

A stylized illustration of a woman's profile in black outline, facing left. She has a yellow flower in her hair. The background is a light blue gradient with various tropical leaves in shades of green, brown, and blue. The text is centered over the image.

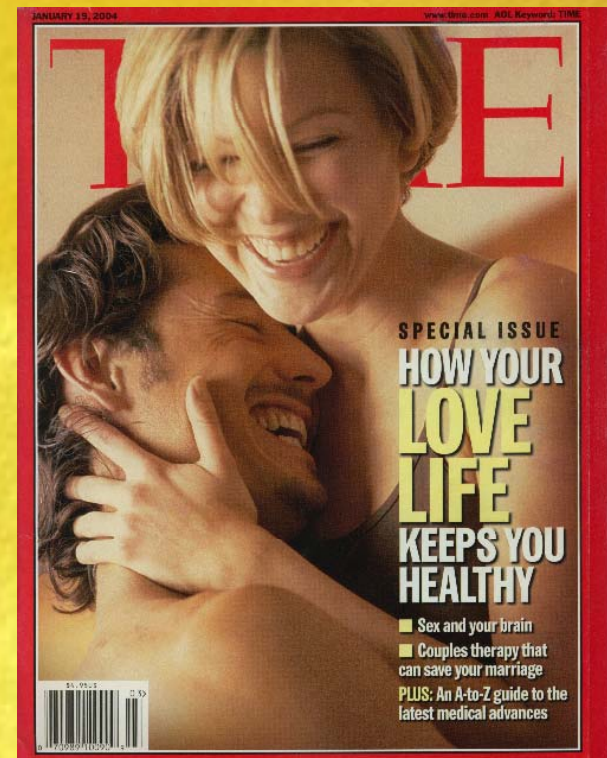
Intimacy, Relationships and Body Image

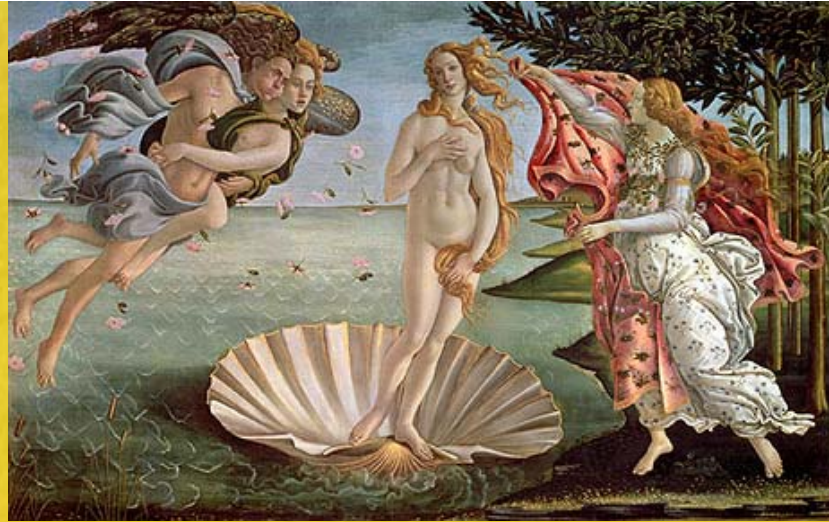
Hilda Hutcherson, MD

The case for sex and intimacy....

● Healthy sexuality

- ◎ Decreases stress and depression
- ◎ Decreases blood pressure
- ◎ Boosts immune system
- ◎ Strengthens heart
- ◎ Increases bonding between couples
- ◎ Treats headaches and menstrual pain
- ◎ May prolong life
- ◎ Quality more important



