



How do prostate cancer patients discuss sex?

Discussing issues related to sex can be a sensitive but important topic for prostate cancer patients, especially given the potential impact of treatment has on sex. Here are some tips on how patients can bring up the topic of sex with their healthcare providers:



PROSTATE PROGNOSIS



Prostate Cancer UK
0800 0748383



prostateprognosis.org

Choose the right time and place; When discussing sexual issues with your healthcare provider, choose an appointment where you have enough time to have a thorough conversation. It is often best to make a separate appointment specifically to discuss this topic.

Be open and honest: Approach the topic with honesty and clarity. Explain any changes or concerns you have noticed regarding your sexual function.

Use specific language; Clearly describe your symptoms or issues. Be specific, using specific language can help your healthcare provider understand your concerns better.

Ask for guidance; Request information on how your prostate cancer treatment may impact your sex life. This might include questions about side effects of treatment such as erectile dysfunction or changes in libido.



Discuss treatment options; If you are concerned about the impact of a particular treatment on your sexual function, ASK and ask about alternative treatment options that may have a lesser impact on your sexual health.

Enquire about sexual rehabilitation; Some healthcare providers can recommend strategies or therapies for managing sexual problems. Ask if there are rehabilitation programs or resources available to you.

Involve your partner; If you have a partner, consider involving them in the discussion. They may have their own concerns or questions and can provide additional input and support.

Request referrals; If your healthcare provider is not an expert in the sexual health field, ask for a referral to specialists like urologists, sexual therapists or counsellors who can provide more targeted and frank guidance.

Follow up; Don't be afraid to continue the conversation in subsequent appointments to provide updates on your progress or any ongoing concerns regarding your sexual function.

It's essential to remember that discussing sexual health with your healthcare provider is a normal and expected part of your care. They are there to help you address these issues and find solutions that suit and work for you. Open and honest communication can lead to improved management of sexual concerns and a better quality of life during and after prostate cancer treatment.

Prostate Cancer UK is a leading charity dedicated to supporting people affected by prostate cancer. They offer a range of resources, including a FREEPHONE helpline **0800 0748383**. If you are struggling, the Samaritans are available 24/7 call free on **116 123** or Lifeline **998** in the USA. ProstatePrognosis.org provides details of assessments, prostate cancer treatment, news, events, forums, help and support leaflets and details of local support groups.

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