



All
of
Me

PRIORITIZING SEXUAL HEALTH

Your 30-second message should include the following 6 components:

Sexual health problems are common and expected, as a result of cancer treatment.

For most people, sexual health is a quality of life concern.

Sexual health problems are healthcare problems.
We have resources to help.

You may not care now but addressing your issues sooner rather than later, can prevent long-lasting sexual health problems.

SETTING EXPECTATIONS

Patients may need anticipatory guidance related to:

- Impact on Anatomy
- Impact on Hormones
- Various Types of sexual problems
- Specific treatment/therapy side effects
- Medication side effects
- Impact on Body image/self-esteem
- Impact on Relationships/need to rewrite sexual scripts

Sex is what you are born with.

Depends on chromosomes, reproductive organs, and physical anatomy: male, female, intersex.

Gender is how you identify yourself.

A personal sense of maleness or femaleness: man, woman, gender-queer, or something else.

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