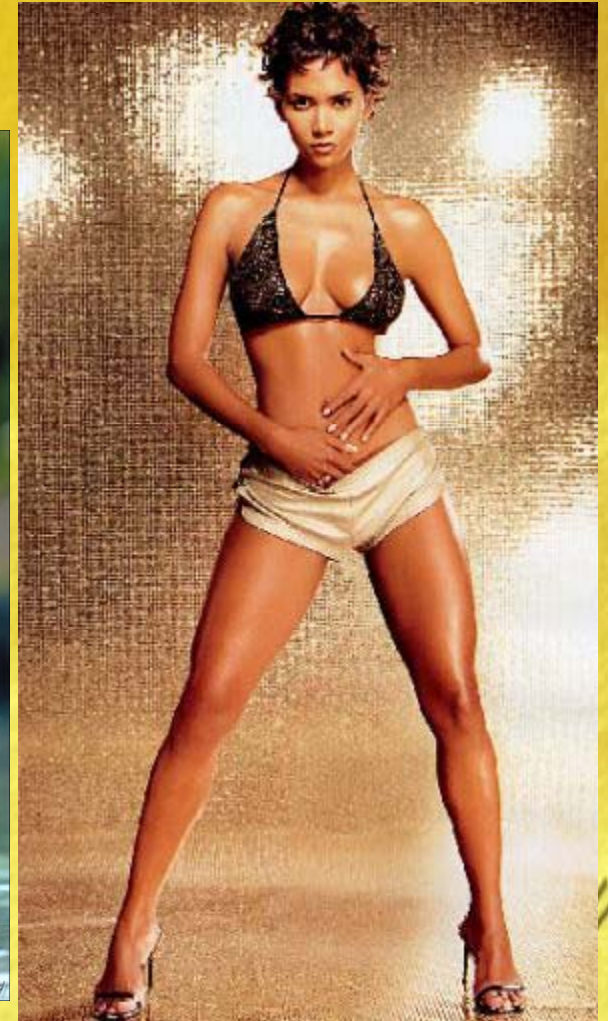


Body Image

We all have “issues”



Body perfect.....



A rose by any other name.....



HAVING A FEMALE BODY
DOESN'T MAKE YOU FEMININE.



IT'S THE EXTRA THINGS YOU DO-
LIKE FDS.

What is femininity? It's bubble baths. Clean shiny hair. Your favorite perfume. And FDS. The very feminine hygiene deodorant that more girls prefer. Because only FDS has a whole new kind of protection-plus. Two effective deodorants—plus new Time-Release Fragrance Fresheners. Miniature blooms of fragrance that release whenever you're especially active or emotional. Miniature blooms of fragrance that go on working, minute-to-minute, all day long, up to 24 hours. So FDS keeps you feeling fresh and feminine a lot longer.



NOW WITH TIME-RELEASE FRAGRANCE FRESHENERS.

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Enzara™

"Fresh From The Inside Out"

Eliminate Vaginal Odor
from the inside out

Natural, Safe
& Effective
We guarantee it!

**ORDER
NOW!**



Could you be
the last woman
to be using
just one deodorant?

