

Our Last Webinar on Replay

# Help without getting burned

Presented by



Partners



## Here are 5 points to remember:

### 1. Keep the lines of communication open

A major problem with many of the side effects of prostate cancer treatment is that they can be embarrassing or difficult to talk about for the man who suffers from them. For these reasons, it's important to keep open lines of communication with your partner and let him know that he can confide in you without judgment.

### 2. Take care of your physical and emotional health

Just as important is discussing your concerns, frustrations, or need for support with your partner. It will help you maintain a healthy relationship throughout this journey. Seeking advice, alone or with your partner, can help if you are overwhelmed or need to talk to someone else.

### 3. How to approach sex and intimacy

Especially after treatment, you and your partner will need to establish a new normal when it comes to sex and intimacy. This may include helping to deal with treatment-related side effects that not only have a direct impact on your sex life, but which may also have an indirect impact on your partner's desire to be intimate.

### 4. When embarrassment steps in

For example, men struggling with sexual dysfunction or urinary incontinence may physically have issues with intimacy, while also experiencing issues with self-esteem and self-image. These self-perception issues can further decrease a man's desire or ability to be intimate.

### 5. Time and confidence

It can be difficult to let him know that you are there to talk to him without adding to his embarrassment or doubt. It may be difficult for him to discuss sex and intimacy with you at first, but with your confidence he will likely become more comfortable with time. Maintaining a warm and safe space for communication will encourage your partner to open up and help you better understand what he needs.