

WEBVTT

NOTE duration:"01:03:56.3840000"

NOTE language:en-us

NOTE Confidence: 0.83396024

00:00:00.000 --> 00:00:01.948 I am Elena Ratner.

NOTE Confidence: 0.83396024

00:00:01.948 --> 00:00:04.870 I'm one of the Joanna colleges

NOTE Confidence: 0.83396024

00:00:04.979 --> 00:00:07.727 at scale and we're so excited

NOTE Confidence: 0.83396024

00:00:07.727 --> 00:00:11.491 to have you with us today to

NOTE Confidence: 0.83396024

00:00:11.491 --> 00:00:13.935 discuss issues of survivorship,

NOTE Confidence: 0.83396024

00:00:13.940 --> 00:00:15.314 sexuality and intimacy.

NOTE Confidence: 0.83396024

00:00:15.314 --> 00:00:18.520 All the issues that we find to

NOTE Confidence: 0.83396024

00:00:18.608 --> 00:00:20.900 be of paramount importance.

NOTE Confidence: 0.83396024

00:00:20.900 --> 00:00:24.379 I would like to introduce my colleagues,

NOTE Confidence: 0.83396024

00:00:24.380 --> 00:00:27.670 Mary Jane Minkin, who is the guru

NOTE Confidence: 0.83396024

00:00:27.670 --> 00:00:30.490 of menopause and sexuality and.

NOTE Confidence: 0.83396024

00:00:30.490 --> 00:00:33.082 Joanna Daddario, who is also now

NOTE Confidence: 0.83396024

00:00:33.082 --> 00:00:35.930 the guru of sexuality in menopause,

NOTE Confidence: 0.83396024

00:00:35.930 --> 00:00:39.094 and who runs the sexuality and intimacy.

NOTE Confidence: 0.83396024

00:00:39.100 --> 00:00:42.264 Clinica TL doctor Minkin reminded me today.

NOTE Confidence: 0.83396024

00:00:42.270 --> 00:00:45.108 That's the whole reason why this

NOTE Confidence: 0.83396024

00:00:45.108 --> 00:00:47.997 program started in the 1st place

NOTE Confidence: 0.83396024

00:00:47.997 --> 00:00:51.182 was because many years back I was

NOTE Confidence: 0.83396024

00:00:51.182 --> 00:00:53.791 shadowing that convention to try to

NOTE Confidence: 0.83396024

00:00:53.791 --> 00:00:56.652 learn from her some of the wisdom

NOTE Confidence: 0.83396024

00:00:56.652 --> 00:00:59.424 of how she takes care of women

NOTE Confidence: 0.83396024

00:00:59.424 --> 00:01:02.320 with menopause and sexuality and.

NOTE Confidence: 0.83396024

00:01:02.320 --> 00:01:04.165 Intimacy problems and at some

NOTE Confidence: 0.83396024

00:01:04.165 --> 00:01:06.942 point I was amazed by the miracles

NOTE Confidence: 0.83396024

00:01:06.942 --> 00:01:09.504 that Doctor Minkin was doing with

NOTE Confidence: 0.83396024

00:01:09.504 --> 00:01:11.450 her patients in the office,

NOTE Confidence: 0.83396024

00:01:11.450 --> 00:01:14.131 and I commented to doctor Menkin that

NOTE Confidence: 0.83396024

00:01:14.131 --> 00:01:17.168 I felt that in the world of oncology

NOTE Confidence: 0.83396024

00:01:17.168 --> 00:01:19.912 we did not pay enough attention and

NOTE Confidence: 0.83396024

00:01:19.912 --> 00:01:22.929 we did not spend enough time dealing  
NOTE Confidence: 0.83396024

00:01:22.929 --> 00:01:25.290 with those issues and helping women  
NOTE Confidence: 0.83396024

00:01:25.290 --> 00:01:27.686 with these issues or truthfully even  
NOTE Confidence: 0.83396024

00:01:27.686 --> 00:01:29.706 asking women about their concerns.  
NOTE Confidence: 0.83396024

00:01:29.710 --> 00:01:30.540 You know,  
NOTE Confidence: 0.83396024

00:01:30.540 --> 00:01:33.445 and I felt it at the time.  
NOTE Confidence: 0.83396024

00:01:33.450 --> 00:01:35.360 As a as a surgeon,  
NOTE Confidence: 0.83396024

00:01:35.360 --> 00:01:36.048 by practice,  
NOTE Confidence: 0.83396024

00:01:36.048 --> 00:01:38.112 we spent so much time doing  
NOTE Confidence: 0.83396024

00:01:38.112 --> 00:01:40.027 surgery and doing chemotherapy and  
NOTE Confidence: 0.83396024

00:01:40.027 --> 00:01:42.715 radiation and we were so happy that  
NOTE Confidence: 0.83396024

00:01:42.788 --> 00:01:44.908 women were living and surviving.  
NOTE Confidence: 0.83396024

00:01:44.910 --> 00:01:45.966 But we will,  
NOTE Confidence: 0.83396024

00:01:45.966 --> 00:01:47.726 forgetting how much our treatment  
NOTE Confidence: 0.83396024

00:01:47.726 --> 00:01:50.031 and how much cancer itself was  
NOTE Confidence: 0.83396024

00:01:50.031 --> 00:01:51.951 affecting women and it was

NOTE Confidence: 0.83396024

00:01:51.951 --> 00:01:53.997 affecting their quality of life

NOTE Confidence: 0.83396024

00:01:53.997 --> 00:01:55.987 and these issues of survivorship.

NOTE Confidence: 0.83396024

00:01:55.990 --> 00:01:56.754 So really,

NOTE Confidence: 0.83396024

00:01:56.754 --> 00:01:59.428 in that one day with Doctor Minkin,

NOTE Confidence: 0.83396024

00:01:59.430 --> 00:02:02.293 when I realized the impact that this

NOTE Confidence: 0.83396024

00:02:02.293 --> 00:02:04.229 kind of interventions can make.

NOTE Confidence: 0.83396024

00:02:04.230 --> 00:02:06.659 We brought that back to Smilow and

NOTE Confidence: 0.83396024

00:02:06.659 --> 00:02:09.748 that is how our practice of sexuality,

NOTE Confidence: 0.83396024

00:02:09.750 --> 00:02:11.322 intimacy and menopause Clinic

NOTE Confidence: 0.83396024

00:02:11.322 --> 00:02:12.108 was established.

