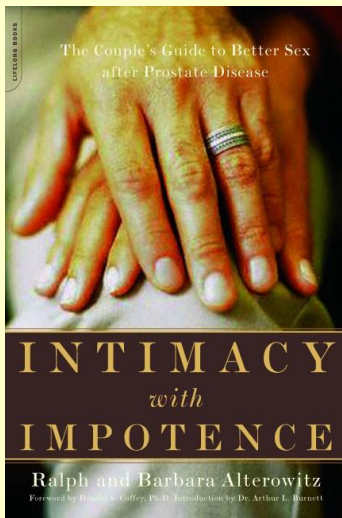


Staying Connected

What You and Your Partner Can Do to Maintain Physical and Emotional Intimacy



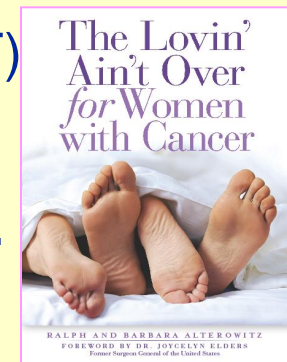
The Reluctant Brotherhood

April 27, 2015

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Authors on intimacy and cancer

**The Center for Intimacy After Cancer Therapy Inc.
(CIACT)**

A 501(c)3 non-profit organization
www.renewintimacy.org



Sex and Intimacy – Casualties in the Battle Against Cancer?

Changes in sexuality after cancer treatment

- Are common
- Don't mean the end of sexual intimacy for a loving couple.

Treatment Effects on Cancer Patients - Biological

- Sexual Dysfunction – <85% of men
- Surgery: erectile dysfunction, incontinence
- Radiation: erectile dysfunction, incontinence, bowel damage, scarring
- Hormone therapy: loss of libido and erection, hot flashes, body changes, fatigue
- Sensation changes from all treatments

“It’s good to hear that I’m not alone” *Jess*

Psychological Effects - *ARID*

Anxiety, Rejection, Identity, Depression

- “I don’t feel like a man anymore.”
- “I’m not desirable.”
- “I don’t want to start what I can’t finish. Besides that, I’ve got this space ship in the basement to finish.”

Where has self-esteem gone?

And you ask, Am I anxious?

But the Good News Is...

- You are still capable of making love
- You can improve your sex life and quality of life
- Men and women can still have sexual pleasure, and many can achieve orgasms
 - » Orgasms do not require breasts, ovaries, prostates or erections
 - » Can have orgasm without erection, but not without arousal
- Key: work together as a couple

“I, the New Man”

Use the cancer to redefine yourself –

- AIDA to regain self-esteem
 - » Admire yourself
 - » Interests
 - » Doing
 - » Assessment

“M-E-D-S” for Sex

- **Motivation**
- **Exercise:** Key “medication” for diseases
 - » Sex is strenuous = 2.5 to 3.7 mets
- **Diet:** Sugar, Fat, Salt undermine health
Reduce daily calories
- **Sleep:** Helps the body recharge and heal

