

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/

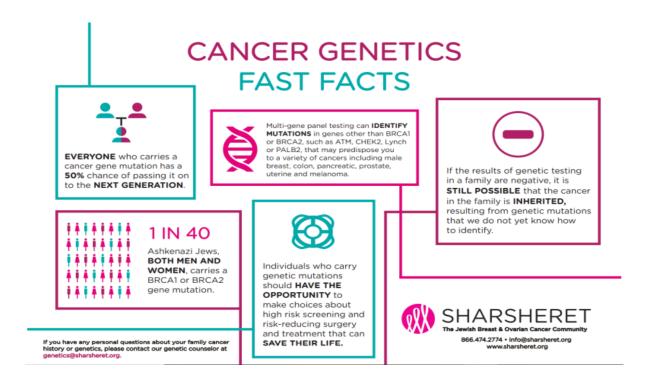
Suggestions from Dr. Bat Sheva Marcus:

For Vaginal Pain

- Estrogen creams
- Reveree hyaluronic acid for vagina
- o 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:
 - o 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
 - o 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



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.