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# Cancer- Chronic illness and Intimacy Sexual Health- through a biopsychosocial lens

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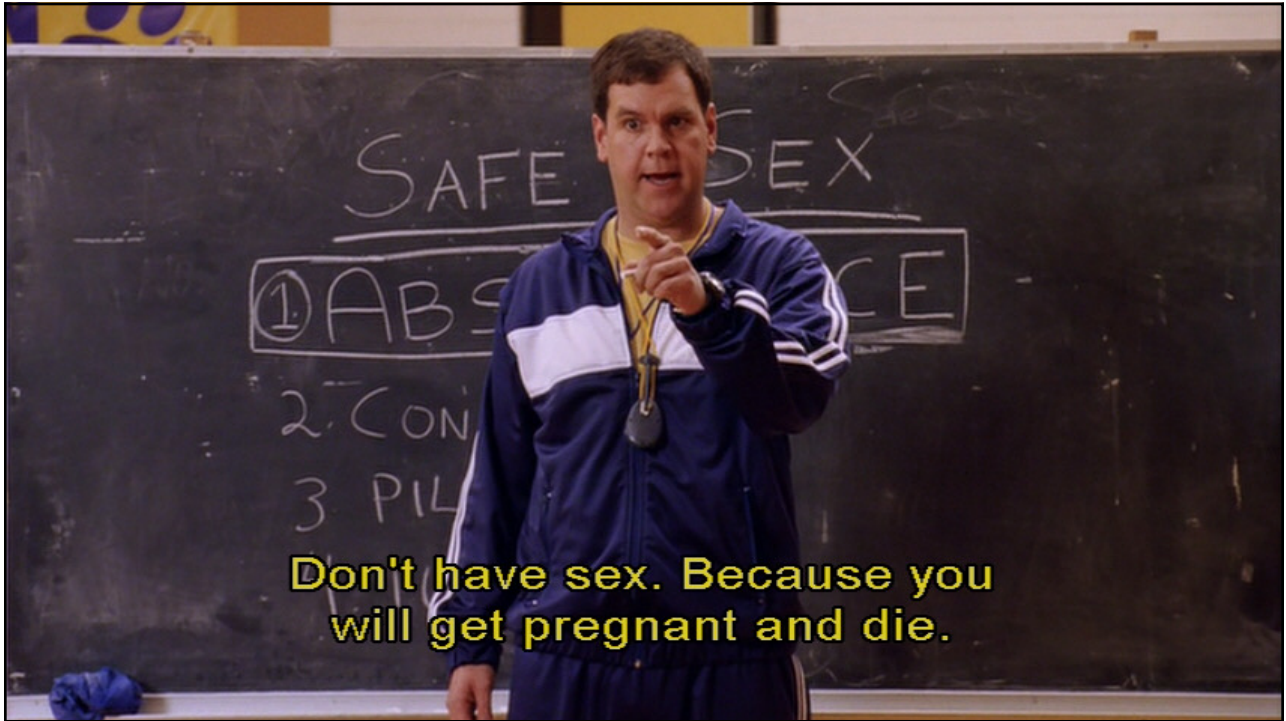
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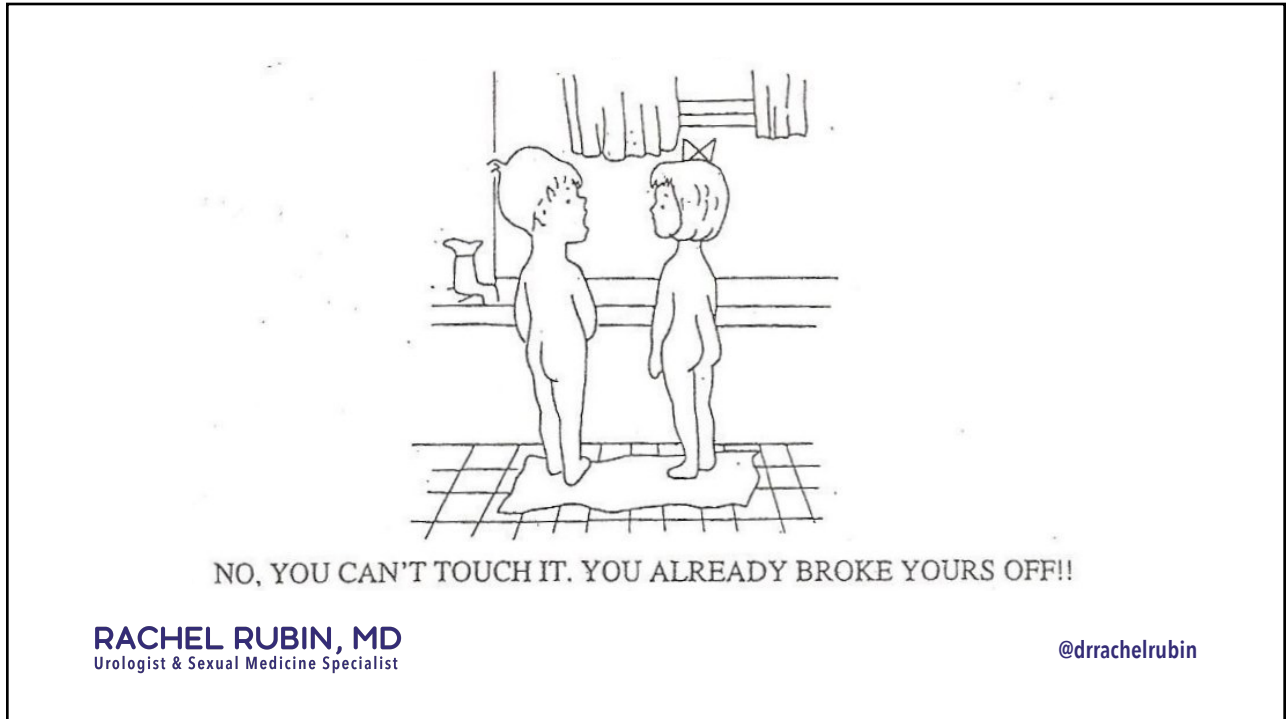
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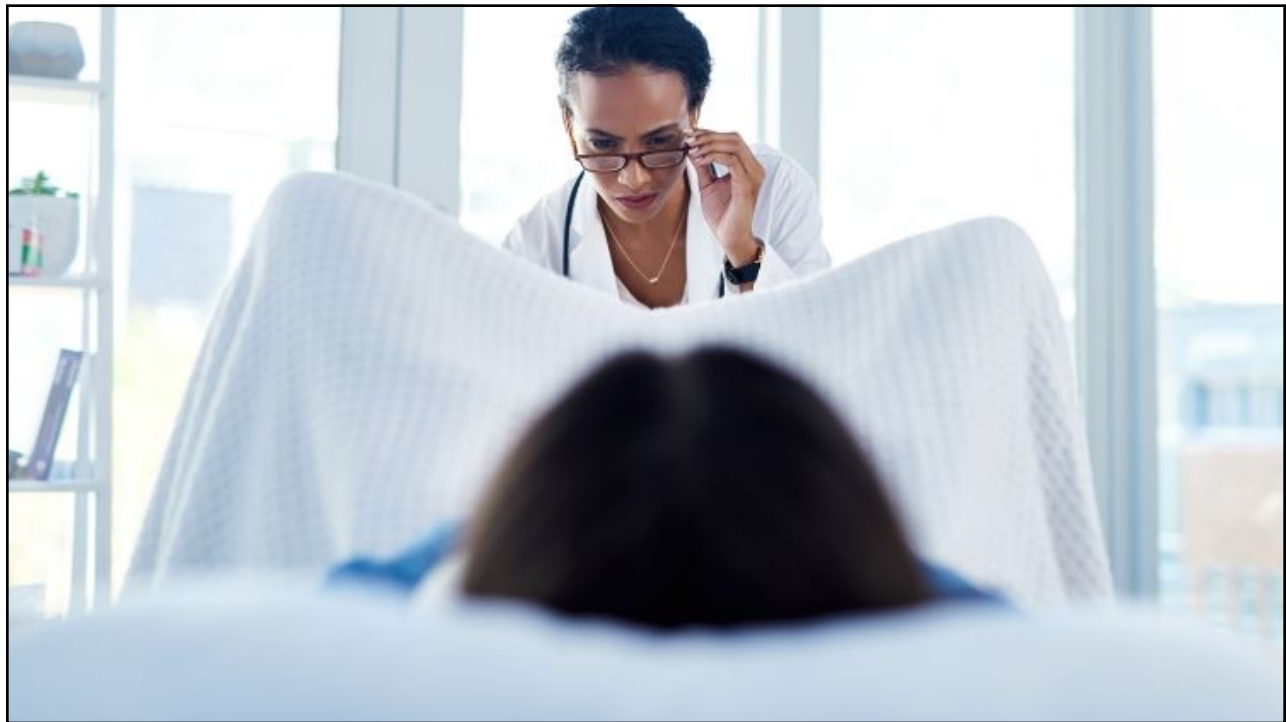
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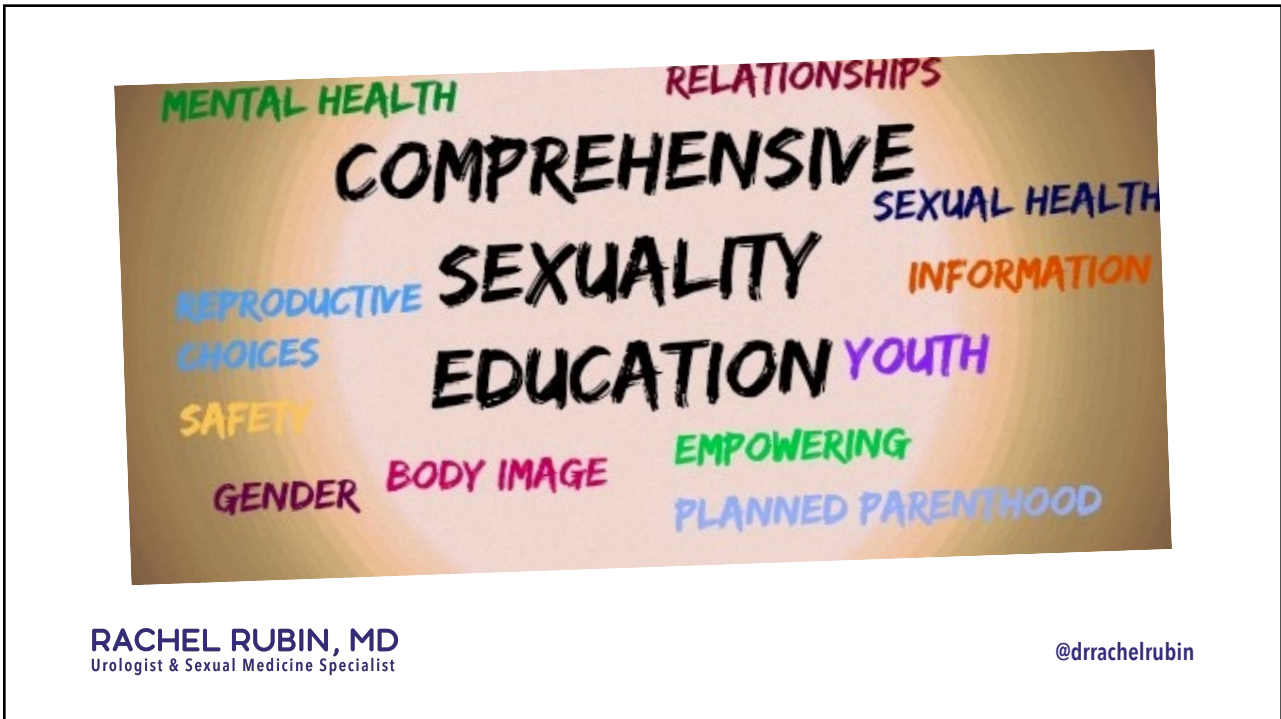
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1. Rosen RC, Barsky JL. *Obstet Gynecol Clin North Am.* 2006;334:515-526 2. Althof SE, Leiblum SR, Chevret-Measson M, et al. *J Sex Med.* 2005;26:793-800.

