



SHARSHERET®

The Jewish Breast & Ovarian Cancer Community

Sexuality and Cancer:

Changes, Challenges, and New Approaches

December 16, 2021

National Webinar Follow Up

This webinar was made possible with the support of:

Maze Sexual & Reproductive Health

Merck

Click [here](#) to watch the recording of this webinar.

Dr. Bat Sheva Marcus:

- **Dr. Bat Sheva's Instagram:** @drbatsheva. She loves to answer people's questions via Direct Message (DM)!
- **Maze Women's Sexual Health:** <https://www.mazewomenshealth.com>
- **Maze's instagram:** @mazewomenshealth
- **Dr. Bat Sheva Marcus' book:** Sex Points: Reclaim Your Sex Life with the Revolutionary Multi-Point System: <https://drbatsheva.com/the-book/>

Suggestions from Dr. Bat Sheva Marcus:


For Vaginal Pain

- Estrogen creams
- [Reveree](#) hyaluronic acid for vagina
- Vaginal moisturizers (coconut oil!) - many options, different for everyone
- [MonaLisa Touch](#) and [FemiLift](#) - laser (you might feel sensitive the next day, but doesn't hurt). Destroys some mucosa to stimulate creation of more. 2-3 treatments needed and might need a booster every year or two; not covered by insurance.
- Pelvic floor therapy can help if you find yourself tightening up
- Vaginal dilators are helpful too. You can ask your oncologist, OBGYN, or physical therapist about these.


Miscellaneous

- *Hope Springs* is a great movie about a couple that hasn't had sex in a long time
- Free 3-part course about vibrators on Maze Women's Sexual Health:
<https://www.mazewomenshealth.com>
- To reclaim your sexuality, try self-talk and perhaps a pretty outfit/lingerie
- Find a doctor who can help:
 - [ISSWSH](#): International Society for the Study of Women's Sexual Health
 - [AASECT](#): American Association of Sexuality Educators, Counselors and Therapists
 - Be wary of finding one on Psychology Today if they have a TON of specialties.
- Probiotic for the vagina if you get UTIs often
- Medications for desire
 - Testosterone helps for desire; all the rest are more subtle
 - Wellbutrin is not helpful for desire, but helps increase intensity of orgasm
 - Vyleesi (injection before sex) and Addyi (daily drug) recently approved for increasing desire
- Always remember your sexuality is unique to you


CANCER GENETICS FAST FACTS




EVERYONE who carries a cancer gene mutation has a **50%** chance of passing it on to the **NEXT GENERATION**.




Multi-gene panel testing can **IDENTIFY MUTATIONS** in genes other than BRCA1 or BRCA2, such as ATM, CHEK2, Lynch or PALB2, that may predispose you to a variety of cancers including male breast, colon, pancreatic, prostate, uterine and melanoma.




If the results of genetic testing in a family are negative, it is **STILL POSSIBLE** that the cancer in the family is **INHERITED**, resulting from genetic mutations that we do not yet know how to identify.



1 IN 40 Ashkenazi Jews, **BOTH MEN AND WOMEN**, carries a BRCA1 or BRCA2 gene mutation.



Individuals who carry genetic mutations should **HAVE THE OPPORTUNITY** to make choices about high risk screening and risk-reducing surgery and treatment that can **SAVE THEIR LIFE**.



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If you have any personal questions about your family cancer history or genetics, please contact our genetic counselor at genetics@sharsheret.org.

Email info@sharsheret.org to connect with Sharsheret support, Sharsheret's genetic counselor, or to bring Sharsheret to your school, doctor's office, or community.