



I have Prostate Cancer. What's next for my sexual health?

All men are at risk for prostate cancer, and 1 out of 9 will develop it. It is the second most commonly diagnosed cancer in men worldwide.* With early detection, prostate cancer is usually curable. Not all men with prostate cancer need treatment. For those who do, sexual dysfunction typically is associated with treatment of prostate cancer not the cancer itself.

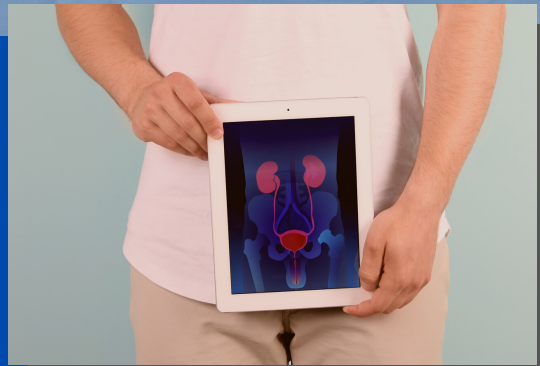
*World Cancer Research Fund International. <http://www.wcrf.org/>. Accessed February 4, 2015.



Treatment Option: Prostatectomy

Prostatectomy is surgery to remove part or all of the prostate gland. Both options of this surgery, simple or radical, may cause weakened mechanisms of the pelvic floor muscles and the urinary sphincter which may lead to urinary incontinence and erectile dysfunction (ED). Up to 90% of prostate cancer survivors will experience ED.*

*National Comprehensive Cancer Network. NCCN Clinical Practice Guidelines in Oncology. Survivorship. Version 1.2016. For Washington, PA: NCCN; 2016.



What to Expect Post Prostatectomy

Early evaluation of ED following surgical recovery is optimal in order to treat dysfunction, which may lead to permanent problems with erections due to poor oxygenation of the penis tissues. Identifying and treating depression and anxiety that are common in prostate cancer survivors is a first step in addressing sexual disinterest, distress, and dysfunction. Too many cancer survivors suffer with sexual dysfunction because they are not aware of available solutions.



THRIVE ONWARD: Survivorship Support

Through this program, Dr Serena offers excellent options for men to revive sexual function.

Lifestyle modifications: to improve vascular function such as weight loss, quitting smoking, reducing alcohol and increasing exercise.

Psychosocial treatment: to help define couples' sexual health as a combination of both emotional & physical connection, not only performance-driven.

Biomedical treatments: Oral erectile medications, penile injection therapy, penile vacuum and constriction devices, and penile implant surgery.