NOTE Confidence: 0.83396024

00:02:12.110 --> 00:02:13.950 It was really established to

NOTE Confidence: 0.83396024

00:02:13.950 --> 00:02:16.440 help women to not just survive,

NOTE Confidence: 0.83396024

00:02:16.440 --> 00:02:19.600 but but excel and exceed then lived well.

NOTE Confidence: 0.83396024

00:02:19.600 --> 00:02:22.050 Everything that we tried to do is

NOTE Confidence: 0.83396024

00:02:22.050 --> 00:02:25.142 to try to get women back to their

NOTE Confidence: 0.83396024

00:02:25.142 --> 00:02:28.027 normal lives and to give them their  
NOTE Confidence: 0.83396024

00:02:28.027 --> 00:02:30.988 lives back of the lives that were  
NOTE Confidence: 0.83396024

00:02:30.988 --> 00:02:34.378 changed somewhat by cancer and by treatment.  
NOTE Confidence: 0.83396024

00:02:34.380 --> 00:02:35.950 And that is everything that  
NOTE Confidence: 0.83396024

00:02:35.950 --> 00:02:38.619 we try to do in this practice.  
NOTE Confidence: 0.83396024

00:02:38.620 --> 00:02:41.112 So we're so happy today to have  
NOTE Confidence: 0.83396024

00:02:41.112 --> 00:02:43.560 you all with us on this call,  
NOTE Confidence: 0.83396024

00:02:43.560 --> 00:02:45.798 because this issue is so important  
NOTE Confidence: 0.83396024

00:02:45.798 --> 00:02:47.748 and these issues are frequently  
NOTE Confidence: 0.83396024

00:02:47.748 --> 00:02:50.064 so under discussed an under asked  
NOTE Confidence: 0.83396024

00:02:50.064 --> 00:02:52.439 about and we want you to know  
NOTE Confidence: 0.83396024

00:02:52.439 --> 00:02:54.149 that that is just not OK.  
NOTE Confidence: 0.83396024

00:02:54.150 --> 00:02:55.860 And then there's so much  
NOTE Confidence: 0.83396024

00:02:55.860 --> 00:02:58.030 that can be done for this,  
NOTE Confidence: 0.83396024

00:02:58.030 --> 00:02:59.795 and there's so much intervention  
NOTE Confidence: 0.83396024

00:02:59.795 --> 00:03:01.207 that can be done,

NOTE Confidence: 0.83396024

00:03:01.210 --> 00:03:03.352 and there's so many different options

NOTE Confidence: 0.83396024

00:03:03.352 --> 00:03:05.540 between physical therapy and pelvic floor.

NOTE Confidence: 0.83396024

00:03:05.540 --> 00:03:07.375 Therapy and psychotherapy and hormonal

NOTE Confidence: 0.83396024

00:03:07.375 --> 00:03:08.843 management and naturopathic management.

NOTE Confidence: 0.83396024

00:03:08.850 --> 00:03:10.800 Is acupuncture and that is

NOTE Confidence: 0.83396024

00:03:10.800 --> 00:03:12.750 the conversation that we would

NOTE Confidence: 0.83396024

00:03:12.822 --> 00:03:14.736 like to have with you today.

NOTE Confidence: 0.83396024

00:03:14.740 --> 00:03:17.281 So that could mean Ken and joining

NOTE Confidence: 0.83396024

00:03:17.281 --> 00:03:19.309 the diarrhea will start having

NOTE Confidence: 0.83396024

00:03:19.309 --> 00:03:21.474 this conversation and then we

NOTE Confidence: 0.83396024

00:03:21.474 --> 00:03:24.017 will certainly save a lot of time

NOTE Confidence: 0.83396024

00:03:24.017 --> 00:03:25.775 for questions so that we can

NOTE Confidence: 0.85644615

00:03:25.780 --> 00:03:27.982 make sure that all of your

NOTE Confidence: 0.85644615

00:03:27.982 --> 00:03:29.090 questions are addressed.

NOTE Confidence: 0.85644615

00:03:29.090 --> 00:03:31.300 So that's the main Canon Joanna.

NOTE Confidence: 0.85644615

00:03:31.300 --> 00:03:34.236 If you would like to share your slides.  
NOTE Confidence: 0.84625125

00:03:36.330 --> 00:03:37.478 Thank you Doctor Ratner.  
NOTE Confidence: 0.84625125

00:03:37.478 --> 00:03:39.566 I'm going to take some time to  
NOTE Confidence: 0.84625125

00:03:39.566 --> 00:03:41.390 share my screen here and hopefully  
NOTE Confidence: 0.84625125

00:03:41.390 --> 00:03:43.188 everybody will be able to see it.  
NOTE Confidence: 0.84625125

00:03:43.190 --> 00:03:45.748 And as I do that, I'll let doctor Minken  
NOTE Confidence: 0.84625125

00:03:45.748 --> 00:03:47.770 go through some of our slides here,  
NOTE Confidence: 0.84625125

00:03:47.770 --> 00:03:50.058 so hopefully you can see what I'm sharing.  
NOTE Confidence: 0.8912681

00:03:51.140 --> 00:03:52.855 Look, I can see it just fine.  
NOTE Confidence: 0.8912681

00:03:52.860 --> 00:03:55.570 Everybody OK with it. We're good.  
NOTE Confidence: 0.85802084

00:03:57.720 --> 00:03:59.054 Excellent, OK, so as you  
NOTE Confidence: 0.85802084

00:03:59.054 --> 00:04:00.590 all can see here the slide  
NOTE Confidence: 0.85802084

00:04:00.657 --> 00:04:03.217 this is actually put together by Joanna and  
NOTE Confidence: 0.85802084

00:04:03.217 --> 00:04:06.037 it's a slide deck that she put together.  
NOTE Confidence: 0.85802084

00:04:06.040 --> 00:04:08.189 Actually is an educational one for providers,  
NOTE Confidence: 0.85802084

00:04:08.190 --> 00:04:10.638 but I think it's an educational one for

NOTE Confidence: 0.85802084

00:04:10.638 --> 00:04:13.418 patients as well and I think that we selected

NOTE Confidence: 0.85802084

00:04:13.418 --> 00:04:15.886 the perfect ones for folks to learn about.

NOTE Confidence: 0.85802084

00:04:15.890 --> 00:04:18.154 So anyway, so this is for us and

NOTE Confidence: 0.85802084

00:04:18.154 --> 00:04:20.197 our friends to be discussing here.