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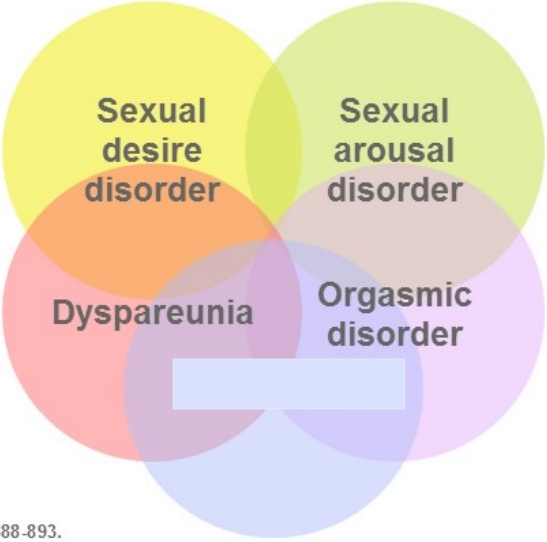
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10 minute doctor visit...

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A Venn diagram with four overlapping circles. The top-left circle is yellow and labeled "Sexual desire disorder". The top-right circle is light green and labeled "Sexual arousal disorder". The bottom-left circle is pink and labeled "Dyspareunia". The bottom-right circle is light purple and labeled "Orgasmic disorder". A light blue horizontal bar is positioned in the center where all four circles overlap.

Basson R et al. *J Urol.* 2000;163(3):888-893.

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An illustration showing four stylized human figures working on a large puzzle. The puzzle consists of several large pieces in orange and dark green. One figure is on a ladder on the left, another is sitting on a piece at the top right, and two others are at the bottom. The background is a plain light gray.

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Home    isswsh.org    [Sign in](#)

## Find a provider

You can search by name, organization, city, state, province or country. Minimum 2 characters are required to apply the filter.

