

Sexual Problems

Both men and women may experience sexual problems from cancer or cancer treatment. Side effects differ between men and women; however, even though it may feel awkward, it is important to discuss the symptoms you experience with your doctor or another member of your healthcare team. If your doctor does not seem comfortable or experienced with these concerns, ask if he or she can refer you to a social worker or someone else on the team who may be more helpful. There are various options available to help manage the sexual problems you may encounter.

Sexual problems, which may be caused directly by treatments or indirectly by psychological reactions and mood, experience by people with cancer generally, fall into one of four categories:

- Libido (sex drive) or desire disorders, which is the decrease or loss of sexual fantasies and desire
- Arousal disorders, which include the inability to achieve or maintain sexual arousal, such as lubrication or swelling in women and an erection in men
- Orgasmic disorders, which is the delay or absence of orgasm following normal arousal, such as premature ejaculation in men
- Pain disorders, which is genital pain during sexual intercourse

Getting help for these issues is important because sexual health is part of having a good quality of life.

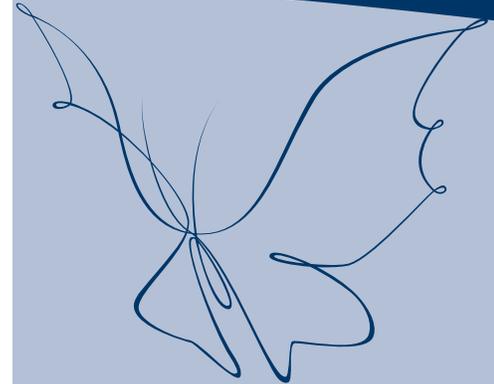
Causes: Physical changes from cancer surgery and/or chemo, hormone changes, fatigue, pain, nausea and vomiting, fear of recurrence, stress, depression, anxiety, changes in self image, unhappiness or embarrassment with physical changes.



If you think that one of the above reasons is contributing to your sexual difficulties, ask the doctor to address this issue. For example, many people experience fatigue, which can take away strength and energy. Learning how to manage fatigue often improves other side effects. Furthermore, managing pain and other side effects of cancer treatment often improves how a person feels.

It is important to have an honest discussion about sexual problems with your doctor. Remember that it is completely normal to experience concerns around intimacy and sexuality during and after cancer treatment. Honest, open communication with your spouse or partner often improves some sexual issues and might help with any tension you feel about a change in your sexual relationship. Finding a good counselor who has experience working with patients with cancer and talking through some of these issues, can help you and your partner with any intimacy issues.

Resource: cancer.net



Inside This Issue

Sexual Problems	1
Recipe	1-2
Upcoming Events	2
Dehydration	2

Recipe

Sherbet Shake

- 1 serving
- 1 cup sherbet
- ¾ cup low-fat milk
- ½ teaspoon vanilla extract



In a blender, combine the sherbet, milk and vanilla and blend until smooth

Calories 320
 Sugars 61g
 Protein 8g
 Carbohydrate 63g
 Fat 4g

Upcoming Events

Survivorship Program...Road to Wellness

When: Thursday, March 12th

Time: 4-6pm

Where: Unity Medical Pavilion – Boardroom

Open to Lafayette Cancer Care patients, family and their caregivers. Please RSVP by calling (765) 446-5050.

Survivorship Program...Road to Wellness

When: Thursday, June 11th

Time: 4-6pm

Where: Unity Medical Pavilion – Boardroom

Open to Lafayette Cancer Care patients, family and their caregivers. Please RSVP by calling (765) 446-5050.

Relay for Life

When: Saturday, June 13th

Time: 12pm – 12am

Where: Lafayette Jeff Track

Celebrate. Remember. Fight Back



Lafayette Cancer Care
T-Shirts on Sale NOW,

\$7 Each

Dehydration

Dehydration occurs when a person does not take in enough fluid or loses too much fluid. Every cell and organ depends on water, and without it the human body cannot function properly. The water in your body performs the following essential functions:

- Removes waste and toxins
- Transports nutrients and oxygen
- Controls heart rate and blood pressure
- Regulates body temperature
- Lubricates Joints
- Protects organs and tissue, including the eyes, ears and heart
- Creates saliva

People receiving cancer treatment may be at a higher risk for dehydration due to treatment side effects, such as diarrhea and vomiting.

Signs and Symptoms:

- Irritability
- Fatigue or weakness
- A dry and sticky mouth or a swollen tongue
- Dizziness or lightheadedness
- Nausea
- Headaches
- Constipation
- Dry skin
- Weight loss

Prevention: Drink lots of fluids, eat foods with high water content (broccoli, watermelon, lettuce), manage side effects, don't wait to drink (drink water on a regular basis and more often), avoid foods and drink that may contribute to dehydration (fruit juice, soda and coffee).

Talk with a member of your healthcare team about ways to avoid dehydration.



Recipe

Beef & Vegetable - Barley Soup

- 1 TB Olive Oil
- 1 pound lean stew beef cut into cubes
- 1 small onion, chopped
- 1 celery stalk, chopped
- 1 carrot, chopped
- 1 garlic clove, finely chopped
- 7 cups reduced-sodium beef broth
- 1 (14.5-ounce) can diced tomato
- ½ t dried basil
- 1 bay leaf
- ½ cup barley
- Salt and fresh ground pepper

Makes 11 Servings
Calories 110g
Total Fat 3g
Carbohydrate 11g
Protein 10g

In a stockpot over medium-high heat, add the oil. Brown the beef on all sides. Remove the beef and set aside. you may need to brown the beef in two or more batches, depending on the size of your skillet. Add the onion, celery and carrot to the stockpot and sauté for 5 to 8 minutes, or until softened. Add the garlic and sauté for 1 minute. Add the broth, tomatoes, basil, and bay leaf and stir to combine. Bring to a boil. Add the barley and reserved beef and stir to combine. Reduce the heat, partially cover and simmer for 50 minutes. Stirring occasionally. Season with salt and pepper. Remove the bay leaf before serving.



Check out our
videos on

Like Us
on Facebook



Treating one patient and one family at a time.