NOTE Confidence: 0.85802084

00:04:20.200 --> 00:04:22.424 This is just a little summary about our

NOTE Confidence: 0.85802084

00:04:22.424 --> 00:04:24.819 program at the cinema stands for sexuality,

NOTE Confidence: 0.85802084

00:04:24.820 --> 00:04:25.852 intimacy and menopause,

NOTE Confidence: 0.85802084

00:04:25.852 --> 00:04:28.260 and this is the program that smile

NOTE Confidence: 0.85802084

00:04:28.329 --> 00:04:30.408 when you see the little cards here.

NOTE Confidence: 0.85802084

00:04:30.410 --> 00:04:32.510 That we have some propaganda they earn.

NOTE Confidence: 0.85802084

00:04:32.510 --> 00:04:35.210 If you can pick these up at the hospital,

NOTE Confidence: 0.85802084

00:04:35.210 --> 00:04:36.710 it's on line as well.

NOTE Confidence: 0.85802084

00:04:36.710 --> 00:04:39.110 As far as what we offer in this,

NOTE Confidence: 0.85802084

00:04:39.110 --> 00:04:40.910 we're going to be talking about.

NOTE Confidence: 0.85802084

00:04:40.910 --> 00:04:42.410 We truly have a multidisciplinary

NOTE Confidence: 0.85802084



00:04:42.410 --> 00:04:43.610 program from day one.  
NOTE Confidence: 0.85802084

00:04:43.610 --> 00:04:45.110 When Elena started talking about,  
NOTE Confidence: 0.85802084

00:04:45.110 --> 00:04:47.210 we should have a program like this.  
NOTE Confidence: 0.85802084

00:04:47.210 --> 00:04:48.938 She realized not only do we  
NOTE Confidence: 0.85802084

00:04:48.938 --> 00:04:50.510 want you in oncology input,  
NOTE Confidence: 0.85802084

00:04:50.510 --> 00:04:52.414 but we also want to general gynecology  
NOTE Confidence: 0.85802084

00:04:52.414 --> 00:04:54.597 to be talking about some of the  
NOTE Confidence: 0.85802084

00:04:54.597 --> 00:04:55.905 menopausal and sexuality issues.  
NOTE Confidence: 0.85802084

00:04:55.910 --> 00:04:57.830 But we also realized how crucial  
NOTE Confidence: 0.85802084

00:04:57.830 --> 00:05:00.014 psychological issues an from day one we  
NOTE Confidence: 0.85802084

00:05:00.014 --> 00:05:01.995 asked our psychology colleagues to join us.  
NOTE Confidence: 0.85802084

00:05:02.000 --> 00:05:04.072 And so unfortunately this last year with  
NOTE Confidence: 0.85802084

00:05:04.072 --> 00:05:06.088 the pandemic it's been a little tricky.  
NOTE Confidence: 0.85802084

00:05:06.090 --> 00:05:07.545 Incorporating our site colleagues with  
NOTE Confidence: 0.85802084

00:05:07.545 --> 00:05:09.298 our visits, particularly ones in person,  
NOTE Confidence: 0.85802084

00:05:09.298 --> 00:05:10.758 because they were off site,

NOTE Confidence: 0.85802084

00:05:10.760 --> 00:05:12.200 but we certainly have them on

NOTE Confidence: 0.85802084

00:05:12.200 --> 00:05:13.970 going as far as relationships.

NOTE Confidence: 0.85802084

00:05:13.970 --> 00:05:15.734 The program is available to any

NOTE Confidence: 0.85802084

00:05:15.734 --> 00:05:17.480 female cancer survivor at any stage.

NOTE Confidence: 0.85802084

00:05:17.480 --> 00:05:18.940 Unfortunately, was we see it,

NOTE Confidence: 0.85802084

00:05:18.940 --> 00:05:20.686 we have two sessions a month.

NOTE Confidence: 0.85802084

00:05:20.690 --> 00:05:23.018 We don't have any men in our practice.

NOTE Confidence: 0.85802084

00:05:23.020 --> 00:05:24.778 We've been trying to incorporate urology.

NOTE Confidence: 0.85802084

00:05:24.780 --> 00:05:26.240 It hasn't quite worked out,

NOTE Confidence: 0.85802084

00:05:26.240 --> 00:05:27.842 but we can help find some

NOTE Confidence: 0.85802084

00:05:27.842 --> 00:05:29.450 excellent urologist as a resource.

NOTE Confidence: 0.85802084

00:05:29.450 --> 00:05:32.330 If we have problems for the men as well, so.

NOTE Confidence: 0.85802084

00:05:32.330 --> 00:05:34.580 Next line that we can talk about that this

NOTE Confidence: 0.85802084

00:05:34.641 --> 00:05:36.818 is just some terminology that folks use,

NOTE Confidence: 0.85802084

00:05:36.820 --> 00:05:38.190 and of course the survivor.

NOTE Confidence: 0.85802084

00:05:38.190 --> 00:05:39.560 As many of you know,  
NOTE Confidence: 0.85802084

00:05:39.560 --> 00:05:41.156 unfortunately it's a it's a person  
NOTE Confidence: 0.85802084

00:05:41.156 --> 00:05:42.580 who's been diagnosed with cancer,  
NOTE Confidence: 0.85802084

00:05:42.580 --> 00:05:44.482 but Ekko survivor is somebody who's  
NOTE Confidence: 0.85802084

00:05:44.482 --> 00:05:46.244 dealing who's basically caring for a  
NOTE Confidence: 0.85802084

00:05:46.244 --> 00:05:47.777 loved one with cancer that you are.  
NOTE Confidence: 0.85802084

00:05:47.780 --> 00:05:49.425 It's a partnership and we also deal  
NOTE Confidence: 0.85802084

00:05:49.425 --> 00:05:51.300 with a very special group of people  
NOTE Confidence: 0.85802084

00:05:51.300 --> 00:05:53.337 called Previvor's an it's a term that  
NOTE Confidence: 0.85802084

00:05:53.337 --> 00:05:55.179 actually folks use around the country.  
NOTE Confidence: 0.85802084

00:05:55.180 --> 00:05:57.161 And I think we were one of  
NOTE Confidence: 0.85802084

00:05:57.161 --> 00:05:58.738 the first places to use it.  
NOTE Confidence: 0.85802084

00:05:58.740 --> 00:06:00.390 And this is basically talking about  
NOTE Confidence: 0.85802084

00:06:00.390 --> 00:06:02.565 people who were who had surgery to reduce  
NOTE Confidence: 0.85802084

00:06:02.565 --> 00:06:04.500 his or her risk of developing cancer.  
NOTE Confidence: 0.85802084

00:06:04.500 --> 00:06:06.030 For example a classic situation.

