

SEXUAL CONCERNS

CHECK ANY CONCERNS YOU HAVE AND WHAT INTERVENTIONS THAT YOU HAVE USED.



VAGINAL DRYNESS

- VAGINAL MOISTURIZER— *Which type, how often?*
- LUBRICANT (*with intercourse/vaginal penetration*)—*Which type?*
- VAGINAL ESTROGEN— *Which type? How often?*
- VAGINAL DHEA
- CHANGING ANTI-HORMONAL THERAPIES (*ex: AI to tamoxifen*)

PAIN WITH INTERCOURSE *or* VAGINAL PENETRATION

- LUBRICANT (*with intercourse/vaginal penetration*)—*Which type?*
- TOPICAL PAIN MEDICATIONS
- ORAL PAIN MEDICATIONS — *for neuropathic pain or pain*
- VAGINAL DILATOR/VIBRATOR — *How often?*
- PELVIC FLOOR REHAB
- THERAPY (*psychotherapy, couples counseling, sex therapy*)

AROUSAL/LIBIDO

- L ARGININE (*Arginmax or Stronvivo*)
- ZESTRA OIL
- BUPROPION OR CHANGE IN SSRI
- ADDYI OR VYLEESI
- EROTICA
- THERAPY (*psychotherapy, couples counseling, sex therapy*)

INABILITY TO HAVE AN ORGASM

- REVIEWING MY MEDICATION LIST (*removing drugs that can cause issues*)
- EDUCATION LIKE OMGYES.COM
- PELVIC FLOOR REHAB
- VIBRATORS, CLITORAL SIMULATORS
- DIFFERENT SEXUAL POSITIONS
- EROTICA
- THERAPY (*psychotherapy, couples counseling, sex therapy*)

PARTNER RELATIONSHIP ISSUES

- EVALUATION *of the pre-cancer/current relationship*
- THERAPY (*psychotherapy, couples counseling, sex therapy*)

STRUGGLING *with my* BODY IMAGE

- SENSATE FOCUS EXERCISES
- THERAPY (*psychotherapy, couples counseling, sex therapy*)

FERTILITY/BIRTH CONTROL

- MY FERTILITY STATUS
- MY OPTIONS FOR FERTILITY *now and in the future*
- OPTIONS FOR CONTRACEPTION