

# 5 Things to Know About Sexual Health After Cancer Treatment

Sex and intimacy are important aspects of life. Cancer treatment can impact both your body and emotions, which may affect your sexual health. Understanding these changes can help you communicate openly with your partner and healthcare team.

## 1

### How your body might change

Cancer treatments like surgery or chemotherapy can change how you feel about sex, how your body reacts, and your overall comfort. There are ways to help, like medicine, physical therapy, or talking to someone for support. Speaking with your healthcare team can help you explore options and find the right solutions for you.



## 2

### Feelings matter, too

Cancer can bring up a lot of emotions, like feeling sad or worried, and these feelings can also affect your sexual health. It's important to notice these emotions and talk to your doctor or healthcare team about them. Your mental health is a big part of your overall well-being.



## 3

### Talking to the right people

Talking openly with your doctor and partner about any concerns is important. You can use checklists or questions to help start the conversation. Your healthcare team is there to support you and provide helpful resources.



## 4

### Why sexual health matters

Sexual health is an important part of recovery after cancer, but it's not often talked about. If you experience changes like a lower sex drive, pain, or discomfort, let your healthcare team know. These issues are common, and they can help you find ways to manage them and feel more comfortable.



## 5

### Getting help and support

It's normal for people to feel differently about sex after cancer treatment, and that's okay. Your healthcare team can help you explore new ways to feel comfortable and connected with your partner. There are also many resources available to offer guidance and support.



Sexual health is an important part of your overall well-being. If you have concerns, don't hesitate to ask for help. Your healthcare team is there to provide advice and support throughout your recovery.