NOTE Confidence: 0.85802084

00:06:06.030 --> 00:06:07.355 Is there somebody has been

NOTE Confidence: 0.85802084

00:06:07.355 --> 00:06:09.140 diagnosed as being a BRCA carrier?

NOTE Confidence: 0.85802084

00:06:09.140 --> 00:06:10.520 Has unfortunately not had cancer

NOTE Confidence: 0.85802084

00:06:10.520 --> 00:06:12.476 at this point and they take out

NOTE Confidence: 0.85802084

00:06:12.476 --> 00:06:14.042 their ovaries to reduce the risk

NOTE Confidence: 0.85802084

00:06:14.042 --> 00:06:15.370 of getting ovarian cancer.

NOTE Confidence: 0.85802084

00:06:15.370 --> 00:06:17.629 That's sort of a typical term and we refer

NOTE Confidence: 0.85802084

00:06:17.629 --> 00:06:20.176 to those young folks and their young folks,

NOTE Confidence: 0.85802084

00:06:20.180 --> 00:06:22.154 and that's important to emphasize in general,

NOTE Confidence: 0.85802084

00:06:22.160 --> 00:06:24.134 as previvor's and there are phases me.

NOTE Confidence: 0.85802084

00:06:24.140 --> 00:06:24.449 OK,

NOTE Confidence: 0.85802084

00:06:24.449 --> 00:06:25.994 there's a cute survivorship extended

NOTE Confidence: 0.85802084

00:06:25.994 --> 00:06:27.230 in permanent survivorship and

NOTE Confidence: 0.85802084

00:06:27.280 --> 00:06:28.540 will hopefully be talking about

NOTE Confidence: 0.85802084

00:06:28.540 --> 00:06:29.800 all of those issues here.

NOTE Confidence: 0.80602

00:06:29.800 --> 00:06:32.408 I'll be at briefly.  
NOTE Confidence: 0.80602

00:06:32.410 --> 00:06:35.370 Our next slide you OK?  
NOTE Confidence: 0.80602

00:06:35.370 --> 00:06:37.110 Got the next slide there Joanna  
NOTE Confidence: 0.80602

00:06:37.110 --> 00:06:39.185 yeah great just one quick thing to  
NOTE Confidence: 0.80602

00:06:39.185 --> 00:06:41.173 talk about on the previous slide if  
NOTE Confidence: 0.80602

00:06:41.239 --> 00:06:43.335 you want to go back to the previous  
NOTE Confidence: 0.80602

00:06:43.335 --> 00:06:44.996 slide here justice sorry, no problem.  
NOTE Confidence: 0.80602

00:06:44.996 --> 00:06:47.336 This is a brief slide talking about the  
NOTE Confidence: 0.80602

00:06:47.336 --> 00:06:49.070 numbers of patients who are dealing  
NOTE Confidence: 0.80602

00:06:49.070 --> 00:06:50.762 with cancer and there are unfortunately  
NOTE Confidence: 0.80602

00:06:50.762 --> 00:06:53.187 a lot of folks out there and we have  
NOTE Confidence: 0.80602

00:06:53.187 --> 00:06:55.460 the numbers up there for 2019 up top.  
NOTE Confidence: 0.80602

00:06:55.460 --> 00:06:58.290 But as you can see in the next 10 years,  
NOTE Confidence: 0.80602

00:06:58.290 --> 00:07:00.152 we're going to be having you know  
NOTE Confidence: 0.80602

00:07:00.152 --> 00:07:01.599 we're having burgeoning numbers of  
NOTE Confidence: 0.80602

00:07:01.599 --> 00:07:03.099 folks being diagnosed with cancer.

NOTE Confidence: 0.80602

00:07:03.100 --> 00:07:05.431 But the most important thing is we

NOTE Confidence: 0.80602

00:07:05.431 --> 00:07:07.239 have burgeoning numbers of survivors.

NOTE Confidence: 0.80602

00:07:07.240 --> 00:07:08.986 We're doing great and we want

NOTE Confidence: 0.80602

00:07:08.986 --> 00:07:10.150 them leading normal lives,

NOTE Confidence: 0.80602

00:07:10.150 --> 00:07:11.610 and that's the important thing.

NOTE Confidence: 0.80602

00:07:11.610 --> 00:07:14.520 OK, so can we go to our next slide here.

NOTE Confidence: 0.8509162

00:07:16.170 --> 00:07:19.386 Add doctor Minkin that as you can see,

NOTE Confidence: 0.8509162

00:07:19.390 --> 00:07:22.106 the most common cancers that men and

NOTE Confidence: 0.8509162

00:07:22.106 --> 00:07:24.982 women survive really can have a big

NOTE Confidence: 0.8509162

00:07:24.982 --> 00:07:26.618 impact on intimate relationships.

NOTE Confidence: 0.8509162

00:07:26.620 --> 00:07:29.836 You look at the the top few prostate

NOTE Confidence: 0.8509162

00:07:29.836 --> 00:07:31.846 cancer colon, cancer rectal cancer,

NOTE Confidence: 0.8509162

00:07:31.846 --> 00:07:33.454 breast and uterine cancers,

NOTE Confidence: 0.8509162

00:07:33.460 --> 00:07:35.465 and those really are directly

NOTE Confidence: 0.8509162

00:07:35.465 --> 00:07:36.668 impacting people's sexuality.

NOTE Confidence: 0.8509162

00:07:36.670 --> 00:07:38.680 Absolutely and and even other  
NOTE Confidence: 0.8509162

00:07:38.680 --> 00:07:40.288 things can impact sexuality,  
NOTE Confidence: 0.8509162

00:07:40.290 --> 00:07:43.657 even things you might not think of  
NOTE Confidence: 0.8509162

00:07:43.657 --> 00:07:46.177 impacting sexuality and will try to  
NOTE Confidence: 0.8509162

00:07:46.177 --> 00:07:49.000 talk about a few of those as well.  
NOTE Confidence: 0.8509162

00:07:49.000 --> 00:07:51.051 And this is from the American Cancer  
NOTE Confidence: 0.8509162

00:07:51.051 --> 00:07:53.422 Society and this is linked to their  
NOTE Confidence: 0.8509162

00:07:53.422 --> 00:07:55.207 Recon treatment and survivorship facts.  
NOTE Confidence: 0.8509162

00:07:55.210 --> 00:07:57.114 But one thing we sort of circled  
NOTE Confidence: 0.8509162

00:07:57.114 --> 00:07:59.548 here is the quality of life is  
NOTE Confidence: 0.8509162

00:07:59.548 --> 00:08:01.096 extremely important for people,  
NOTE Confidence: 0.8509162

00:08:01.100 --> 00:08:02.520 obviously, and social well being  
NOTE Confidence: 0.8509162

00:08:02.520 --> 00:08:04.383 refers to the health of relationships  
NOTE Confidence: 0.8509162

00:08:04.383 --> 00:08:06.328 with family members and friends,  
NOTE Confidence: 0.8509162

00:08:06.330 --> 00:08:07.774 including intimacy and sexuality.  
NOTE Confidence: 0.8509162

00:08:07.774 --> 00:08:10.275 So these are really important things for

NOTE Confidence: 0.8509162

00:08:10.275 --> 00:08:12.214 people to talk about and to understand.