**ISSWSH Find a Provider Directory**

*Information: ISSWSH Find a Provider Directory is provided by the International Society for Women's Sexual Health (ISSWSH) as a public service for those who wish to locate a Sexual Health Provider in their area. This directory contains the names and addresses of ISSWSH members whose professional activity is (partially) devoted to the practice of Women's Sexual Health and see patients. The ISSWSH acknowledges that the providers listed on this website are members of ISSWSH. The inclusion of a provider on these pages is not an endorsement of the skills and abilities of the provider by ISSWSH. Providers are solely responsible for the information they are listing.*

*Prohibitions: The ISSWSH Find a Provider Directory or any of its contents may not be downloaded, republished, resold or duplicated, in*

Name or Organization

City

Country

State/Province

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The screenshot shows the top navigation bar of the SMSNA For Patients website. It includes a menu icon, a search icon, the SMSNA logo, social media icons for Facebook, Twitter, and Instagram, and a SUBSCRIBE button. Below the navigation bar is a secondary menu with links for Home, About, Conditions, Sex Health Blog, Did You Know?, News, Find a Provider, and Resources. The main content area is titled "Contact" and "Healthcare Provider Directory". On the left, there is a search form with fields for "Name or Organization", "City", and "Country". The "Country" field is a dropdown menu with "Select country" as the current selection. To the right of the form, there is an information icon and a text box stating: "You can search by name, organization, city, state, province or country. Minimum 2 characters are required to apply the filter." Below this text, it says "SMSNA Find a Provider Directory" and "Information: SMSNA Find a Provider Directory is provided by the Sexual Medicine Society of North America (SMSNA) as a public service for".

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The screenshot shows the top navigation bar of the NAMS website. It includes the NAMS logo, the text "THE NORTH AMERICAN MENOPAUSE SOCIETY Promoting women's health at midlife and beyond", and navigation links for Sign Out, About NAMS, Cart, Donate, Join, My Dashboard, and Store. Below the navigation bar is a secondary menu with links for Annual Meetings, Commercial Supporters, For Professionals, For Women, Press Room, and Publications. The main content area is titled "Find a Menopause Practitioner". Below the title, there is a paragraph of text: "To help you find a menopause clinician who is right for you, NAMS has assembled this search feature of health professionals who wish to provide healthcare for women through perimenopause and beyond. This is not a complete compilation but includes contact information for those NAMS members and NAMS Certified Menopause Practitioners (NCMPs) who have asked to be included on the list. Members who are not accepting new patients are also listed, without contact information." Below this text, there is a link "What's an NCMP?". The search form includes a dropdown menu for "Select the type of search zip search is for" with "Search Practitioner - By Zip (US only)" selected. Below this, there are input fields for "Zip Code", "Radius Search US Only" (set to "10 Miles"), and "State Province Equals" (set to "(Any)"). A blue "FIND" button is located at the bottom of the search form.

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# PelvicGuru.com

## Find a Pelvic Health Professional

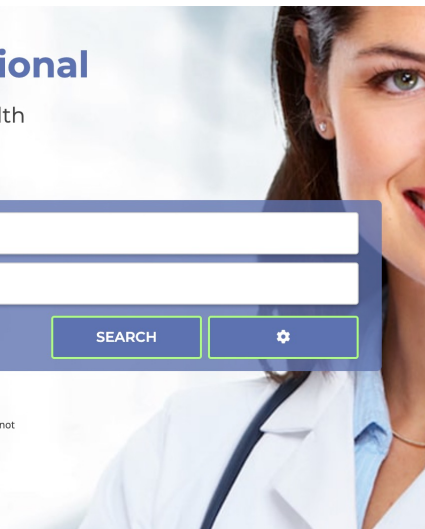
Women's Health | Men's Health | Sexual Health

📍 City, State, Zip Code, or Country (will search within 300 miles radius)

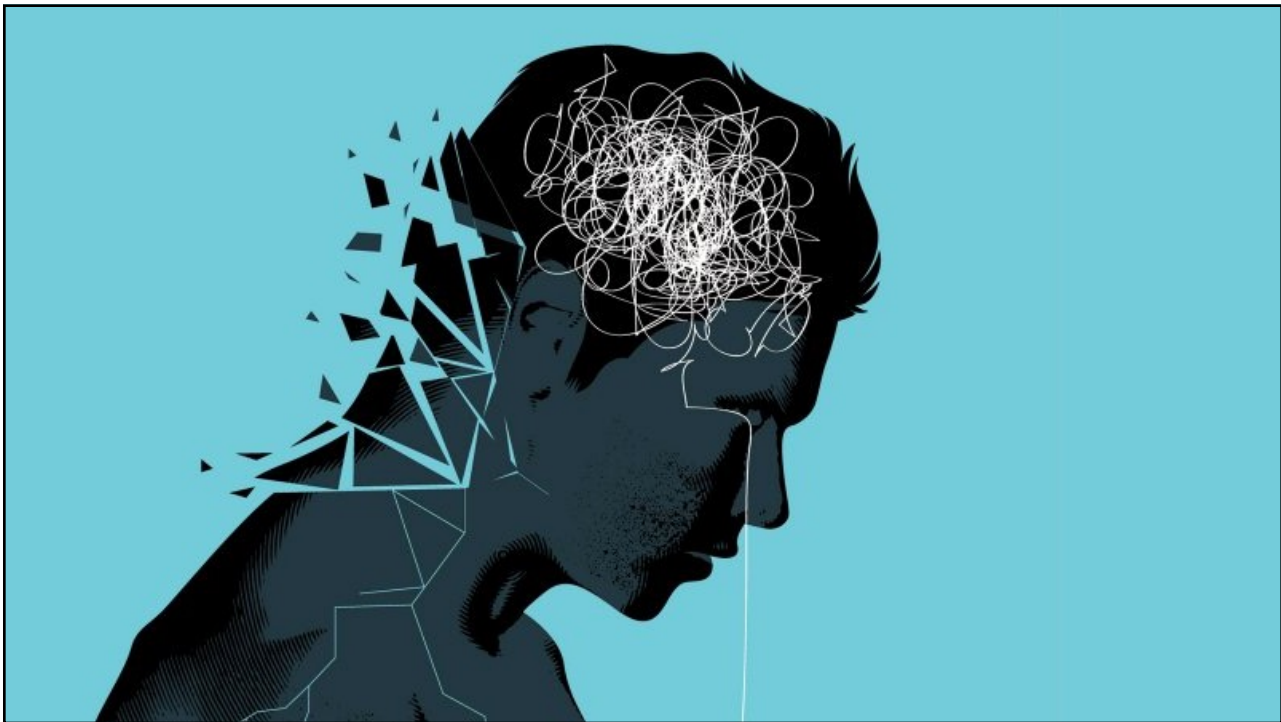
🔍 Name of Clinician (optional)

SEARCH ⚙️

The directory is a service to the community, our readers, and professionals who serve others and not permitted for mass-commercial use or reproduction.



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The screenshot shows the header of the AASECT website. On the left is the AASECT logo, which consists of two overlapping circles, one white and one purple, followed by the text "aasect" in a lowercase sans-serif font. Below the logo is the text "american association of sexuality educators, counselors and therapists". To the right of the logo is a navigation menu with links for "About", "Membership", "Certification", "Education", "Community", "Annual Conference", "Institute", "CS Online", and "Ethics".