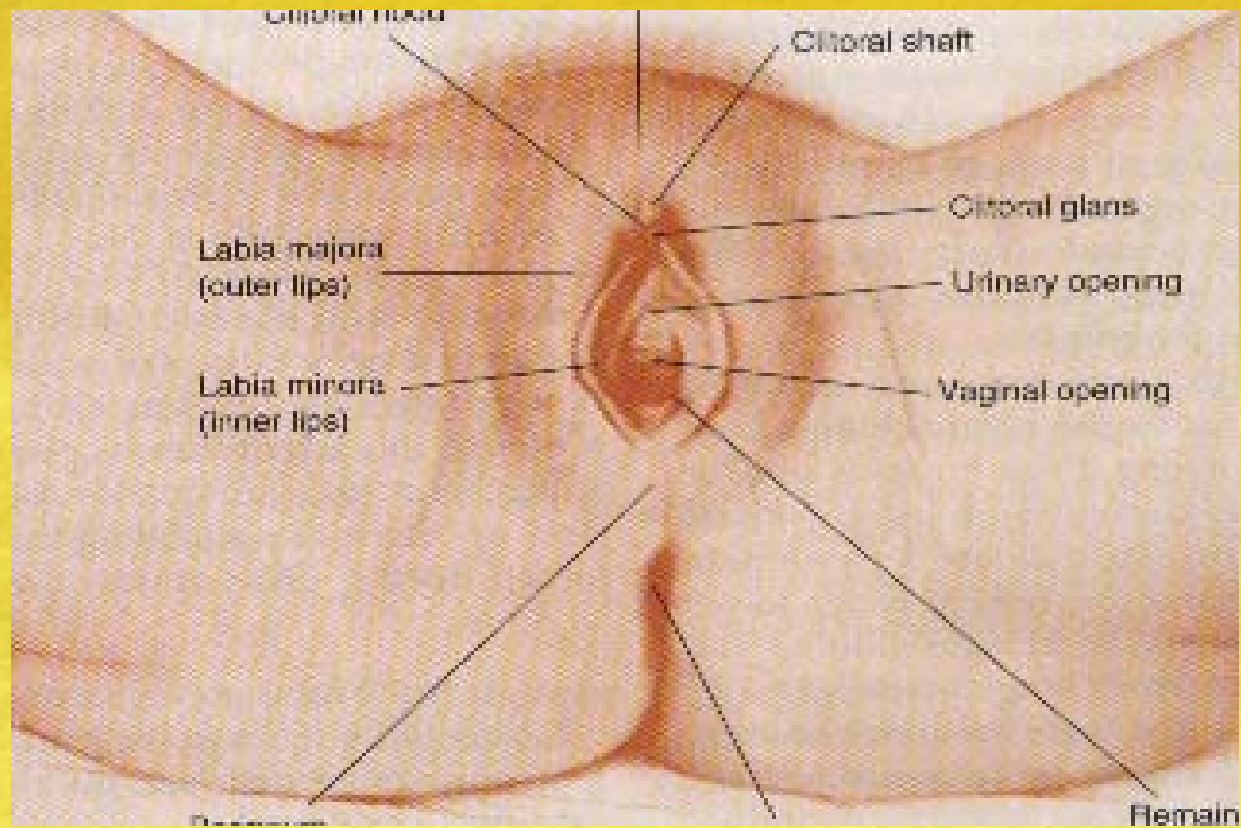


Don't be
find out about FDS; the other deodorant.
means feminine hygiene deodorant spray.
Gentle, lightly scented...almost warm.
A deodorant spray formulated
specifically to help eliminate odor
from the external vaginal area.
FDS contains the best known

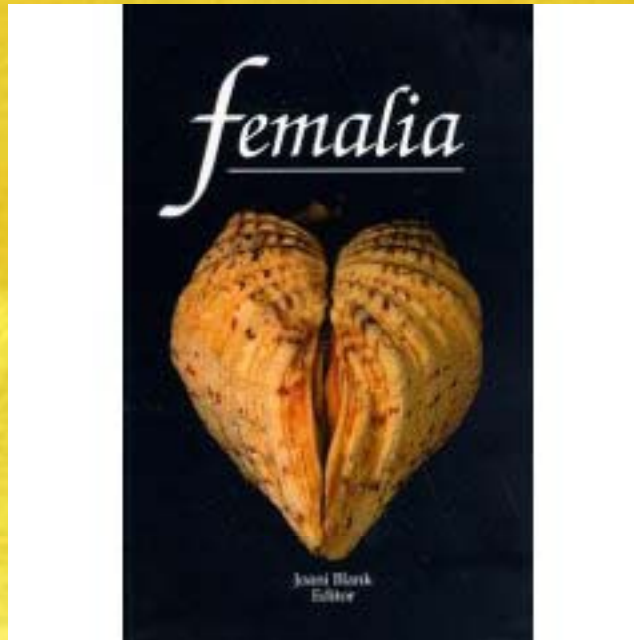
odor-fighting and antibacterial ingredients
available to modern science.
Effective, gentle, FDS can be used often.
Even on those "special" days.
That means absolute confidence
for any woman...anywhere...any time.
FDS...the first really feminine deodorant.

*FDS is a Trademark of Alberto-Culver Co. ©Copyright 1969 Alberto-Culver Co., Moline Park, Ill. All rights reserved. Available in Canada.