Sexual Desire

Components

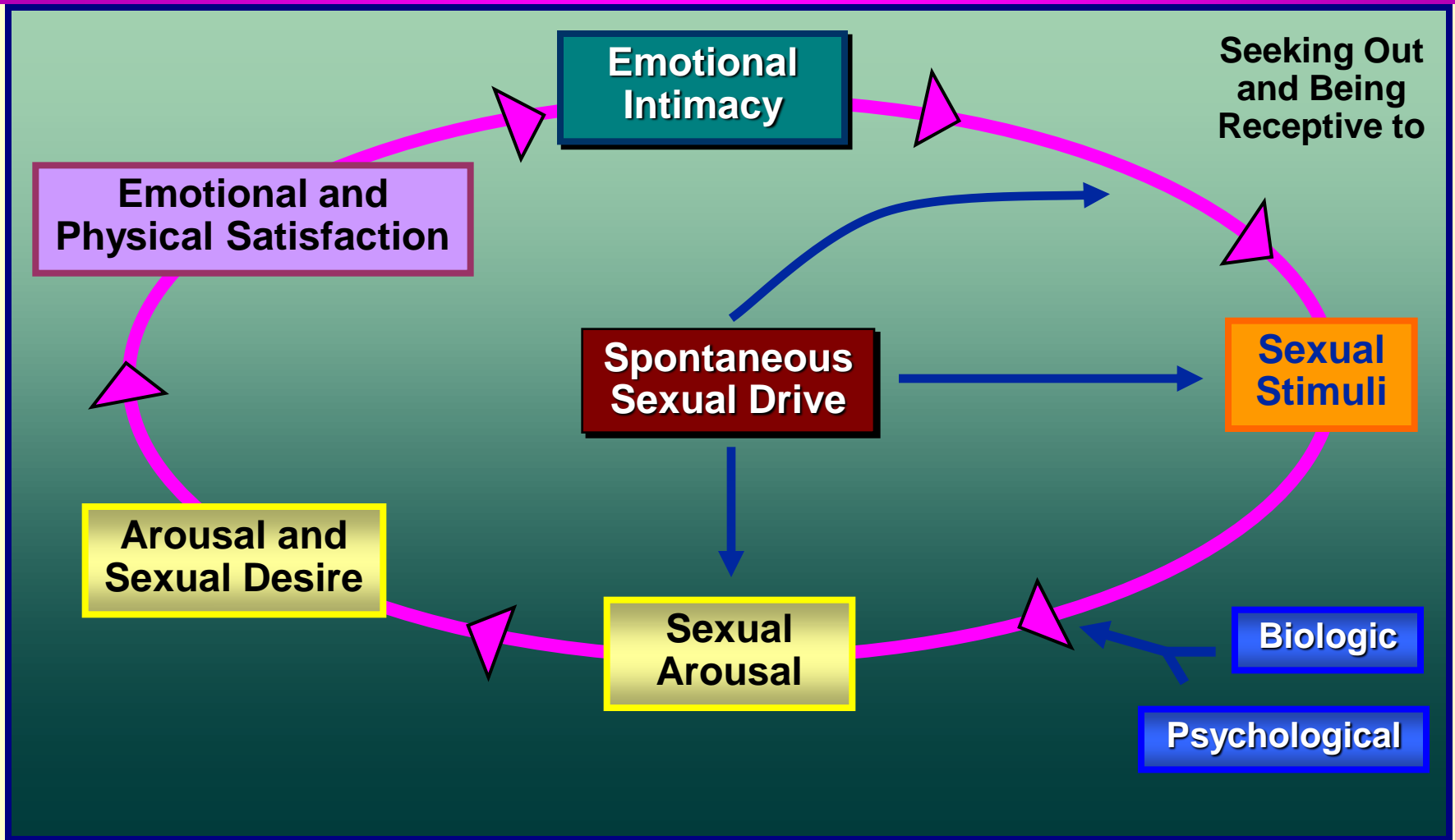
Psychological

Physical

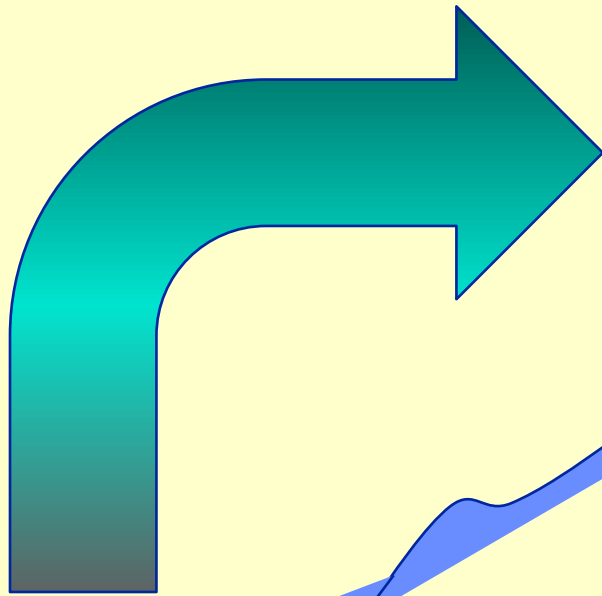
Relational



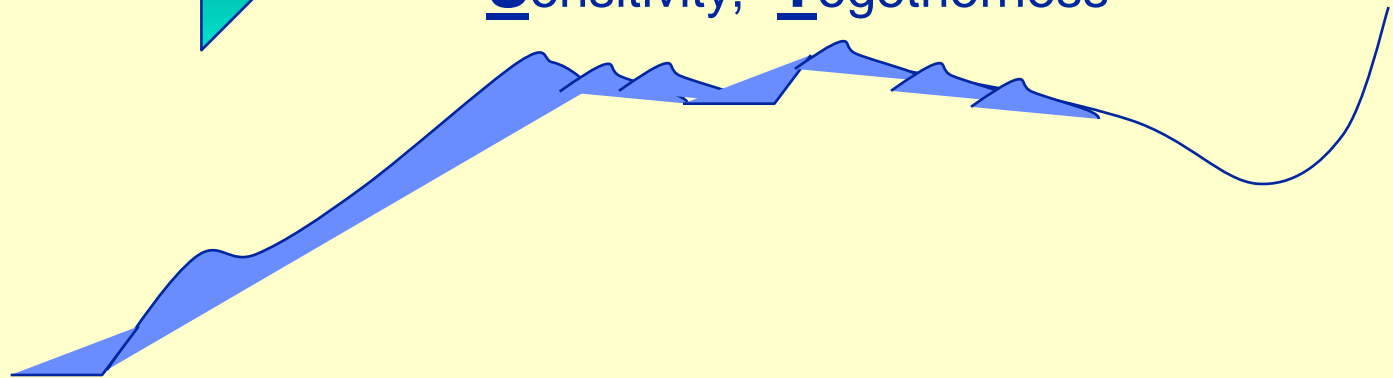
Sexual Response Cycle



From Relationship RUT to CREST



