

FREE EDUCATIONAL EVENT

The Hearst Cancer Resource Center is pleased to present

Sexuality and Intimacy

During and After Cancer Treatment



Thursday, February 10, 2022

5:30 p.m.

This is a Virtual/Zoom group activity

Reservations required. Please call Hearst Cancer Resource Center at 805.542.6234 or email us at HCRC@dignityhealth.org

Cancer treatment affects sexual health in many ways. The list of common side effects of cancer treatment that can affect a person's ability to have and enjoy sex is long: fatigue, nausea, pain and fear of pain, scar tissue and adhesions, altered sensation, decreased endurance, premature menopause, fatigue, weight gain or loss, altered body image, osteoporosis, bowel and bladder problems, and erectile dysfunction. Partners often have their own unique set of concerns: they may be afraid of hurting their partner and adding to their stress or may themselves feel burnt out and overwhelmed.

Please know there are multiple ways to recover sexual function after cancer treatment. A multidisciplinary team can include counseling for individual or couples, medical treatment, and physical therapy. Education, empowerment, exercise, and manual therapy are all part of physical therapy, with the goals of improving function, quality of life, fitness, and movement.

Join us online with Ann Frost for a candid discussion and practical support about pelvic floor strength, sexual health and incontinence during and after cancer treatment. Question and answer session to follow.



Ann Frost, PT, CLT, WCS

Physical Therapist
Specialist in Pelvic Health

■ Since 1996, Ann Frost has worked with hundreds of people for issues ranging from sciatica, chronic pain, and recovery from breast and pelvic cancers, to urine leakage, painful sex, and transgender care. Ann's goal is to empower patients with strategies to help them feel and function better. There is help!

This program is made possible through the support of the Martin Hulburt Family Cancer Education Fund and offered free, as a community service.



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