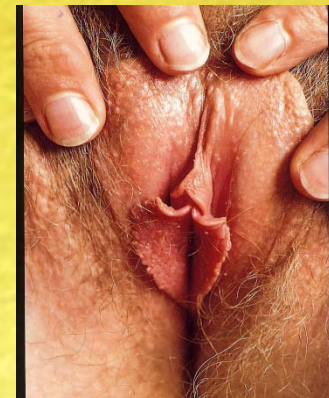
Vulva



Labia

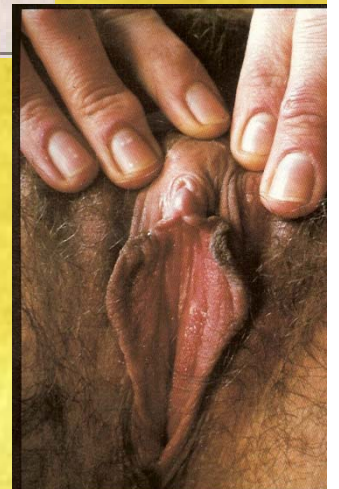
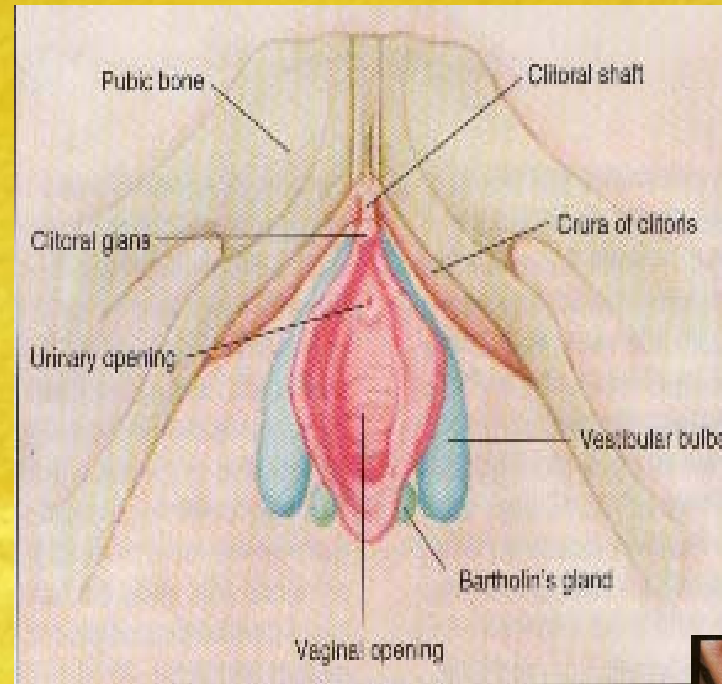


By Joani Blank



Clitoris: The truth

- Glans—what you see
- Shaft—contains 2 corpora cavernosa, measures 1-2 inches in length
- Crura (legs)—each measures 2 to 4 inches in length



The Vagina

Not just a “hole down there”



*Friday's the day
for the lonely roses..*

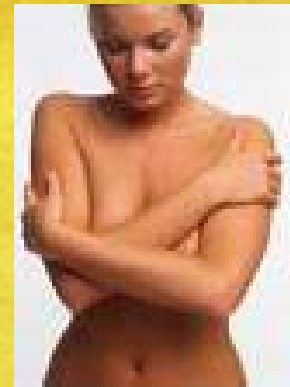
ily



The Vagina

“The vagina is a strong, luscious, expanding, complex, powerful, self-protecting, hormone sensitive, ever-changing, dynamic, and fascinating organ!”