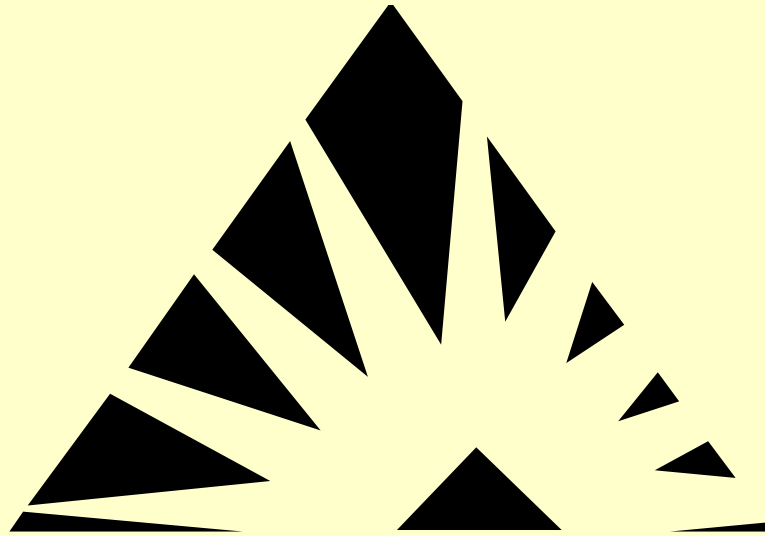
To **CREST**: The relationship contains
Creativity , Respect, Excitement,
Sensitivity, Togetherness



From **RUT**:
The relationship is
Routine, Unappreciated, Tired

The Triangle of Good Sex

Communicate!



Get
Reacquainted!

