

OCCUPATIONAL THERAPY

Has cancer affected your sex life?

WHAT KIND OF CHANGES MIGHT YOU EXPERIENCE?

- Pain with sex
- Vaginal dryness
- Erectile dysfunction
- Less or no sexual desire
- Too tired (fatigue)
- Changes in how you look and how you feel about your body
- Limits due to treatment

WHAT IS OCCUPATIONAL THERAPY?

Occupational therapy looks at what is meaningful to you and helps you so you can live the life you want to live. Occupational therapy can address these areas by teaching skills and strategies to overcome changes in your sexuality and sex life.

ASK YOUR DOCTOR FOR A REFERRAL.

For many people, sex and sexuality are important parts of everyday life. By definition, sex is a physical activity that you engage in with a partner or yourself. Sexuality is more about how you feel about yourself, how you express yourself and how you sustain your relationships with others. Any or all of these areas may be disrupted by cancer treatment.

Adapted from "Sexuality for the Man With Cancer" and "Sexuality for the Woman With Cancer" published by the American Cancer Society