

Help for dyspareunia

Moisturizers: Long term relief, must be used several times a week, do not use for lubrication for intercourse/sexual play

Many brands: Replens*, Levana*, KY Liquibeads, KY Longlasting, Emerita, Moist Again, Pre-seed*, Atonement*

*Indicates published effective results

Lubricants: Used for intercourse/sexual play, decrease friction and irritation, comes in gels or liquids, oils such as coconut, almond, etc. AVOID perfumes/flavors/warming gels, which can lead to irritation. Can't use oil-based lubricants with condoms and some sex toys. Oils can stain sheets.

Water based vaginal lubricants come with/without glycerin and can use both with latex condoms. Glycerin dries quickly and for a few can lead to yeast infection.

Many brands of water-based Vaginal Lubricants: KY/KY Intrigue, Embrace, Maximos, OH-My, Slippery Stuff, Wet Platinum, Pink, Astroglide, Frixxion, Liquid Silk, Probe, Sensual Organics, Liquibeads.

Possible topical (local) vaginal estrogen: Should OK with oncologist or other care provider.

Brands: Vagifem tablet, Estring (very low estrogen, must change every 3 months), Estrace Cream, Premarin Cream, Neo-estrone cream.

Other possible therapies: Intra-vaginal DHEA (dihydroepiandrosterone) (not tested in women with breast cancer).

Sex toys/tools After Cancer Diagnosis:

Vibrators (dozens of different types/sizes), dildos, erotic videos, vaginal dilators, Eros (approved by FDA for use in women who have orgasmic difficulty) ... suction device, fits over clitoris. Erotic massage. Non-erotic massage (Sensate Focus which is taught by therapist ... begins with non-erotic and proceeds to erotic.)

PATIENT RESOURCES (I have reviewed all resources)

American Cancer Society www.cancer.org

NIH breast cancer, patient version

www.cancer.gov/types/breast cancer

Susan Komen Foundation www.komen.org

Program in Human Sexuality at www.sexualhealth.umn.edu

Sinclair Institute (erotic videos) www.BetterSex.com

Smitten Kitten at www.smittenkittenonline.com

Books by Anne Katz including Sex When You're Sick

Cancer, Intimacy and Sexuality ... This is a book for health care practitioners and is one of the best I have read.