Open up your
Senses!



What should I say first?
How do I get him to talk?

Do i have to go
through this again?
Now she's going
to ask me what I think.

Communicate!

- Avoid the “conspiracy of silence”, acknowledge the elephant in the room
- Sexual dysfunction is not one person’s problem – it’s the couple’s
- Ask how you can please your partner
- Share feelings and make decisions jointly
- Share fond memories, incl. favorite lovings
- Share sexual likes and dislikes
- Focus on positive behaviors - build on them

How to Start Talking

- Schedule the time
- Start somewhere – talk about what's comfortable and go from there
- Talk, talk, talk, and then talk some more
- Be open and receptive – get your partner to talk about his problems
- The third party – sometimes it's better
- Write it down

Get Reacquainted!

- Take time
 - » To touch, to talk
 - » To learn about each other all over again
- Re-explore each other's anatomy
 - » Find the pleasure points on each partner
 - » "Find the clit"
- Take advantage of getting older
 - » Men and women get more in synch on timing of arousal

Fantasies and Reality

- Let yourself have fantasies to spice up your sex life and arousal
- Many fantasies can be built into loving – possibly with modifications
- The individuals involved must feel safe in playing out the fantasy
- Some fantasies should remain fantasies - not meant to be played out in real life.

Open Up Your Senses

Be sensual

- » Good sex is a whole-body experience
- » Be “in the moment”
- » Use all your senses
- » Be creative, try new things

Be Loving, All Day Long

Create an overall environment of love

- » A touch, a hug, a kiss
- » Take walks together
- » Shower together
- » Put lotion on each other's body
- » Do things together e.g., classes, exercising

Make Change Work for You

- You're in a new phase— you've changed
- Make other changes for better loving:
 - » the time you make love
 - » where you make love
 - » how you make love
- De-stress - be playful – laugh & enjoy

Sex is supposed to be FUN!

Some Practical Tips

- Ensure your lady is well lubricated
 - » Clitoral/vaginal stimulation for lubrication & arousal
 - » Saliva, Astroglide, KY Jelly, or other lubricants
- Rub the penis gently on the clitoral area
 - » Best if woman controls the movement
- Try partial penetration
- Use gravity to improve erection

“Home remedies”

- For light incontinence:
 - » Void completely before loving
 - » Eat cranberries / blueberries
 - » Take a nasal decongestant
 - » Use tissues or a small towel
- Herbal remedies: Use with caution, discuss with doctor

The New Single Man

- Take steps to feel good about yourself
- When and how to tell?
 - » When things get serious & you think you will eventually have sex
 - » Not just before or while you have sex, or after you're married!
Don't surprise her with sexual dysfunction.
 - » Start telling her you had cancer, then about sexual dysfunction
 - » Explain that there are many ways to still have sexual pleasure together – and that you hope one day you will share this experience

Most women will be supportive – they fall in love
with a man, not with a penis!

Therapies & Medications

- **Aids & Medications**

- » Do not work on everyone
- » Don't work equally well all the time
- » May not work at all.
- » Some work better with longer-term use
- » Some do not work as well over the long term

Therapies & Medications

- Pills
- Intraurethral medication
- Penile injection
- Devices: vacuum therapy, splints
- Penile implants
- Penile vascular surgery
- Creams & gels (future)
- Nasal sprays (future)
- Penile rehabilitation

Pills

- Pfizer: *Viagra* – (*sildenafil*)
- Bayer: *Levitra* – (*vardenafil*)
- Bayer: *Staxyn* – (*vardenafil*) sub-lingual
- Vivus: *Stendra* – (*avanafil*)
- Icos-Lilly: *Cialis* – (*tadalafil*)
- Dong-A: *Zydena* – (*udenafil*)*
- Wu Han Vanz: – (*mirodenafil*)*
- *Others: sulfoildenafil, aildenafil, icarin, lodenafil, acetildenafil, zaprinast (failed)** NONE APPROVED!*
- **Yohimbine – used with Muse**