NOTE Confidence: 0.8509162

00:08:12.220 --> 00:08:14.383 An involves both the you know the

NOTE Confidence: 0.8509162

00:08:14.383 --> 00:08:16.402 medical issues going on and some

NOTE Confidence: 0.8509162

00:08:16.402 --> 00:08:17.774 psychological issues going on.

NOTE Confidence: 0.8509162

00:08:17.780 --> 00:08:18.878 And why are.

NOTE Confidence: 0.8509162

00:08:18.878 --> 00:08:20.958 You know, psychology teammates are really,

NOTE Confidence: 0.8509162

00:08:20.958 --> 00:08:22.643 really important in this in

NOTE Confidence: 0.8509162

00:08:22.643 --> 00:08:25.320 this paradigm here.

NOTE Confidence: 0.8509162

00:08:25.320 --> 00:08:28.024 On the next slide, this is just an.

NOTE Confidence: 0.8509162

00:08:28.030 --> 00:08:29.044 This doesn't list.

NOTE Confidence: 0.8509162

00:08:29.044 --> 00:08:30.734 This is not totally comprehensive,

NOTE Confidence: 0.8509162

00:08:30.740 --> 00:08:31.619 it's good list,

NOTE Confidence: 0.8509162

00:08:31.619 --> 00:08:33.084 but that what can contribute

NOTE Confidence: 0.8509162

00:08:33.084 --> 00:08:34.809 to sexual dysfunction problem.

NOTE Confidence: 0.8509162

00:08:34.810 --> 00:08:35.683 Having sexual issues.

NOTE Confidence: 0.8509162



00:08:35.683 --> 00:08:37.720 And there are a lot of emotional  
NOTE Confidence: 0.8509162

00:08:37.779 --> 00:08:39.559 factors is relationship stresses.  
NOTE Confidence: 0.8509162

00:08:39.560 --> 00:08:39.873 Unfortunately,  
NOTE Confidence: 0.8509162

00:08:39.873 --> 00:08:41.751 many of you know having dealt  
NOTE Confidence: 0.8509162

00:08:41.751 --> 00:08:43.290 with a cancer diagnosis,  
NOTE Confidence: 0.8509162

00:08:43.290 --> 00:08:45.600 there are issues on fertility for many  
NOTE Confidence: 0.8509162

00:08:45.600 --> 00:08:47.676 young people who were affected with  
NOTE Confidence: 0.8509162

00:08:47.676 --> 00:08:50.070 the diagnosis of cancer early in life.  
NOTE Confidence: 0.8509162

00:08:50.070 --> 00:08:52.098 How do we deal with this?  
NOTE Confidence: 0.8509162

00:08:52.100 --> 00:08:54.466 And there are issues involving body image,  
NOTE Confidence: 0.8509162

00:08:54.470 --> 00:08:55.218 self-esteem, femininity,  
NOTE Confidence: 0.8509162

00:08:55.218 --> 00:08:55.592 masculinity.  
NOTE Confidence: 0.8509162

00:08:55.592 --> 00:08:57.512 Of course, unfortunately many of our  
NOTE Confidence: 0.8509162

00:08:57.512 --> 00:08:58.977 folks are dealing with depression.  
NOTE Confidence: 0.8509162

00:08:58.980 --> 00:09:00.750 Many are people dealing with fatigue,  
NOTE Confidence: 0.8509162

00:09:00.750 --> 00:09:02.508 which is both emotional and physical,

NOTE Confidence: 0.8509162

00:09:02.510 --> 00:09:03.686 and there's tremendous anxiety

NOTE Confidence: 0.8509162

00:09:03.686 --> 00:09:04.568 about sexual activity.

NOTE Confidence: 0.8509162

00:09:04.570 --> 00:09:06.328 Am I going to be OK?

NOTE Confidence: 0.8509162

00:09:06.330 --> 00:09:08.388 Will I be able to have sex?

NOTE Confidence: 0.8509162

00:09:08.390 --> 00:09:12.548 Is it going to be like it was before?

NOTE Confidence: 0.8509162

00:09:12.550 --> 00:09:13.102 Very important,

NOTE Confidence: 0.8509162

00:09:13.102 --> 00:09:14.758 and again the unfortunate thing that

NOTE Confidence: 0.8509162

00:09:14.758 --> 00:09:16.869 can happen is that areas that typically

NOTE Confidence: 0.8509162

00:09:16.869 --> 00:09:18.077 were pleasurable erogenous zones.

NOTE Confidence: 0.8509162

00:09:18.080 --> 00:09:19.844 The previously gave people a good

NOTE Confidence: 0.8509162

00:09:19.844 --> 00:09:21.569 time that people can get gold,

NOTE Confidence: 0.8509162

00:09:21.570 --> 00:09:23.030 some negative feelings about it,

NOTE Confidence: 0.8509162

00:09:23.030 --> 00:09:24.460 and so unfortunately pleasure can

NOTE Confidence: 0.8509162

00:09:24.460 --> 00:09:26.810 turn to pain and we don't want that.

