SEXUAL HEALTH IS AN IMPORTANT ASPECT OF GYNECOLOGIC CANCER CARE

Sexual health is a state of physical, emotional, mental, and social well-being in relation to sexuality.

Sexual dysfunction includes problems during any phase of the sexual response cycle.

Women with cancer are interested in discussing sexual health with their HCPs.

48% of gynecologic cancer survivors reported sexual health problems as an issue before, during, and after treatment.

Sexual Health Problems Are Common in Women With Gynecologic Cancer

Female Sexual Response Cycle

- Sexual stimuli
- Emotional intimacy
- Sexual arousal
- Physical and emotional satisfaction
- Arousal and sexual desire

Sexual dysfunction includes problems during any phase of the sexual response cycle.

Interventions can improve sexual health in cancer patients and survivors.

- Vaginal moisturizers and lubricants, as well as dilator and pelvic floor therapies can treat genital symptoms
- Hormonal and nonhormonal therapies are available for vasomotor symptoms
- Psychosocial counseling and physical exercises can improve overall sexual function and satisfaction

Validated tools are available to screen women with cancer for sexual health problems and facilitate conversations about sexual health in the setting of a busy clinical practice.

- Sexual symptom checklist
- Single-item clinical screener
- Assessment scales (VAS and VuAS)

Cancer and its treatment can affect sexual health.

Sexual health problems negatively affect quality of life in women with gynecologic cancer.

Interventions can improve sexual and vaginal health in patients with gynecologic cancer.

Tools are available to help HCPs assess sexual health in female patients and survivors.

For additional content on this topic, please visit www.GemstoneOncology.com

HCP, healthcare provider; VAS, Vaginal Assessment Scale; VuAS, Vulvar Assessment Scale.

References:

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