* In clinical studies

** Little information

Intraurethrals and Penile Injections

- Intraurethral medication
 - » *Muse*
- Penile injections
 - » *Caverject*
 - » *Edex*
 - » *Invicorp (not available in U.S.)*
 - » Other: *Bi-mix – Papaverine & Phentolamine*
Tri-mix – above + Prostaglandin E-1
Quad-mix – above + Forskolin

Devices

- Penile splint
 - » *Rejoyn*
- Vacuum therapy systems (vacuum erection devices, or VEDs)
 - » Augusta Medical Systems
 - » Bonro Medical
 - » Encore Medical
 - » Mission Pharmacal
 - » Mentor
 - » Timm (Endocare)

Over-the counter & prescription

Devices (cont'd)

- Penile implants
 - » Semi-rigid malleable
 - Reliable, easiest-to-use,
 - Simple surgical procedure
 - » Inflatable –2-component & 3-component
 - Need manual dexterity, possible problems

To summarize

- Sexual dysfunction does not prevent us from having a good love life.
- You can have pleasure and an orgasm without intercourse.
- Relearn how to make love. Have sensual sex for the sheer pleasure of being together.
- Remember that sex is an 11-letter word: **COMMUNICATE!**

No Matter What Your Level of Capability, You Can Have Sexual / Sensual Intimacy

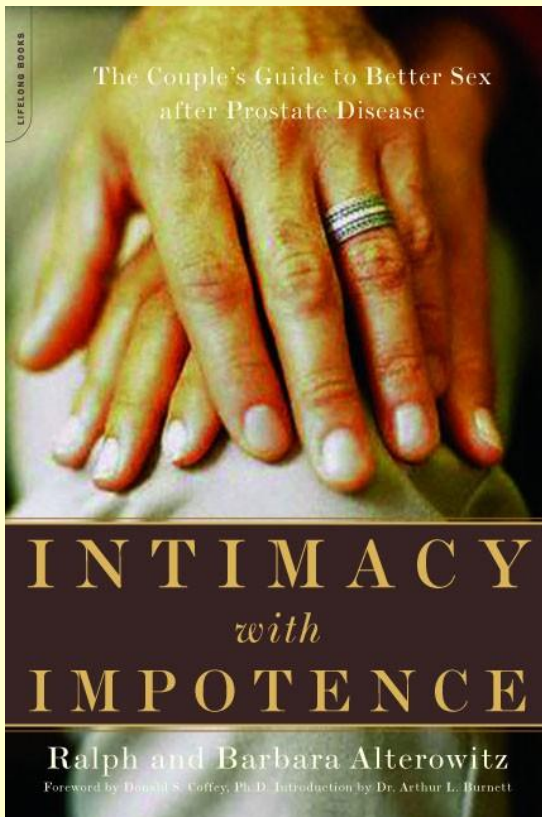
- If you can't do anything
 - » You can still touch
- If you have low / no desire
 - » Start touching to get aroused
 - Works best with a motivated partner
 - » Watch a sex video together
- If you have no erection and don't want to or can't use medications
 - » Use erection-free sex – it's fabulous!
 - » Stimulate the penis and clitoris with hand, mouth or sex toys

No Matter What Your Level of Capability, You Can Have Sexual / Sensual Intimacy

- If you have some erectile capability
 - » Use erection-free sex and (if your partner likes the idea) partial penetration
 - » If desired by both partners, use medications or devices
 - Have realistic expectations – they may not work
- EVERYONE:
 - » Communicate!
 - » Have sex with your whole body and your whole mind
 - » Be playful and focus on pleasure

For More Information:

1. Buy our book:



2. Check our Website:

www.renewintimacy.org

3. Contact the Center for Intimacy After Cancer Therapy, Inc. (CIACT)

301-983-9702

4. Call for personal counseling - Complimentary introductory consultation

301-983-9702