NOTE Confidence: 0.8509162

00:09:26.810 --> 00:09:28.406 We want people to have pleasure

NOTE Confidence: 0.8509162

00:09:28.406 --> 00:09:30.010 and keep on having pleasure.  
NOTE Confidence: 0.8509162

00:09:30.010 --> 00:09:31.809 And then of course there are some  
NOTE Confidence: 0.8509162

00:09:31.809 --> 00:09:33.789 changing roles in relationships you know.  
NOTE Confidence: 0.8509162

00:09:33.790 --> 00:09:35.722 Can I have a sexual activity with  
NOTE Confidence: 0.8509162

00:09:35.722 --> 00:09:37.289 somebody who's been my caregiver?  
NOTE Confidence: 0.8509162

00:09:37.290 --> 00:09:37.936 You know,  
NOTE Confidence: 0.8509162

00:09:37.936 --> 00:09:39.874 dealing with some of my bodily  
NOTE Confidence: 0.8509162

00:09:39.874 --> 00:09:41.378 functions which may not be  
NOTE Confidence: 0.8509162

00:09:41.378 --> 00:09:43.233 pleasant for me to think about her.  
NOTE Confidence: 0.8509162

00:09:43.240 --> 00:09:44.926 Talk about these are all issues,  
NOTE Confidence: 0.8509162

00:09:44.930 --> 00:09:45.490 and again,  
NOTE Confidence: 0.8509162

00:09:45.490 --> 00:09:47.170 they're all important to talk about.  
NOTE Confidence: 0.8509162

00:09:47.170 --> 00:09:48.580 We're vulnerable and people are  
NOTE Confidence: 0.8509162

00:09:48.580 --> 00:09:49.708 vulnerable even without dealing  
NOTE Confidence: 0.8509162

00:09:49.708 --> 00:09:50.829 with a cancer diagnosis,  
NOTE Confidence: 0.8509162

00:09:50.830 --> 00:09:52.055 but many people with cancer

NOTE Confidence: 0.8509162

00:09:52.055 --> 00:09:53.280 diagnosis or feeling much more

NOTE Confidence: 0.8509162

00:09:53.330 --> 00:09:54.590 vulnerable and they're embarrassed

NOTE Confidence: 0.8509162

00:09:54.590 --> 00:09:56.165 about what's going on sometimes,

NOTE Confidence: 0.8509162

00:09:56.170 --> 00:09:57.290 which they shouldn't be.

NOTE Confidence: 0.8509162

00:09:57.290 --> 00:09:58.130 But they are,

NOTE Confidence: 0.8509162

00:09:58.130 --> 00:10:00.378 and there may be a fear of rejection.

NOTE Confidence: 0.8509162

00:10:00.380 --> 00:10:02.347 Is my partner going to feel about

NOTE Confidence: 0.8509162

00:10:02.347 --> 00:10:04.317 me like she or he did before?

NOTE Confidence: 0.8509162

00:10:04.320 --> 00:10:05.725 And these are real issues

NOTE Confidence: 0.8509162

00:10:05.725 --> 00:10:07.130 that that folks are feeling,

NOTE Confidence: 0.8509162

00:10:07.130 --> 00:10:08.810 so there are those going on,

NOTE Confidence: 0.8509162

00:10:08.810 --> 00:10:10.496 so these are some of the

NOTE Confidence: 0.8509162

00:10:10.496 --> 00:10:11.058 multifactorial things.

NOTE Confidence: 0.8509162

00:10:11.060 --> 00:10:11.903 Then, of course,

NOTE Confidence: 0.8509162

00:10:11.903 --> 00:10:13.308 there are some physical activities,

NOTE Confidence: 0.8509162

00:10:13.310 --> 00:10:15.308 physical issues going on as well.  
NOTE Confidence: 0.8509162

00:10:15.310 --> 00:10:18.436 We'll see the next slide there.  
NOTE Confidence: 0.8509162

00:10:18.440 --> 00:10:21.135 That there are hormonal changes for me.  
NOTE Confidence: 0.8509162

00:10:21.140 --> 00:10:21.505 OK,  
NOTE Confidence: 0.8509162

00:10:21.505 --> 00:10:23.330 there can be issues related  
NOTE Confidence: 0.8509162

00:10:23.330 --> 00:10:24.790 with hormonally can decrease  
NOTE Confidence: 0.77990997

00:10:24.859 --> 00:10:26.471 in manifest themselves in  
NOTE Confidence: 0.77990997

00:10:26.471 --> 00:10:28.083 to decrease labille libido.  
NOTE Confidence: 0.77990997

00:10:28.090 --> 00:10:30.519 There can be issues as far as  
NOTE Confidence: 0.77990997

00:10:30.519 --> 00:10:32.070 achieving arousal or orgasmic  
NOTE Confidence: 0.77990997

00:10:32.070 --> 00:10:34.265 responses then with the guys.  
NOTE Confidence: 0.77990997

00:10:34.270 --> 00:10:36.646 There can be issues involving erectile  
NOTE Confidence: 0.77990997

00:10:36.646 --> 00:10:39.006 dysfunction which can be a direct  
NOTE Confidence: 0.77990997

00:10:39.006 --> 00:10:41.118 effect of surgery or radiation therapy  
NOTE Confidence: 0.77990997

00:10:41.118 --> 00:10:43.528 or other emotional things going on.  
NOTE Confidence: 0.77990997

00:10:43.530 --> 00:10:46.225 Then of course there are issues involving

NOTE Confidence: 0.77990997

00:10:46.225 --> 00:10:47.848 vaginal dryness, balvar, dryness.

NOTE Confidence: 0.77990997

00:10:47.848 --> 00:10:49.968 And pain with intercourse secondary.

NOTE Confidence: 0.77990997

00:10:49.970 --> 00:10:51.194 The dryness, or potentially

NOTE Confidence: 0.77990997

00:10:51.194 --> 00:10:52.418 scarring from surgical procedures.

NOTE Confidence: 0.77990997

00:10:52.420 --> 00:10:53.305 Then, of course,

NOTE Confidence: 0.77990997

00:10:53.305 --> 00:10:54.780 there are the fabulous things

NOTE Confidence: 0.77990997

00:10:54.780 --> 00:10:56.687 like hot flashes that if ovarian

NOTE Confidence: 0.77990997

00:10:56.687 --> 00:10:57.947 function is taken away,

NOTE Confidence: 0.77990997

00:10:57.950 --> 00:11:00.398 women are going to be put into menopause,

NOTE Confidence: 0.77990997

00:11:00.400 --> 00:11:02.368 which can occur from surgery or

NOTE Confidence: 0.77990997

00:11:02.368 --> 00:11:04.309 can occur from chemotherapy or can

NOTE Confidence: 0.77990997

00:11:04.309 --> 00:11:06.013 incur from some of the hormonal

NOTE Confidence: 0.77990997

00:11:06.013 --> 00:11:07.825 therapies we used to deal with

NOTE Confidence: 0.77990997

00:11:07.825 --> 00:11:09.310 their cancer from coming back.

