

# Let's Talk About Sex, M.D.

Renée-Claude Badman, M.A., CCC

Clinical sexologist

April 27, 2023

- Sexuality is a taboo subject
- Am I normal?
- Lack of education + anxiety = Shame

# Impacts of Sexual Dysfunction

- “Some men reported feeling devastated; a few had been treated for clinical depression.” (Fergus *et al.*)
- “No malfunction of the human apparatus – not even cancer or heart disease – can be more painful to the male ego or catastrophic to the male psyche than sexual impotence.” (Melchiodi, G. and Sloan, B.)
- Affects self esteem, relationships, confidence, levels of depression and anxiety and so much more!

# So what can we do?

- 1 - Explore your own level of comfort.
- 2 - Avoid assumptions
- 3 - Avoid jokes
- 4 - Tell your patient you give this information or ask these questions to all your patients.
- 5 - Vulgarize your language

# Just Ask

‘These are questions I ask all my patients’

- Any vaginal dryness? Erectile issues?
- Has your partner noticed any changes sexually?
- Any concerns about ANY side effects or long term impact (without specifying sexuality)?
- Do you have desire for sex? How is your lubrication/quality of erections?
- Describe a typical sexual encounter? (what activities? Any foreplay? How do you know it’s time for penetration?)

# Just Ask continued

- Do you have any questions about sexual side effects of this medication or procedure?
- Do you have pain during intercourse?
- Have you noticed any changes with sexual function?
- Are you able to achieve orgasm? Is it a pleasurable feeling?
- Do you have morning erections? (assessing for ED)
- Do you find yourself avoiding sexual activities? Why?

# Just Tell

‘This is information I give all my patients’

- Prostate removal will affect erections.
- If you notice any changes in sexual function it could be a result of the intervention. Don't be shy to tell me about it if it happens.
- Typical side effects are weight gain, drowsiness and anorgasmia.
- Many other patients reported (insert side effects/complications here).

# Just Tell continued

- Diabetes can affect erectile function negatively.
- Lumpectomy will leave a scar that could affect your self image.
- This medication tends to cause orgasmic (inability to attain) or libido issues (lack of desire for sex).
- Cancer or depression can affect your desire for sex or energy levels for it.
- Radiotherapy can cause scar tissue in vagina, causing pain.



# Just Refer

‘I encourage all my patients to get one information session’

- If you have any questions about sexual function being impacted...
- If you notice any changes on sexual function...
- I know this procedure/medication could affect sexual function so...

YOU CAN CONTACT A SEXOLOGIST, PELVIC FLOOR SPECIALIST  
OR PHARMACIST TO HELP YOU NAVIGATE THESE CONCERNS.

# Just Refer continued

- I don't want to misinform you so a referral would be the best option.
- Recommend seeing a specialist BEFORE the medical intervention (to solidify tools and resilience).
- You could hire a sexologist to do information sessions every trimester?

# Bibliography

- Fergus, K.D., Gray, R.E. and Firtch, M.I. (2002). “Sexual dysfunction and the preservation of manhood: Experiences of men with prostate cancer”. *Journal of Health Psychology*, 7(3), 303-316.
- *How Do I Discuss Sexual Health with Patients?* | Screening | Clinicians | HIV | CDC.(n.d.). <https://www.cdc.gov/hiv/clinicians/screening/sexual-health.html>
- Melchiode, G. and Sloan, B. (1999). *Beyond Viagra: A Commonsense Guide to Building a Healthy Sexual Relationship for Both Men and Women*. New York, Owl Books.

# QUESTIONS?

Renée-Claude Badman

Clinical sexologist

506-382-1042

[rc\\_badman@sexotherapie.org](mailto:rc_badman@sexotherapie.org)