



LIVING BEYOND  
BREAST CANCER®

FAMILY CONCERNS



## Speaking to your doctor about sex

Many breast cancer treatments can cause sexual side effects like pain during sex, vaginal dryness and less desire for sex. Having breast surgery and overall feeling tired or sick can also impact your sex life. It is OK to tell your doctor about these problems. Your sex life is important and your doctor may be able to help manage these problems.

### HOW TO BRING UP SEX WHEN SPEAKING TO YOUR DOCTOR

- **Make time for questions.** When making an appointment, ask to have a few extra minutes to talk with your doctor.
- **Be direct.** Try not to be embarrassed when talking about sex or your body. Telling your doctors exactly what the problem is will help them find ways to help.
- **Practice.** Say your questions in front of a mirror, to your partner or to a friend. This can help you find the best way to describe your problems and get over any shyness.
- **Ask for a referral.** If you are not getting the answers you need, ask to get a referral to speak with a specialist in sexual health or cancer survivorship who will know more about sexual side effects.
- **Write down what you want to say.** It is easy to become confused in the moment, but if you have your questions you are less likely to forget your points or lose the words you want to describe it.

Information adapted from LBBC.ORG

**LBBC.ORG** | 855-807-6386

I have experienced these sexual side effects (dryness, pain or tightness in the vagina) \_\_\_\_\_

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These general side effects have affected my sex life (low energy, nausea, soreness) \_\_\_\_\_

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I am worried about (loss of desire, trouble getting aroused, how I look) \_\_\_\_\_

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