

This column provides the platform for experts in the field to help men and women by providing answers to questions about sexual health and intimacy challenges that can result from prostate cancer treatment.

Information provided was compiled with the help of Dr. Anne Katz, Certified Sexuality Counselor and Clinical Nurse Specialist at CancerCare Manitoba. She has educated thousands of healthcare providers and cancer survivors about cancer, sexuality and survivorship. She is the editor of the Oncology Nursing Forum, an avid blogger for ASCO Connections, and the author of 13 books on the topics of illness, sexuality and cancer survivorship. ([www.drannekatz.com](http://www.drannekatz.com))

### **QUESTION FROM PROSTATE CANCER SURVIVOR:**

*Ever since my surgery (laparoscopic prostatectomy with the DaVinci robot) I leak urine during sexual activity/oral sex. This is NOT sexy and I don't know what to do about it. I need help!*

### **RESPONSE FROM DR. ANNE KATZ:**

*This is not an uncommon occurrence and most men find it very distressing. The sphincter, which is the valve that keeps the bladder closed, is damaged or destroyed when the prostate gland is surgically removed. The muscles of the pelvic floor have to take over that function during sexual activity. Especially during orgasm, the muscles of the pelvic floor 'let go' or contract, which can cause leakage or outright gushing. While a towel under you and/or your partner is an obvious band-aid solution, it doesn't get to the root of the problem; and, of course, a towel is not going to help much if you are leaking during oral sex.*

*Although urine is sterile and cannot harm you or your partner, loss of urine during sexual activity can be embarrassing and can have a major negative impact on sexual satisfaction and quality of life. There's no need to suffer in silence. A visit to a knowledgeable pelvic floor physical therapist, or physiotherapist, can be very helpful. The American Physical Therapy Association is the official organization for physiotherapists in the U.S. Search for a physical therapist on their website at <https://bit.ly/2mwByW6>. But be sure to confirm that any physical therapist you are considering has expertise in pelvic floor physiotherapy, as this is not included in basic training programs.*

Do you have a question about sexual health or intimacy? If so, we invite you to submit it for possible inclusion in future *Between the Sheets* columns.

**Please email your question to: [ustooBTS@ustoo.org](mailto:ustooBTS@ustoo.org)**

**Or mail your letter to:**  
Us TOO International  
Between the Sheets  
2720 S. River Road, Suite 112  
Des Plaines, IL 0018

Final Event in 2018 Series!



### Let Us Help You Plan Your Path Through Every Step of Your Journey...

Prostate Cancer Pathways for Patients and Caregivers is a new educational event and webcast series from Us TOO International. The Chicago area Pathways event is the last of three regional events planned for 2018.

- Each Pathways event provides valuable content including:
- An educational overview of prostate health and prostate cancer awareness
  - Presentations with relevant content for newly diagnosed, recurring, and advanced patients
  - Content to help Us TOO support group leaders maximize their impact on the local prostate cancer community

This event will feature a special presentation on erectile dysfunction and incontinence after prostate cancer treatment. In-person attendees will receive a free copy of Dr. Albaugh's book, *Reclaiming Sex & Intimacy After Prostate Cancer – A Guide for Men and Their Partners* (both the first edition and brand new second edition will be available).

- Presenters for the Chicago Event:**
- Dr. Jeffrey Albaugh, Board Certified Advanced Practice Urology Clinical Nurse Specialist, Board Certified Sexuality Counselor, Director of Sexual Health at NorthShore University HealthSystem and at Jesse Brown VA Medical Center, and member of the Us TOO Board of Directors
  - Dr. Brian T. Helfand, Chief, Division of Urology and Director, Program for Personalized Cancer Care at NorthShore University HealthSystem
  - Dr. Benjamin H. Lowentritt, Director, Minimally Invasive Surgery and Robotics, Chesapeake Urology Associates Director, Prostate Cancer Care Program, Chesapeake Urology Associates Past President, Baltimore City Medical Society
  - Heather L. Moky, PT, DPT, University of Illinois Hospital and Health Sciences System/UIC Health Pelvic Health Physical Therapy Program

All sessions will be webcast live and videotaped.

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# Us TOO Presents: Prostate Cancer Pathways for Patients & Caregivers

Free Educational Event and Webcast Series

## Saturday, November 3

NorthShore University HealthSystem  
Skokie Hospital  
9600 Gross Point Road  
Sharfstein/SH Rooms A, B and C  
Skokie, IL 60076

10:00 am - 3:00 pm

Attend in person or watch the online webcast with live video and audio from the event.

To register, visit [www.ustoo.org](http://www.ustoo.org) and click on the banner, or contact Terri at 877-978-7866 or [terril@ustoo.org](mailto:terril@ustoo.org).

Please note that on-site space is limited. We will attempt to accommodate those registering in person on the day of the event, but we cannot guarantee a seat or a free lunch.



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