At the top right of the header, there are links for "Donate", "Contact", and "Become a Member", followed by "CONNECT WITH US" and social media icons for Facebook, Twitter, LinkedIn, and Instagram. Below these is a login section with input fields for "USERNAME" and "PASSWORD", a "Log in" button, and a link for "FORGOT USERNAME/PASSWORD?".

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The screenshot shows the header of the Psychology Today website. The top navigation bar is blue and contains the "Psychology Today" logo on the left, and links for "Find a Therapist", "Get Help", "Magazine", and "Today" in the center. On the right side of the navigation bar are a globe icon labeled "US" and a search icon.

Below the navigation bar is a featured article section with a background image of a man and a woman. The main title is "Behind the Betrayal" in a large, bold, white font. Below it is the subtitle "The science of infidelity". To the right of the main title are three smaller article teasers: "Have You Been Cheated On? Why People Cheat", "Betrayal, the Most Common Type", and "Trying to Prevent Infidelity".

At the bottom of the featured article section is a "Find a Therapist" search bar. It includes a dropdown menu for "Therapists", an input field for "City or Zip", a search icon, and a "Verified by Psychology Today" checkmark icon. To the right of the search bar is a "Professionals" section with a "Sign Up and Get Listed" button and a "or Login" link.

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# Just Ask

nobody else will

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## Specific Questions:

- “Are you sexually active?”
- “Are there sexual concerns you wish to discuss?”
- Explain that sexual problems are common
- Assure the patient that you are comfortable discussing sexual issues.
- “Many women with diabetes...” or “Many women going through menopause...”
- Tell me more about it...

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Clayton, A. et al. Mayo Clinic Proceedings March 2018

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## Listen

- TIME TIME TIME
- Look at the patient and try not to interrupt. Usually the story gives away the diagnosis.
- Do not make assumptions
- Ask questions after they've had time to talk
- Take notes

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## Ask About the Past

- Past Medical / Surgical History
- Medications past and present
- Social history: Ask about relationships past and present, family situation, trauma, stress levels

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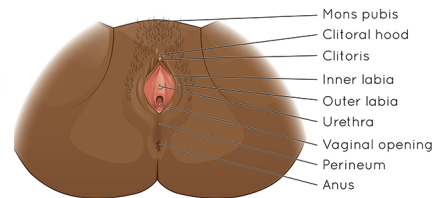
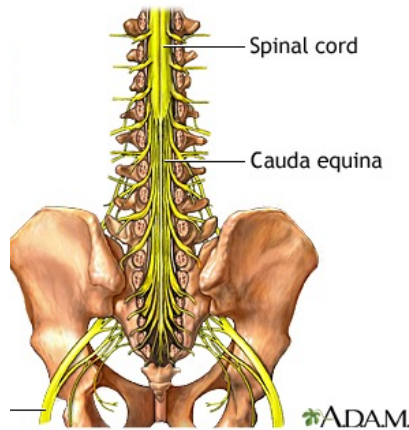
@rachelrubin1

I added this to my intake in 2020 for all new patients as I hear their story - "I ask all my patients this regardless of gender or problem you are seeing me for: is there anything cultural, religious, or trauma related that you want to share with me today as part of your story?"

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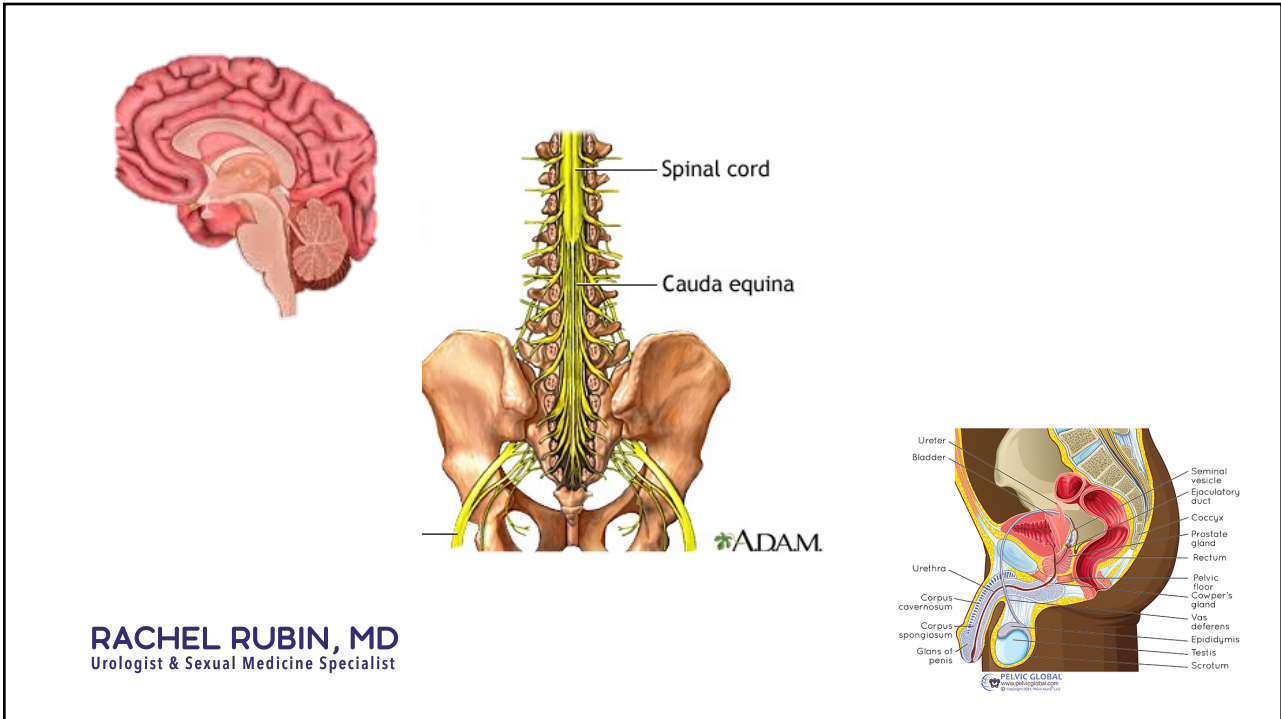
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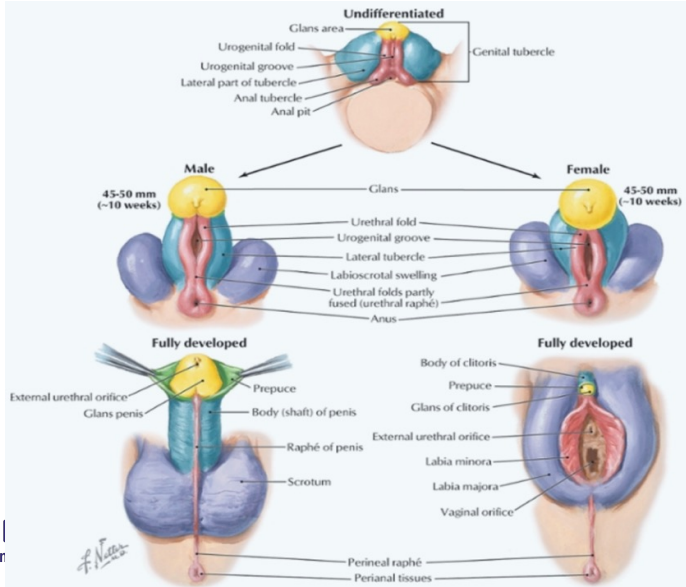
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## Genitals all start from the same place



