

YOUR BODY, YOUR CONCERNS

A prompt list for discussions

Talking about changes to your body, sex and intimacy can be difficult. But addressing your concerns is an important part of your breast cancer treatment and care.

This list may help you discuss these topics with your healthcare professional (perhaps your breast care nurse or GP) or in a phone call with Breast Cancer Now's Helpline.

Tick the topics you would like to discuss, ask for more information on, or find specialist services about. Have the list with you when you talk to your healthcare professional. You may also want to make a list of the treatments you've had or are having.

I want to talk about or be directed to relevant information or specialist services for the issues I have ticked.

Changes to my body and how I feel about my body

- Operation scars
- Reconstruction
- Radiotherapy skin changes
- Protheses, bras, clothes and swimwear
- Menopausal symptoms
- Lymphoedema
- Hair loss/hair regrowth
- Weight gain/weight loss
- Regaining confidence in my appearance

Intimacy after breast cancer – physical issues

- Vaginal dryness/discomfort or pain during intercourse
- Pain, numbness and sensitivity after surgery
- Contraception (compatible with my breast cancer treatment)
- Loss of desire
- Changes to how I experience orgasm
- Low energy (fatigue)

Intimacy after breast cancer – emotional issues

- Worries about starting a new relationship
- Changes in my relationship with my partner after breast cancer
- Accessing relationship counselling or sex therapy
- Support or information for my partner
- Coping with the loss of my fertility and its impact on my relationship
- Low mood/depression

Any other issues about my body and intimacy
