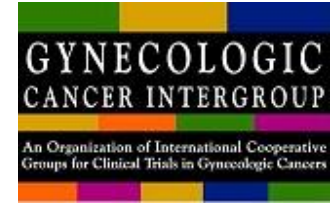




Sexuality in gynecological cancer patients

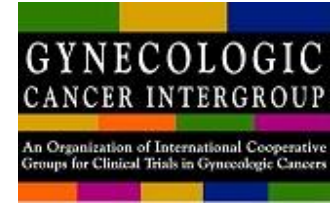


Adak Pirmorady

**Outpatient clinic
Psychosomatic Medicine
Charité Department of
Gynecological Oncology**

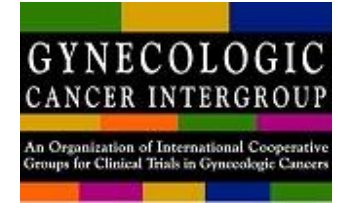


Sexuality in gynecological cancer patients



Is this topic important?

Is this theme incorporable into clinical routine?



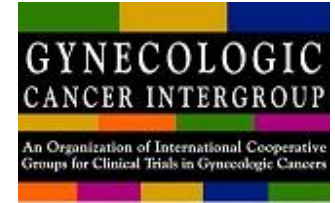
Yes, there is!

