



## Our Last Webinar on Replay

# Sex life after Prostate cancer treatment

Speaker:

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## Here are 5 points to remember:

### 1. Your erectile function after treatment

A high percentage of men regain their erectile function within one to 36 months after surgery, often with medical help. Those who have radiation therapy also experience erectile difficulties, but they occur gradually, usually a few months to a few years after treatment. And it all depends on your erections before your treatment, your overall health and your age.

### 2. My erectile nerves have been preserved, so I should get my erections back?

Non. It is certain that an erectile function which is good prior to surgery will allow a potential of recovery which will be good. It is important to keep in mind two things: (1) the younger you are, the better your chances of having erections again after surgery and (2) the treatment of prostate cancer causes changes in your sexual function in general.

### 3. What about penile rehabilitation?

The recovery of your erectile function, if the nerves have been preserved, requires stimulation, which can begin after the catheter has been removed. Drugs can be prescribed to stimulate an erection, but without stimulation you are no further ahead. Another approach is the use of the penile pump. It is useful because it brings an influx of blood into the penis and thus provokes an erection and can be used with your medication.

### 4. I have tried everything and nothing works...

Before testing a treatment for your erections, it is essential that you discuss with your urologist the most suitable therapeutic options for you. Keep in mind that you may need to try your prescribed medication several times; the latter could prove effective on the 6th attempt... not the first time.

### 5. You need to invest time and effort in your recovery

You have to get involved and collaborate with your urologist or physiotherapist to recover your continence and your erections. All of this requires patience, perseverance and resilience. In other words, to participate in a marathon, you have to jog and train. The good news is that there are many strategies that can help you manage them. Do not hesitate to talk to your doctor about it.