

Intimacy After Breast Cancer



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What do we need for Good Sex?

- Blood Vessels (arteries & veins) that work
- Nerves that work
- Right Levels of Female & Male Hormones
- Feel okay or good emotionally
- Be with a supportive partner



Talking Together About Sex

- Keep discussion(s) short
- Focus on present & future
- Start with less emotive aspects if there are some
- Check meanings with each other – Don't Assume!
- Try not to interrupt or hijack each other when the other is talking
- Keep it light; use humour sparingly if it helps
- If too difficult to talk- would writing a short note to your partner help?
- Consider if talking with a counsellor would help?

- Be compassionate to self & partner
- Be solution focused
- Start by exploring what you like about your relationship / sex
- Each take a turn to gently explore concerns / blocks to intimacy & sex
- If that feels too much-restrict to one concern each
- Each take turn to clearly outline the concern with the other actively listening
- Break “being sexual” into smaller steps - agree a beginning where you both feel able to start
- Agree clear boundaries & stick to them

Biomedical Strategies for Vaginal Health

Non-hormonal vaginal moisturisers- used x 2-3 / week irrespective of sexual activity



Intimate lubricants- on-demand before sexual activity: water, oil, silicone-based



Hormone Replacement Therapy (HRT)
Consider Testosterone supplementation

Vaginal (vibrating) dilators

Vibrators: clitoral / vaginal
[increase blood flow/ arousal]



OH NUT
FOR CURIOUS COUPLES

A friendly introduction to vaginal shortening.

- For women who find vaginal penetration painful
- 4 rings to enable women to choose preferred depth of penetration
- soft, 100% body & skin safe polymer blend
- Soft and stretchy wearable penetration aid comfortable for both partners

Vaginal Shortening: Aid to Reduce Depth of Vaginal Penetration

Pelvic Floor Physiotherapy / Exercises

Podcasts

Shine Cancer Support podcasts, blogs & video clips on sex after cancer

<https://shinecancersupport.org/information/sex/>

Shine Cancer Support dating podcast & Facebook group

<https://shinecancersupport.org/information/dating/>



<https://podcasts.apple.com/gb/podcast/untold-pleasure/id1732906029>

<https://dontignoretheelephant.podbean.com/>



Cancer-related sources of support



The UK's LGBTQ+ Cancer Charity

www.OUTpatients.org.uk

UCATS:

UK Cancer & Transition Service -
for trans & non-binary
Community
(Dr. Alison Berner)

[www.wearetransplus.co.uk/
uk-cancer-and-transition-service/](http://www.wearetransplus.co.uk/uk-cancer-and-transition-service/)

Breast Cancer Now

<https://breastcancernow.org/about-breast-cancer/life-after-treatment/sex-and-breast-cancer-treatment/>

Sex With Cancer

www.sexwithcancer.com

Partnership between Sex with
Cancer & Shh Women's store



Spiced Pear

www.spicedpearhealth.co.uk
Menopause & Sexual Dysfunction
(2x GP's)

On-line Psychosexual Therapy



www.cosrt.org.uk - Find a Therapist

RELATIONSHIPS SCOTLAND

www.relationships-scotland.org.uk/

www.tavistockrelationships.org



relate
the relationship people

www.relate.org.uk
Find a Local Centre

Institute of Psychosexual Medicine www.ipm.org.uk
-Find a Specialist



www.percihealth.com supportive cancer
care services by specialist oncology AHPs
via telemedicine platform