NOTE Confidence: 0.77990997

00:11:09.310 --> 00:11:11.702 So all these real issues and of course

NOTE Confidence: 0.77990997

00:11:11.702 --> 00:11:13.593 unfortunately on some of the people  
NOTE Confidence: 0.77990997

00:11:13.593 --> 00:11:15.133 would probably sit there saying,  
NOTE Confidence: 0.77990997

00:11:15.140 --> 00:11:17.310 yeah, I know about this is sleep  
NOTE Confidence: 0.77990997

00:11:17.310 --> 00:11:18.660 disruption which can occur.  
NOTE Confidence: 0.77990997

00:11:18.660 --> 00:11:19.449 From either second,  
NOTE Confidence: 0.77990997

00:11:19.449 --> 00:11:20.764 even just spontaneously, you know.  
NOTE Confidence: 0.77990997

00:11:20.764 --> 00:11:22.336 Some people just can't sleep well,  
NOTE Confidence: 0.77990997

00:11:22.340 --> 00:11:23.978 or there can be things like hot  
NOTE Confidence: 0.77990997

00:11:23.978 --> 00:11:25.500 flashes which are bothering folks.  
NOTE Confidence: 0.77990997

00:11:25.500 --> 00:11:27.072 All these things contribute to the  
NOTE Confidence: 0.77990997

00:11:27.072 --> 00:11:28.126 sexual dysfunction, libido issues,  
NOTE Confidence: 0.77990997

00:11:28.126 --> 00:11:30.230 so it's a it's a very broad outline,  
NOTE Confidence: 0.77990997

00:11:30.230 --> 00:11:31.016 broad, you know,  
NOTE Confidence: 0.77990997

00:11:31.016 --> 00:11:33.390 a number of problems that can be going on,  
NOTE Confidence: 0.77990997

00:11:33.390 --> 00:11:35.154 and we're here to try to deal  
NOTE Confidence: 0.77990997

00:11:35.154 --> 00:11:36.280 with all of them.

NOTE Confidence: 0.77990997

00:11:36.280 --> 00:11:40.114 If we can help you at the next one.

NOTE Confidence: 0.77990997

00:11:40.120 --> 00:11:40.570 I'm

NOTE Confidence: 0.8406922

00:11:40.570 --> 00:11:43.246 sorry, did I miss the physical,

NOTE Confidence: 0.8406922

00:11:43.250 --> 00:11:44.588 the physical one?

NOTE Confidence: 0.8406922

00:11:44.588 --> 00:11:45.926 The physical slide?

NOTE Confidence: 0.8406922

00:11:45.930 --> 00:11:49.953 I think I must have missed it in the

NOTE Confidence: 0.8406922

00:11:49.953 --> 00:11:52.640 PowerPoint, but there are physical changes.

NOTE Confidence: 0.8406922

00:11:52.640 --> 00:11:54.870 Things like scars, ostomies ports,

NOTE Confidence: 0.8406922

00:11:54.870 --> 00:11:57.110 people who've had a mastectomy,

NOTE Confidence: 0.8406922

00:11:57.110 --> 00:11:59.340 people who've had prostate surgery,

NOTE Confidence: 0.8406922

00:11:59.340 --> 00:12:02.118 just physically have changes that can

NOTE Confidence: 0.8406922

00:12:02.118 --> 00:12:04.710 either be affecting their you know,

NOTE Confidence: 0.8406922

00:12:04.710 --> 00:12:07.380 ability to have certain positions during

NOTE Confidence: 0.8406922

00:12:07.380 --> 00:12:09.634 intercourse, ability to you know,

NOTE Confidence: 0.8406922

00:12:09.634 --> 00:12:12.340 maybe there's loss of sensation after

NOTE Confidence: 0.8406922



00:12:12.427 --> 00:12:15.307 a mastectomy that affects the breast.  
NOTE Confidence: 0.8406922

00:12:15.310 --> 00:12:16.486 As an erogenous zone,  
NOTE Confidence: 0.8406922

00:12:16.486 --> 00:12:18.840 or maybe pain with certain sexual positions.  
NOTE Confidence: 0.8406922

00:12:18.840 --> 00:12:20.940 So I'm sorry that I left that  
NOTE Confidence: 0.8406922

00:12:20.940 --> 00:12:22.370 slide out Doctor Minkin,  
NOTE Confidence: 0.8406922

00:12:22.370 --> 00:12:24.980 but also the physical changes.  
NOTE Confidence: 0.8406922

00:12:24.980 --> 00:12:26.210 From cancer treatment,  
NOTE Confidence: 0.8406922

00:12:26.210 --> 00:12:27.440 then can certainly  
NOTE Confidence: 0.864245

00:12:27.440 --> 00:12:30.310 affect sexual function as well. No question,  
NOTE Confidence: 0.864245

00:12:30.310 --> 00:12:32.360 no, but would also add  
NOTE Confidence: 0.864245

00:12:32.360 --> 00:12:34.000 reconstruction in there, right?  
NOTE Confidence: 0.864245

00:12:34.000 --> 00:12:35.640 So with reconstruction changes  
NOTE Confidence: 0.864245

00:12:35.640 --> 00:12:39.600 in anatomical changes. Yeah. Now.  
NOTE Confidence: 0.85991234

00:12:40.750 --> 00:12:43.080 And some of these things there are problems  
NOTE Confidence: 0.85991234

00:12:43.080 --> 00:12:45.365 and we understand that what goes on in  
NOTE Confidence: 0.85991234

00:12:45.365 --> 00:12:47.686 a typical visit that you know there are

NOTE Confidence: 0.85991234

00:12:47.686 --> 00:12:50.060 people are dealing with a lot of problems.

NOTE Confidence: 0.85991234

00:12:50.060 --> 00:12:52.679 And in a visit to the oncology follow up

NOTE Confidence: 0.85991234

00:12:52.679 --> 00:12:54.542 folks, and so there's oftentimes a lack

NOTE Confidence: 0.85991234

00:12:54.542 --> 00:12:56.590 of time to address the sexual health

NOTE Confidence: 0.85991234

00:12:56.590 --> 00:12:58.788 issues and the complexities of cancer care.

NOTE Confidence: 0.85991234

00:12:58.790 --> 00:13:00.245 And sometimes providers were the

NOTE Confidence: 0.85991234

00:13:00.245 --> 00:13:01.947 guilty ones because we say, well,

NOTE Confidence: 0.85991234

00:13:01.947 --> 00:13:03.676 the patients are going to bring up

NOTE Confidence: 0.85991234

00:13:03.676 --> 00:13:05.559 topics that they're dealing with issues

NOTE Confidence: 0.85991234

00:13:05.559 --> 00:13:07.224 of sexual dysfunction or menopause.

NOTE Confidence: 0.85991234

00:13:07.230 --> 00:13:09.849 No, if we've learned that if we don't ask,

NOTE Confidence: 0.85991234

00:13:09.850 --> 00:13:10.723 they don't tell.