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

WHO 1948



Data

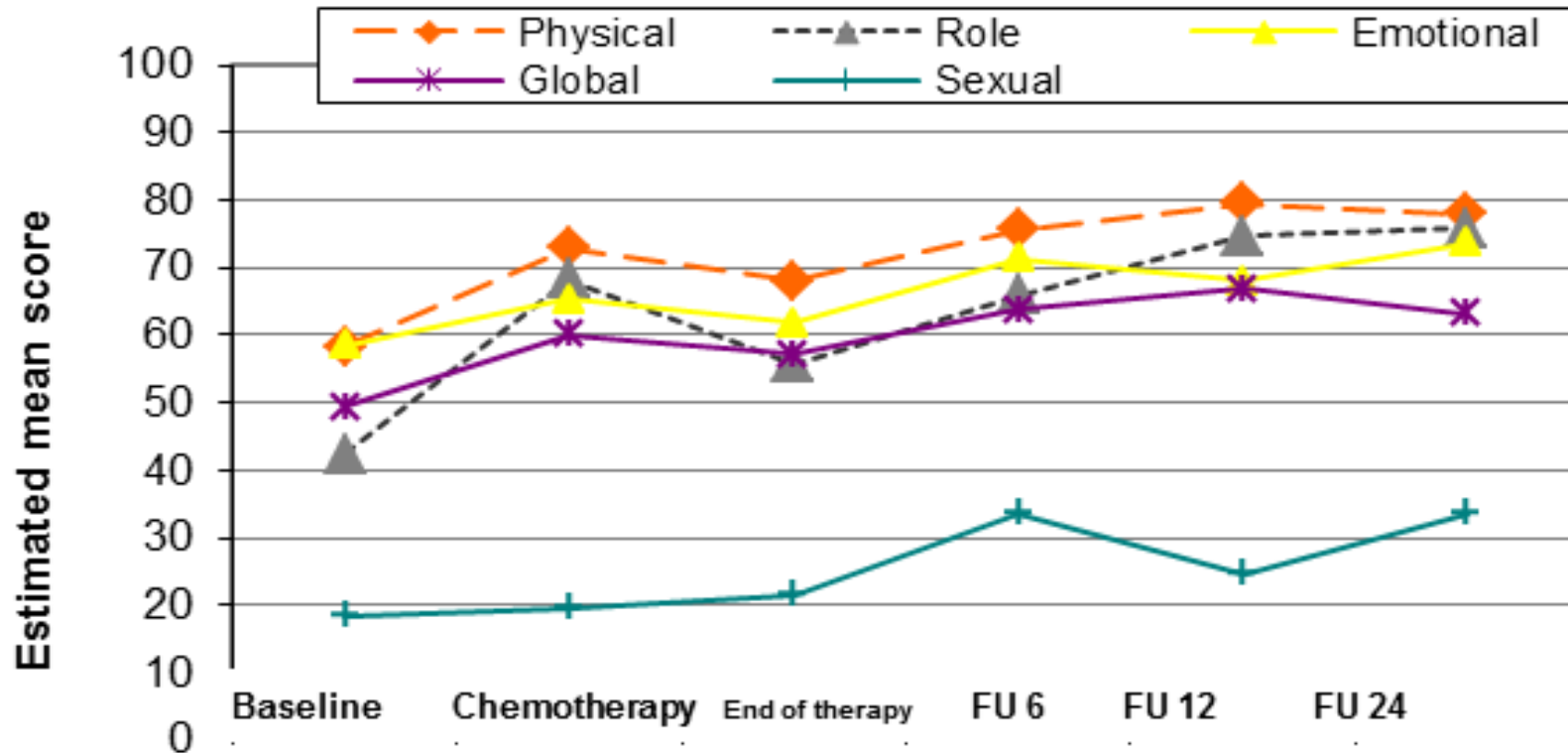


80% of the cancer patients demand more informations about sexuality

75% are not asking their doctor for sexuality aspects

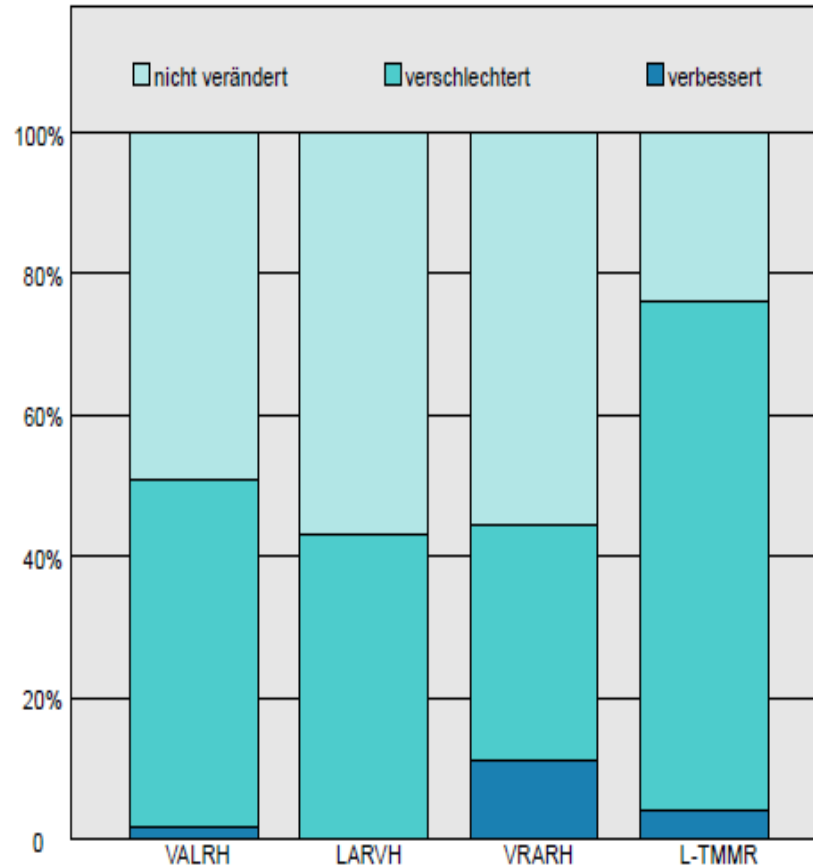
22% wish more informations for their partner

Quality of life (QoL) during sequential chemotherapy in advanced ovarian cancer



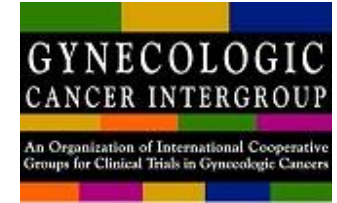
Richter R, Oskay-Oezcelik G, Chekerov R, Pilger A, Hindenburg HJ, Sommer H, Camara O, Keil E, Einenkel J, Sehouli J.

Sexual function score *





Quality of Life and Sexuality of Patients after Treatment for Gynaecological Malignancies

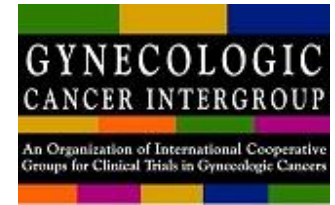


Resources for information:

Require no information	40%
Asked the physician for informations	25%
Information brochure	15%
Asked the partner	5%
Asked Friends	5%
Searched in Internet for information	5%



Quality of Life and Sexuality of Patients after Treatment for Gynaecological Malignancies



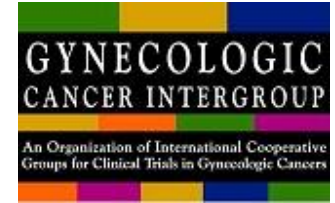
According to the FSFI-d 78% of the pat. suffer from sexual dysfunction.

lost of attractiveness	45%
Sensation of dry vagina	25%
Pain while penetration	20%

Pilger A, Richter R, Fotopoulou C, Beteta C, Klapp C, Sehouli J.