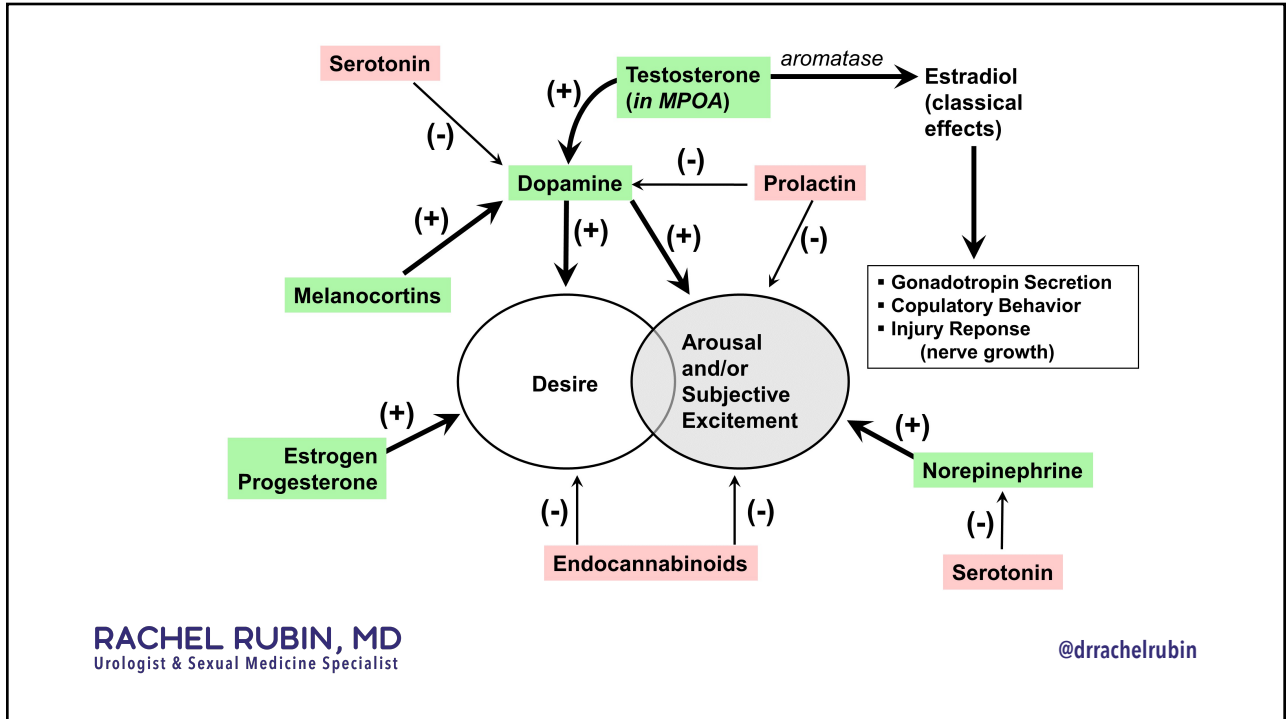
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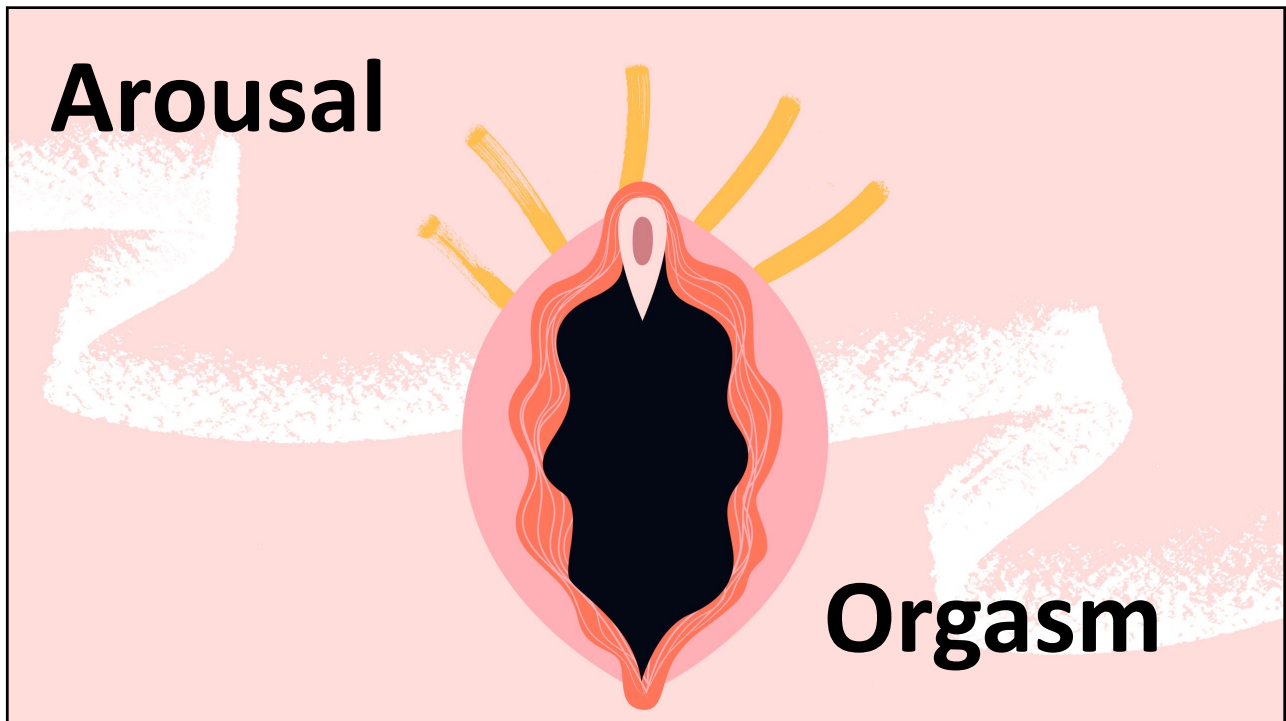
Netter (1989). *Atlas of human anatomy*

