refer if appropriate (Do not need to be an expert)

**With intervention, up to 70% of patients can have improved functioning**



*April 6, 2016*

THANK YOU