Michael Balint 1980
Hungarian Psychoanalyst

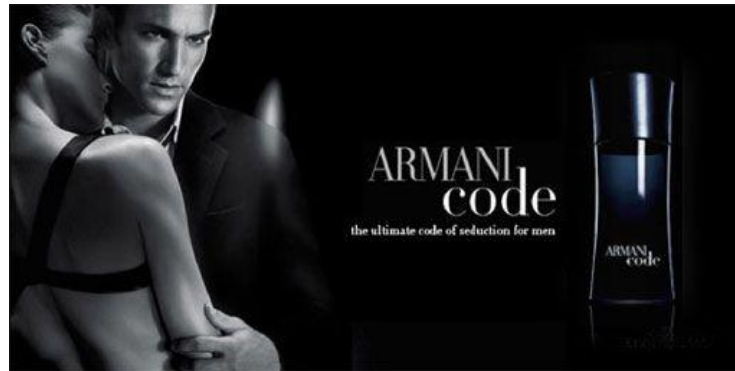
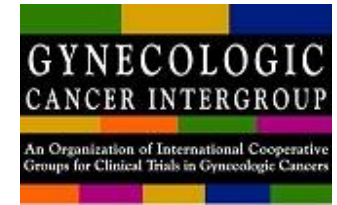


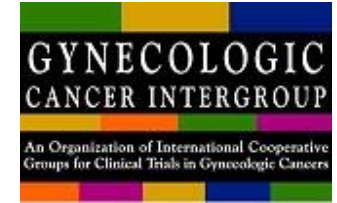


Change in health system to a high specialized framework.

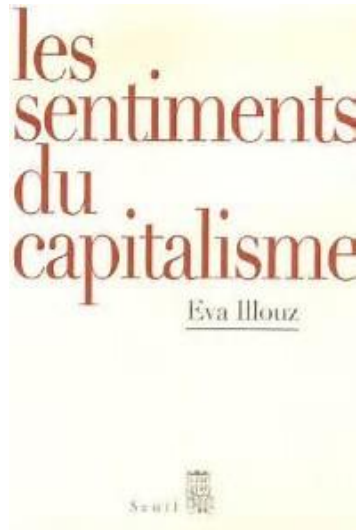
“Technical approach of medicine -

No more space for “soft topics” including sexuality?



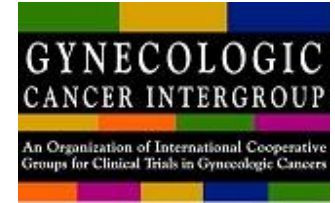


„The tyranny of intimacy“





10 steps for the dialogue about sexuality:



Start with an open question

Waiting for the right moment

Right environment

Adequate language and wording

Consideration of two levels of communication

Content

What is her expectation?

What is her objective?

Interaction

How is the quality of her

non verbal

communication?

Reflection of the own sexuality!

Trust in doctors/patients relationship

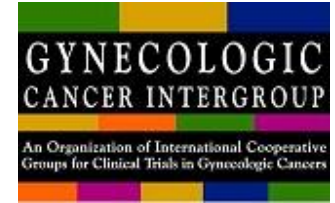
Awareness of cultural background

Tolerance

Open attitude for the problem



Psychosocial Interventions



1. Education

Explanation,
Information about diagnosis,
treatment, nutrition, social aspects

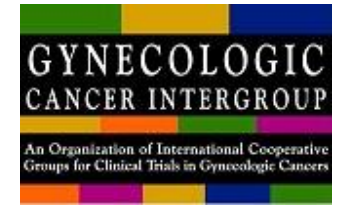
2. Psychotherapy

Cognitive-behavioral support

Psychodynamic treatment

Couples therapy

Sexual therapy



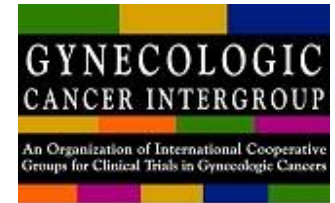
Trying to limit the insecurity

Positiv body image

Confrontation: Take of the pressure but strenghten self-care and self-confidence of the patient