How you feel about your body affects your sexuality



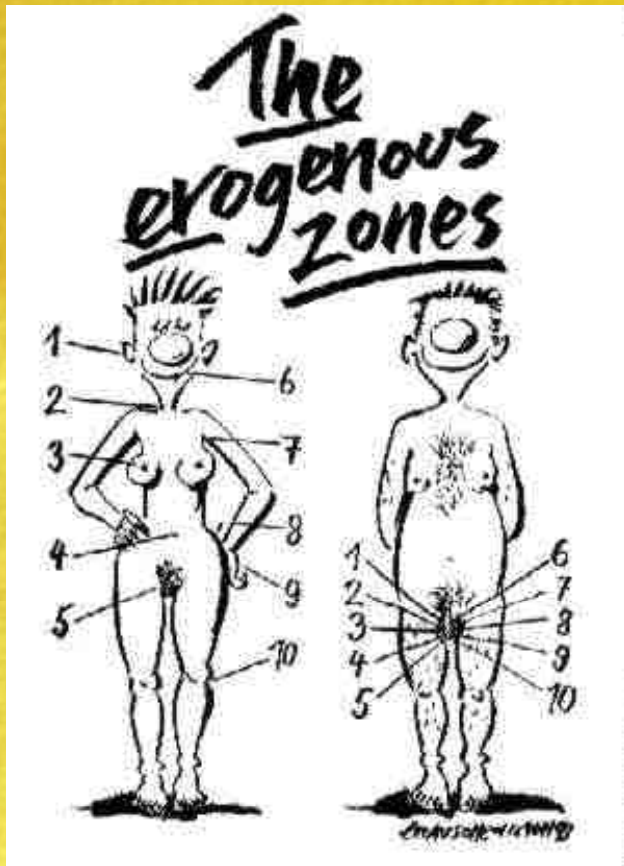


Sex and Intimacy

Knowledge is power.....



Erogenous zones



Arousal

- Blood flow increases
- Vaginal lubrication
- Clitoris erect
- Vagina longer and wider at top
- Nipples erect



Orgasm

- Total body experience
- 3-15 Contractions of uterus, pelvic floor muscles, anus
- Blood pressure, breathing, heart rate increase




Effect of Cancer on Female Sexuality





Cancer and female sexuality

Emotional

- Fear, anxiety, depression
 - Sexual self-esteem
 - Relationship with partner
 - Decreased sexual desire
- 



Cancer and female sexuality

Treatment

- Surgery

- ◎ May affect breast sensitivity
- ◎ Loss of sensuality

- Chemotherapy

- ◎ Loss of estrogen and testosterone, vaginal dryness, fatigue

- Aromatase inhibitors, Tamoxifen

- ◎ Vaginal dryness and atrophy

- Radiation

- ◎ Fatigue
- 

Estrogen deficiency

Chemotherapy, Aromatase inhibitors,
Menopause

● Estrogen Deficiency

- ⊙ Loss of labial fullness
- ⊙ Pale, smooth, shiny skin
- ⊙ Dryness and pain
- ⊙ Decreased pubic hair
- ⊙ Decreased size of introitus
- ⊙ Decreased vaginal depth
- ⊙ Affects arousal and orgasm
- ⊙ May cause sexual pain



Testosterone Deficiency

Chemotherapy, Menopause

● Decreased testosterone

- ⊙ Decreased pubic hair
- ⊙ Decreased sensitivity
- ⊙ Decreased orgasm or intensity of orgasm
- ⊙ ? Decreased Desire
- ⊙ May cause sexual pain




Reclaiming Sexuality After Cancer





Reclaiming Sexuality After Cancer

- 56% of women said that cancer had had an effect on their sex lives
 - 68.3% had decreased desire for sex
 - 39% had pain with sexual activity
 - 24.4% said partners had decreased interest in sex
- 



Reclaiming Sexuality after Cancer

Sexual Pain

Vaginal dryness

Sexual activity

- * Remain sexually active!
- * Silicone-based lubricants
- * Prolonged foreplay

Self Stimulation

Estrogen

- * HRT, Estrin, Vagifem, estrogen cream massages



Vaginal dryness

Lubricants and daily moisturizers

Replens, Eros, Wet, Pink, Astroglide

Vitamin E massage

Herbal ?

Black cohosh, soy?



Vaginal dilators



Reclaiming Sexuality After Cancer

Orgasm



Orgasm

✧ Exercise

- * Kegels
- * Kegelscisor



Orgasm

 Hormones

 Zestra



Orgasm

✦ Eros CTD



✦ Mini-massagers



Reclaiming Sexuality after Cancer

Desire



Desire

- Work on sexual self-esteem
- Schedule intimate time with your partner
- Just do it!
- Communicate!
- Change sexual script



Changing your sexual script

- Decrease emphasis on intercourse
 - Be creative
 - Be adventurous (new place, time, erotica, role playing, toys, etc...)
 - Be bold
 - Use your imagination
 - Reclaim your sexuality!
- 