OPTIONS TO IMPROVE SEXUAL HEALTH IN TREATMENT OR SURVIVORSHIP

Vaginal moisturizers to relieve dryness

Hormone replacement therapy (not appropriate for all cancer types)

Behavioral therapy

Pelvic floor therapy for painful sex or other symptoms

If you have a partner, talk to them about how you're feeling

Sex therapy

Prescription medication to increase female desire

Many women find themselves with a lack of desire for sex after treatment. But there are options for those who want to improve their sexual health. It doesn't matter if you haven't had sex in a while or don't have a partner. Everyone deserves to prioritize sexual health. While medical providers should be asking about sexual health, we know they aren't doing it often enough. Feel empowered with this list of questions.





