



Reclaiming YOUr Sexuality After Cancer

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Survive&Thrive
SYMPOSIUM

**“Sexuality includes physical, psychological, and social parts of a person,”
Pillai-Friedman & Ashline, 2014**

The Truth:

Things have changed. Your body is not the same. Emotionally, YOU are not the same.

Truth About Treatment:

- Chemotherapy can damage the ovaries, causing hormonal changes and temporary or permanent menopause in younger women.
- The desire may not happen.

Getting Your Groove Back:

- Remember the things you love about you — not before, but after treatment
- Set the Mood
 - Play sensual music
 - Take a warm sensual bath or shower
 - Have a glass of wine
 - Read erotica
 - Get a massage
 - Use toys
- New Best Friend
 - Arousal Oils
 - Lubricants
 - Massagers
- Talk to a friend, therapist or doctor

Remember, practice makes perfect!

There will be pain, you will be frustrated and IT WILL GET BETTER!

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www.TexasOncologyFoundation.org