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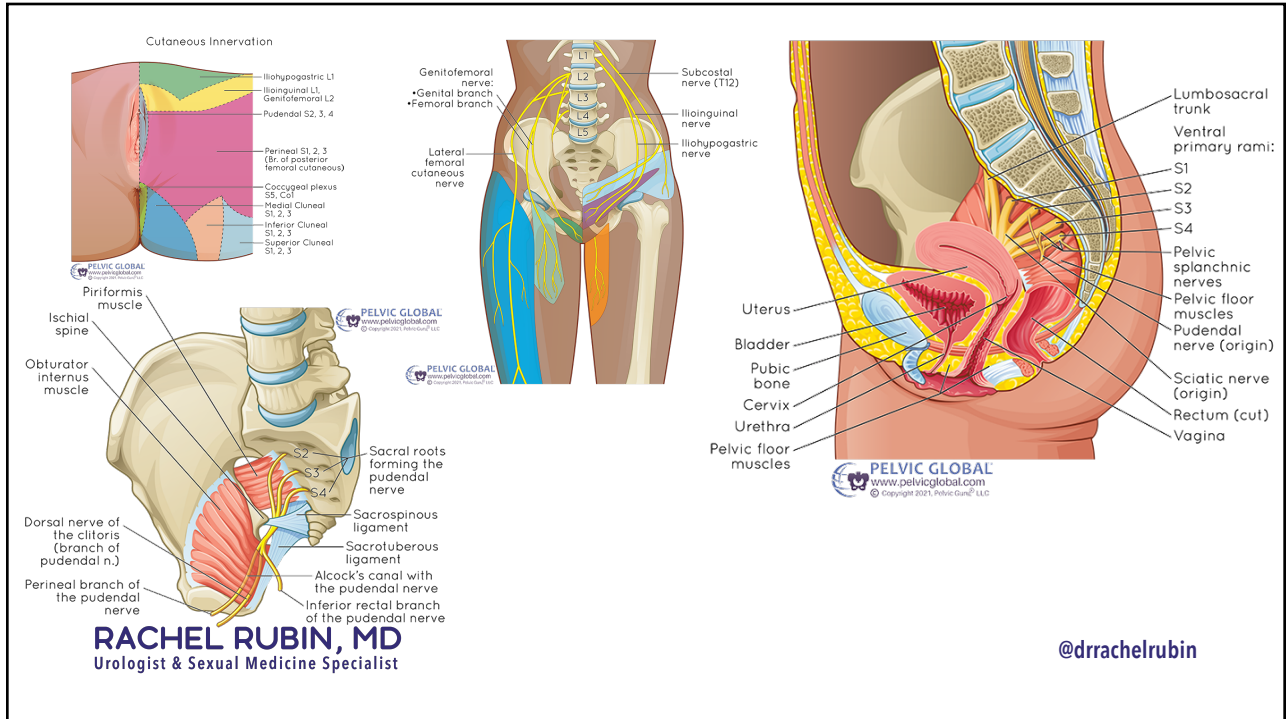


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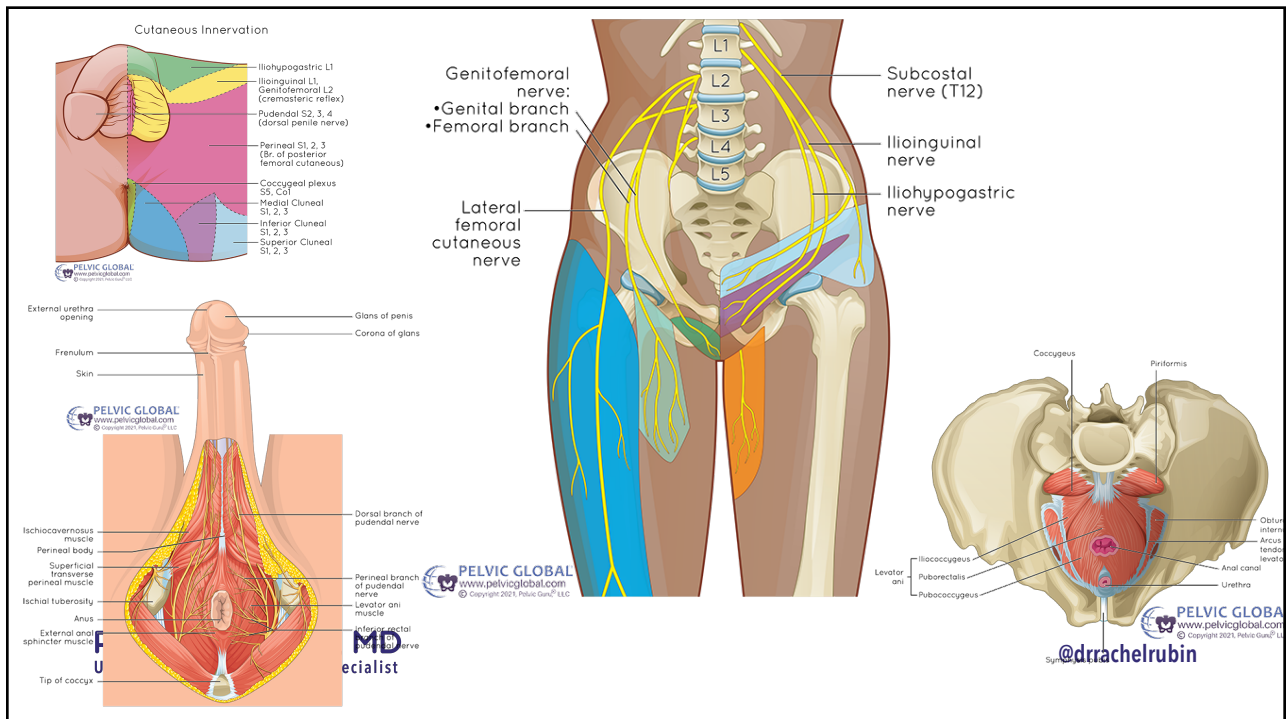


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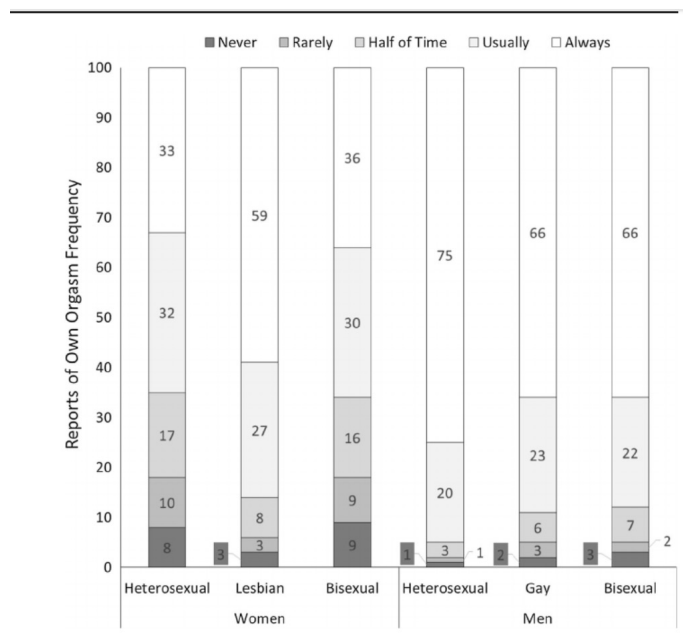


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## Differences in Orgasm Frequency Among Gay, Lesbian, Bisexual, and Heterosexual Men and Women in a U.S. National Sample

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Frederick, David A., et al. Archives of sexual behavior 47:1 (2018): 273-288.



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Setting expectations

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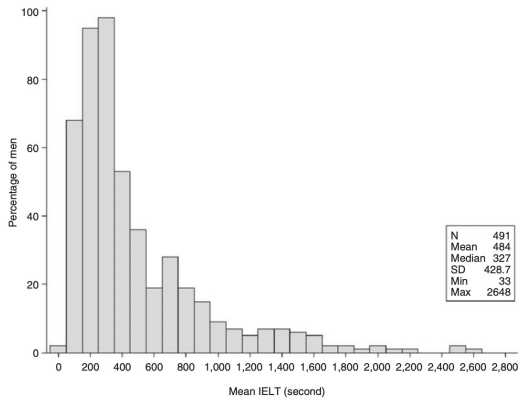
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J Sex Med, 2005 Jul;2(4):492-7.

