

Sexual Concerns Checklist

Circle any concerns you have and what interventions that you have used.

VAGINAL DRYNESS

I have tried:

- Vaginal moisturizer — Which type, how often?
- Lubricant (with intercourse/vaginal penetration) — Which type?
- Vaginal Estrogen — Which type? How often?
- Vaginal DHEA
- Changing anti-hormonal therapies (ex: AI to tamoxifen)

PAIN WITH INTERCOURSE OR VAGINAL PENETRATION

I have tried:

- Lubricant (with intercourse/vaginal penetration) — Which type?
- Topical pain medications
- Oral Pain medications — for neuropathic pain or pain
- Vaginal dilator/vibrator — How often?
- Pelvic floor rehab
- Therapy (psychotherapy, couples counseling, sex therapy)

PARTNER RELATIONSHIP ISSUES

I have tried:

- Evaluation of the pre-cancer/current relationship
- Therapy (psychotherapy, couples counseling, sex therapy)

AROUSAL/LIBIDO

I have tried:

- L arginine (Arginmax or Stronvivo)
- Zestra oil
- Bupropion or change in SSRI
- Addyi or Vyleesi
- Erotica
- Therapy (psychotherapy, couples counseling, sex therapy)

STRUGGLING WITH MY BODY IMAGE

I have tried:

- Sensate Focus exercises
- Therapy (psychotherapy, couples counseling, sex therapy)

INABILITY TO HAVE AN ORGASM

I have tried:

- Reviewing my medication list and removing drugs that can cause issues
- Education like omgyes.com
- Pelvic floor rehab
- Vibrators, clitoral simulators
- Different sexual positions
- Erotica
- Therapy (psychotherapy, couples counseling, sex therapy)

FERTILITY/BIRTH CONTROL

I would like to discuss:

- My fertility status
- My options for fertility now and in the future
- Options for contraception

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