

TEN THINGS EVERY WOMAN AND HER MOTHER NEED TO KNOW ABOUT SEX AND CANCER



In honor of Mother's Day, WomanLab is sharing these things every woman and her mother need to know about sex. WomanLab has special information and tools to help women with cancer preserve and recover their sexual function.

Click on the links below for more information on each topic and help WomanLab grow by sharing these things with a woman you love.

EVERY WOMAN AND HER MOTHER SHOULD KNOW...

1. If you are having a problem with sexual function, it's probably **not just in your head**, especially if you have been **treated for cancer**.
2. It is legitimate to **ask your doctor** about a sexual function concern or problem, especially if you are about to undergo **treatment with cancer**.
3. The **bulbocavernosus muscle** is a muscle around the opening of the vagina that is **key to comfortable sex** for all women, including women with cancer.
4. When it comes to keeping your vulva and vagina clean, **less is more**. The vagina, like your eyeballs, has a good system for cleaning itself. Don't put soap in your eyeballs or on your eyelids and don't put it on your vulva or in your vagina.
5. **Strategies** for **sexual self-care**, including moisturizers and **lubricants**.
6. Older women and older women with cancer **have sex too**.
7. Women of all ages **value their sexuality**, including women with cancer and women who don't have a partner.
8. Sex after **menopause** should be good, including for women with cancer.
9. **Vaginal dilators** can help with painful intercourse due to a tight bulbocavernosus muscle and so can a pelvic physical therapist.
10. There are health benefits to **pleasurable touch**, especially for people with cancer.

For more information about female sexual function in the context of cancer, visit www.womanlab.org, and connect:

 @WomanLab_

 WeAreWomanLab

 info@womanlab.org

Important professional organizations recommend that doctors talk to women with cancer about sexual function:

National Comprehensive Cancer Network (www.nccn.org)

National Cancer Institute (www.cancer.gov)

The American Congress of Obstetricians and Gynecologists
(www.acog.org)

Society of Gynecologic Oncology (www.sgo.org)

Scientific Network for Female Sexual Health and Cancer
(www.cancersexnetwork.org)