**A multinational population survey of intravaginal ejaculation latency time.**

Waldinger MD<sup>1</sup>, Quinn P, Dilleen M, Mundayat R, Schweitzer DH, Boolell M.

Epidemiological Survey of IELT



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The overall median value was 5.4 minutes but with differences between countries.

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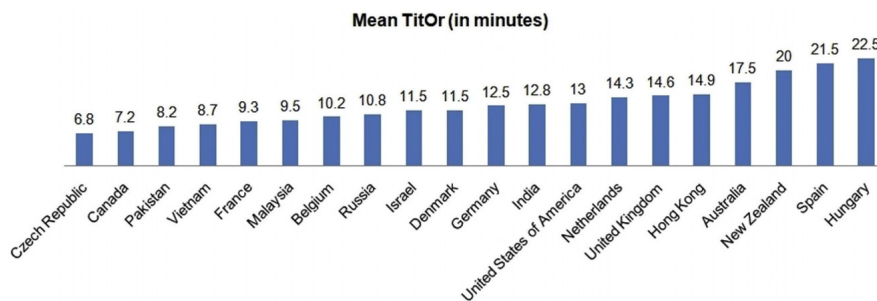
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Original Research & Reviews  
Orgasm

# Time to Orgasm in Women in a Monogamous Stable Heterosexual Relationship

Gajanan S. Bhat MCh<sup>1</sup> & Anuradha Shastri BAMS<sup>2</sup>



The mean reported TitOr was 13.41 ± 7.67 minutes

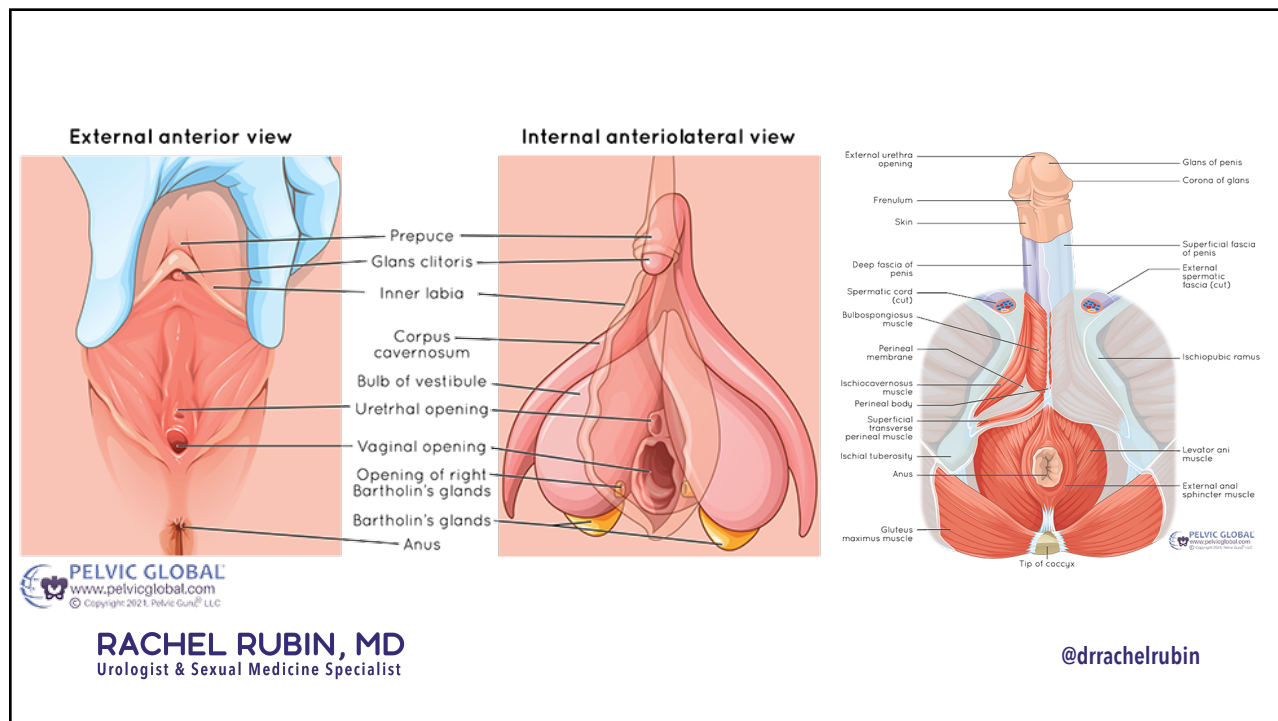
17% of the participants had never experienced the orgasm.

Penovaginal intercourse was insufficient to reach orgasm in the majority

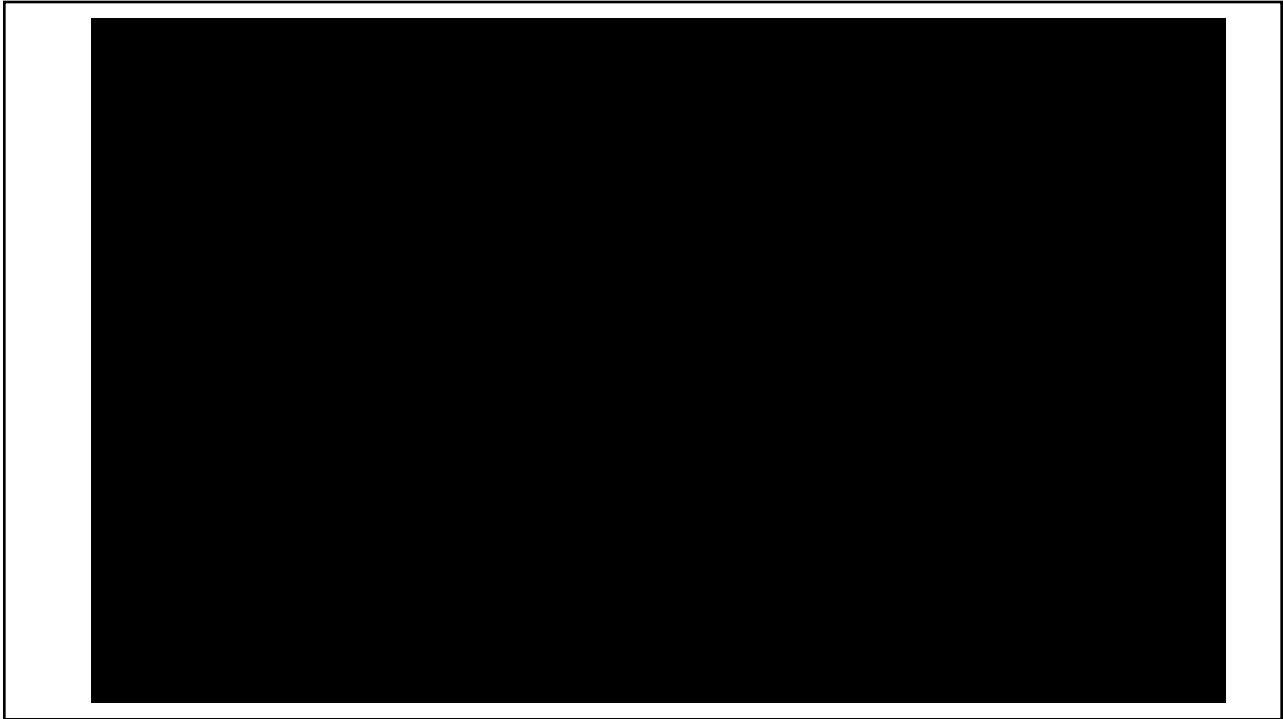
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Figure 1. Bar diagram showing countrywise mean time to orgasm (TitOr). Figure 1 is available in color online at [www.jsm.jsexmed.org](http://www.jsm.jsexmed.org).

