

# Reset & Rise Community Resource

## TIPS FOR MANAGING SEXUAL ISSUES AFTER BREAST CANCER DIAGNOSIS AND MENOPAUSE

### **Communicate openly with your healthcare team:**

Discuss your sexual concerns and symptoms with your healthcare provider. They can help identify the underlying causes, offer guidance, and suggest appropriate treatments or alternatives to hormone replacement therapy.

### **Educate yourself:**

Take the time to educate yourself about the sexual side effects of breast cancer treatment and menopause. Understanding the physiological changes can empower you to find effective strategies and treatments for managing these issues. This is my NEW mini course, Not Today Menopause.

### **Explore non-hormonal lubricants and moisturizers:**

To alleviate vaginal dryness, consider using over-the-counter non-hormonal lubricants and moisturizers specifically designed for women experiencing these symptoms. They can provide temporary relief during sexual activity and help improve comfort. The next page I share CLEAN lubricants.

### **Experiment with different sexual positions:**

Try different sexual positions that reduce discomfort and pain during intercourse. Experimenting with positions that allow you to control the depth and angle of penetration may help alleviate discomfort.

### **Engage in sexual activity regularly:**

Even if you experience pain or have a decreased libido, maintaining sexual activity can help improve blood flow and maintain vaginal elasticity. Regular sexual stimulation, whether through intercourse or self-pleasure, can help prevent further atrophy and discomfort.

### **Consider pelvic floor exercises:**

Exercises like Kegels can help strengthen the pelvic floor muscles, improving blood flow to the genital area and potentially reducing pain during intercourse. Consult a healthcare professional or a pelvic floor therapist to learn how to perform these exercises correctly.

### **Try vaginal dilators:**

Vaginal dilators can be used to gradually stretch the vaginal walls and reduce pain during intercourse. Start with smaller sizes and gradually work your way up to larger sizes over time. Consult with a healthcare professional or a pelvic floor therapist for guidance.

### **Explore alternative therapies:**

Some women find relief from sexual issues through alternative therapies like acupuncture, mindfulness, yoga, or meditation. These practices can help manage stress, improve relaxation, and enhance overall well-being.

### **Consider counseling or therapy:**

Sexual issues can have a significant impact on emotional well-being and intimate relationships. Seeking therapy or counseling, individually or as a couple, can provide a safe space to explore these challenges, enhance communication, and find strategies to maintain intimacy.

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## LUBRICANTS

Here are some examples of clean and organic lubricants that you can consider:

**Aloe Cadabra:** A water-based lubricant made with 95% organic aloe vera. It is free from parabens, glycerin, and petroleum.

**Sliquid Organics:** Sliquid offers a range of organic lubricants that are glycerin-free, paraben-free, and free from other potentially harmful ingredients. They use natural ingredients like aloe vera, hibiscus, and green tea extract.

**Yes Organic Lubricants:** Yes offers a line of organic lubricants made from natural and organic plant-based ingredients. They are free from glycerin, parabens, hormones, and known skin irritants.

**Blossom Organics:** Blossom Organics offers water-based lubricants made with organic ingredients such as aloe vera and natural botanical extracts. They are free from parabens, glycerin, and fragrances.

**Sustain Natural:** Sustain Natural produces organic lubricants that are vegan-friendly, free from harmful chemicals, and made with natural ingredients like aloe vera and purified water.

### I HAVE USED THESE THREE & LIKE:

**Woo More Play:** is a brand that offers a water-based lubricant called "Woo More Play Coconut Love Oil." It is marketed as an organic, all-natural, and pH-balanced lubricant. The main ingredient in their lubricant is organic coconut oil, which is known for its moisturizing properties

**Glissant:** Search [glissantlove.com](http://glissantlove.com) - This is the one I use... It's a little pricey, but a really good product that uses CBD & CBG.

**Good Clean Love:** Their organic lubricants are formulated using plant-based ingredients and are free from parabens, petrochemicals, and synthetic fragrances.

Remember to read the labels and ingredients carefully to ensure the product meets your specific needs and preferences. It's also a good idea to do a patch test on a small area of skin before applying the lubricant to the genital area to check for any potential allergies or sensitivities.