Conclusion



Even a short conversation can have a significant therapeutic effect

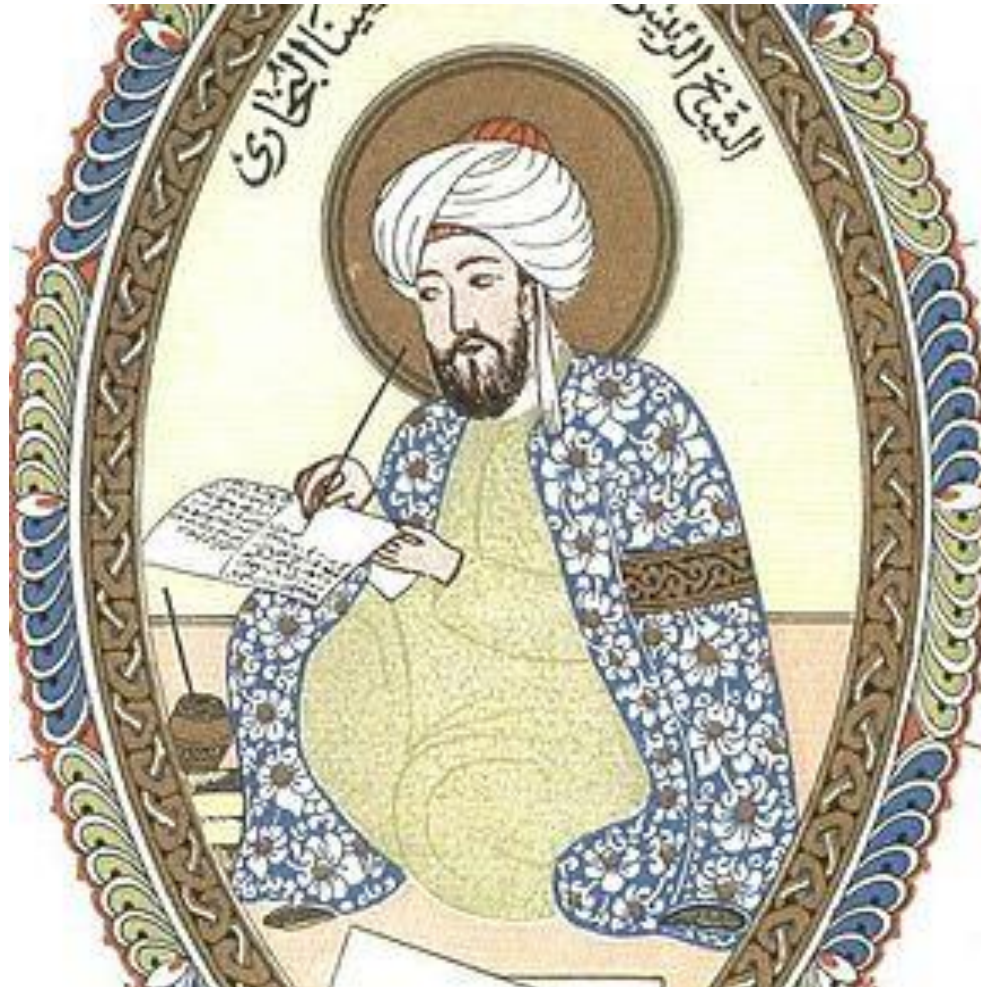
It is not a matter of time, more a symbol of the physicians attitude

The most important topic is always the patient/physician relationship with a holistic approach!

Creative therapies, including painting and creative writing can support the reflection process and can pave the way for subsequent dialogues about sexuality

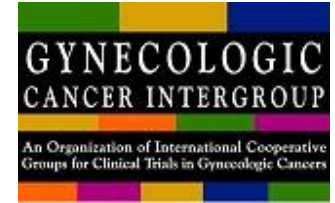
“Medicine is the science by which we learn the various states of the human body in health and when not in health, and the means by which health is likely to be lost and, when lost, is likely to be restored back to health. In other words, it is the art whereby health is conserved and the art whereby it is restored after being lost. While some divide medicine into a theoretical and a practical [applied] science, others may assume that it is only theoretical because they see it as a pure science. But, in truth, every science has both a theoretical and a practical side”.

Ibn Sina





Determinants of the dialogue about sexuality



Reflection of the own sexuality!

Trust in doctors/patients relationship

Adequate language and wording

Adequate infrastructure

Awareness of cultural background

Tolerance

Open attitude for the problem