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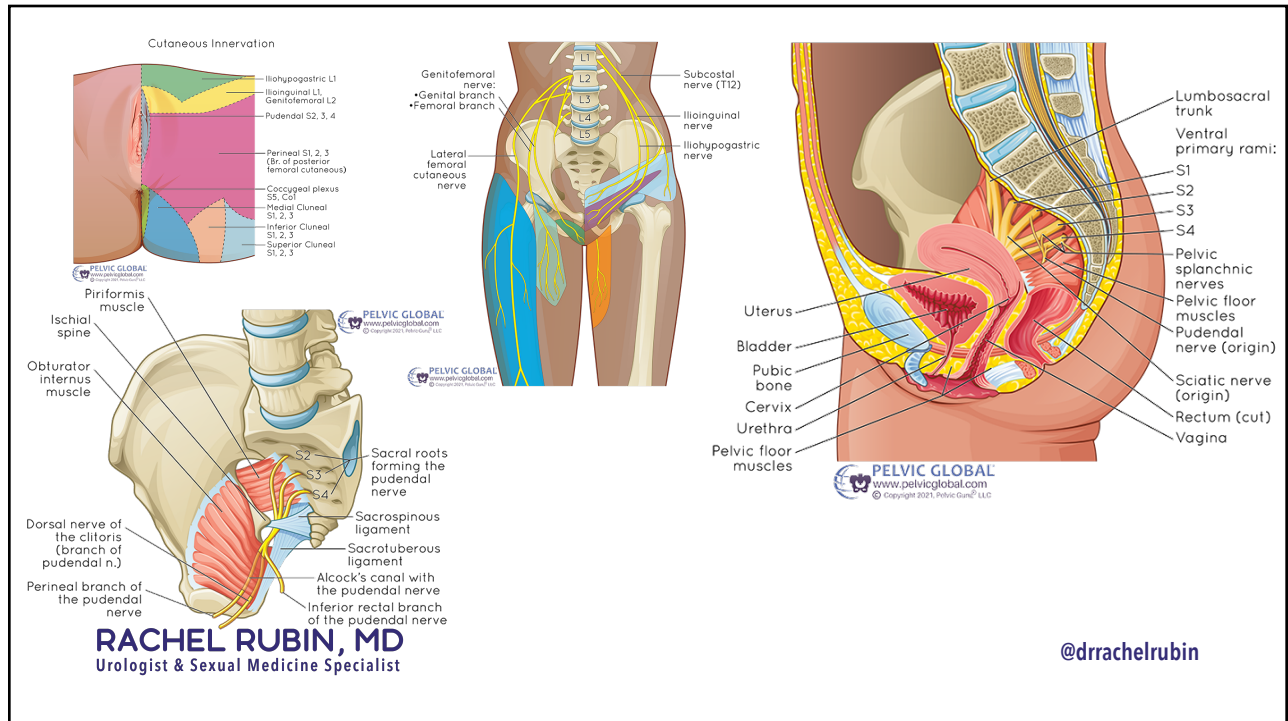
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**Pain**

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## The vulva: hormones matter! Estrogen and androgens

- Oral contraceptives
- Breast feeding
- Infertility treatments
- Menopause
- Oophorectomy
- Breast cancer treatments
  - SERMS\*
  - Aromatase Inhibitors

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Photo courtesy of James A. Simon, MD

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\*Selective Estrogen Receptor Modulator

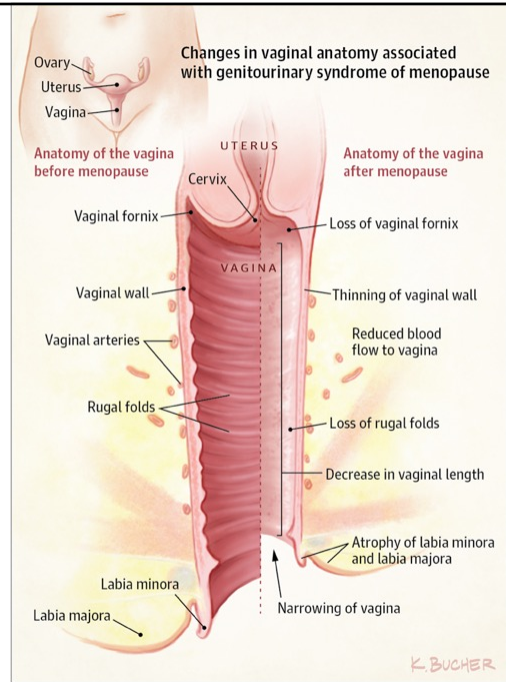
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**Table 3** Genitourinary syndrome of menopause (GSM): symptoms and signs

Symptoms	Signs
Genital dryness	Decreased moisture
Decreased lubrication with sexual activity	Decreased elasticity
Discomfort or pain with sexual activity	Labia minora resorption
Post-coital bleeding	Pallor/erythema
Decreased arousal, orgasm, desire	Loss of vaginal rugae
Irritation/burning/itching of vulvar or vagina	Tissue fragility/fissures/petechiae
Dysuria	Urethral eversion or prolapse
Urinary frequency/urgency	Loss of hymenal remnants
	Prominence of urethral meatus
	Introital retraction
	Recurrent urinary tract infections

Supportive findings: pH > 5, increased parabasal cells on maturation index, and decreased superficial cells on wet mount or maturation index

Portman et al, *The journal of sexual medicine* 11.12 (2014): 2865-2872.



Jin L. *JAMA*. 2017;317(13):1388

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For \_\_\_\_\_  
 Address \_\_\_\_\_ Date \_\_\_\_\_

R<sub>x</sub>

Estradiol vaginal tablets 10mcg  
 1 tablet vaginally daily for 2 weeks  
 then twice per week  
 Dispense: 3 month supply  
 Refill: forever

REFILL \_\_\_\_\_ TIMES \_\_\_\_\_, M.D.  
 DEA NO. \_\_\_\_\_ Address \_\_\_\_\_

\$10/month  
 With Marc  
 Cuban's  
 new  
 pharmacy

||  
Specialist

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Pelvic Floor Physical Therapy...  
Always the right answer!

### Common Symptoms of Hypertonic PFMs

- Urinary urgency, frequency, hesitancy, pain
- Constipation and painful bowel movements
- Dyspareunia
- Pain with sitting
- Vulvar, perineal, and/or anal itching, pain or burning
- Inability to achieve orgasm or pain with orgasm
- Clothing and exercise intolerance



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Prendergast Obstet Gynecol Clin N Am 2017; 44:509-22.



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