



SEX

For most prostate cancer patients the sex life they had prior to the cancer diagnoses will change. It doesn't mean that it won't exist, but it could be very different.

One of our survivors said that he "was still able to perform but it just was different". This is a common occurrence and something to expect following surgery. It will be a time of renewal for you and your partner. A time to discover new ways of being intimate and finding out together what will work and what needs to change.

QUESTIONS

Q. Are there techniques for enrichment in intimacy after prostate surgery?

A. There are a number of techniques to improve intimacy after prostate surgery. Before surgery you will want to discuss penile rehabilitation with your physician to enhance the ability to get an erection. Keep in mind that impotence is a common side effect of prostate surgery and it can take a year or more for the nerves damaged during surgery to recover. Meeting with a sex therapist may also help you discover creative ways to be intimate including using toys, masturbation and other methods. Additionally, men may also experience fluctuations in libido following surgery often due to psychological stress.

Q. What is penile rehabilitation?

A. Penile rehabilitation is used to treat erectile dysfunction caused by cancer therapy. It is an active intervention to intermittently stimulate the penis during the recovery period. Penile rehabilitation should start immediately following the catheter removal. With many physicians, the use of oral pills, vacuum erections devices, or penile injection therapies are the first to be pursued. However, the optimal regimen is still unclear and may vary by patient. Patients may try PDE-5 inhibitors (i.e. Viagra, Cialis, Levitra). Note that oral medicine will not work for everyone. Only about 90% of patients will respond to medicine, even in those who had normal sexual function prior to surgery.



INTIMACY

QUESTIONS

Q. How long does sexual recovery take?

A. The time it takes for full sexual recovery is different for everyone and is impacted by the therapy they choose. Full recovery is achieved when the quality of erection is as good as it was prior to surgery. However, potency following surgery is usually defined as the ability to have intercourse in more than 50% of attempts.

Raymond James is proud to step forward as the lead sponsor of the 2017 Father's Day Walk/Run on June 18, 2017 in support of Prostate Cancer Foundation BC. For more information on prostate cancer, please visit: www.prostatecancerbc.ca

Come out and support Prostate Cancer Foundation BC for the Father's Day Walk Run. [Click here](#) to learn more or to sign up.