NOTE Confidence: 0.85991234

00:13:10.723 --> 00:13:12.470 Oftentimes, I mean, some folks well,

NOTE Confidence: 0.85991234

00:13:12.470 --> 00:13:14.536 and God bless him, and that's terrific.

NOTE Confidence: 0.85991234

00:13:14.536 --> 00:13:15.744 And we love it.

NOTE Confidence: 0.85991234

00:13:15.750 --> 00:13:17.787 Yes, they do, but oftentimes people won't.

NOTE Confidence: 0.85991234

00:13:17.790 --> 00:13:19.275 They were embarrassed and they're

NOTE Confidence: 0.85991234

00:13:19.275 --> 00:13:21.010 waiting for the provider to ask,

NOTE Confidence: 0.85991234

00:13:21.010 --> 00:13:23.047 and lots of times they're not asked.

NOTE Confidence: 0.85991234

00:13:23.050 --> 00:13:25.386 And the other thing is you know patients,

NOTE Confidence: 0.85991234

00:13:25.390 --> 00:13:27.434 men and women may not feel comfortable

NOTE Confidence: 0.85991234

00:13:27.434 --> 00:13:28.310 discussing their symptoms,

NOTE Confidence: 0.85991234

00:13:28.310 --> 00:13:29.765 and there are multiple surveys

NOTE Confidence: 0.85991234

00:13:29.765 --> 00:13:30.929 that can be used.

NOTE Confidence: 0.85991234

00:13:30.930 --> 00:13:31.548 And again,

NOTE Confidence: 0.85991234

00:13:31.548 --> 00:13:33.402 one of the most unfortunate things

NOTE Confidence: 0.85991234

00:13:33.402 --> 00:13:35.414 is in Elena alluded to this a

NOTE Confidence: 0.85991234

00:13:35.414 --> 00:13:37.360 little bit as far as you know,

NOTE Confidence: 0.85991234

00:13:37.360 --> 00:13:39.075 in the topic of you know where

NOTE Confidence: 0.85991234

00:13:39.075 --> 00:13:40.815 surgeons and taking care of people

NOTE Confidence: 0.85991234

00:13:40.815 --> 00:13:42.087 that many unfortunately surgeon

NOTE Confidence: 0.85991234

00:13:42.087 --> 00:13:43.791 sometimes have the feeling, well,

NOTE Confidence: 0.85991234

00:13:43.791 --> 00:13:45.898 you know, we operated on you your.

NOTE Confidence: 0.85991234

00:13:45.900 --> 00:13:46.644 Sure, that's great.

NOTE Confidence: 0.85991234

00:13:46.644 --> 00:13:48.380 You know that's enough and you know

NOTE Confidence: 0.85991234

00:13:48.432 --> 00:13:50.058 many patients say feel guilty about.

NOTE Confidence: 0.85991234

00:13:50.060 --> 00:13:50.309 Well,

NOTE Confidence: 0.85991234

00:13:50.309 --> 00:13:52.301 I really want to do a lot more

NOTE Confidence: 0.85991234

00:13:52.301 --> 00:13:53.959 with my life than you know.

NOTE Confidence: 0.85991234

00:13:53.960 --> 00:13:55.520 Just having matured in my cancer.

NOTE Confidence: 0.85991234

00:13:55.520 --> 00:13:56.273 And you know,

NOTE Confidence: 0.85991234

00:13:56.273 --> 00:13:57.779 they feel embarrassed and they feel

NOTE Confidence: 0.85991234

00:13:57.779 --> 00:13:59.423 like they're they're asking for too

NOTE Confidence: 0.85991234

00:13:59.423 --> 00:14:01.239 much and they're not asking too much.

NOTE Confidence: 0.85991234

00:14:01.240 --> 00:14:03.096 It's perfectly with the right thing to do

NOTE Confidence: 0.85991234

00:14:03.096 --> 00:14:05.399 to be asking for a normal life afterwards.

NOTE Confidence: 0.85991234

00:14:05.400 --> 00:14:06.700 So that's an important thing.  
NOTE Confidence: 0.85991234

00:14:06.700 --> 00:14:08.485 So I think our next slide we  
NOTE Confidence: 0.85991234

00:14:08.485 --> 00:14:10.596 have a list of some of this one,  
NOTE Confidence: 0.85991234

00:14:10.600 --> 00:14:12.273 or some of the some of the  
NOTE Confidence: 0.85991234

00:14:12.273 --> 00:14:13.460 ways to assess things,  
NOTE Confidence: 0.85991234

00:14:13.460 --> 00:14:15.280 and there are guidelines to do this.  
NOTE Confidence: 0.85991234

00:14:15.280 --> 00:14:16.320 This is there's documentation  
NOTE Confidence: 0.85991234

00:14:16.320 --> 00:14:17.880 for people who have to have,  
NOTE Confidence: 0.85991234

00:14:17.880 --> 00:14:19.440 you know, a guideline to say,  
NOTE Confidence: 0.85991234

00:14:19.440 --> 00:14:20.960 yeah, there NCC send national.  
NOTE Confidence: 0.85991234

00:14:20.960 --> 00:14:22.760 Survivor Networks and we're supposed to.  
NOTE Confidence: 0.85991234

00:14:22.760 --> 00:14:24.664 This is part of the guidelines that  
NOTE Confidence: 0.85991234

00:14:24.664 --> 00:14:26.847 we were supposed to ask about sexual  
NOTE Confidence: 0.85991234

00:14:26.847 --> 00:14:28.155 function at regular intervals.  
NOTE Confidence: 0.85991234

00:14:28.160 --> 00:14:28.460 Ann,  
NOTE Confidence: 0.85991234

00:14:28.460 --> 00:14:30.260 we should discuss issues about fertility,

NOTE Confidence: 0.85991234

00:14:30.260 --> 00:14:31.460 particularly with young patients

NOTE Confidence: 0.85991234

00:14:31.460 --> 00:14:32.660 who are diagnosed early.

NOTE Confidence: 0.85991234

00:14:32.660 --> 00:14:34.160 There are plenty of screening

NOTE Confidence: 0.85991234

00:14:34.160 --> 00:14:35.060 tools out there,

NOTE Confidence: 0.85991234

00:14:35.060 --> 00:14:37.160 will talk about a couple of them,

NOTE Confidence: 0.85991234

00:14:37.160 --> 00:14:39.302 and you can adapt some of these

NOTE Confidence: 0.85991234

00:14:39.302 --> 00:14:41.602 yourself and bring it up stuff with

NOTE Confidence: 0.85991234

00:14:41.602 --> 00:14:43.252 your providers and their patients

NOTE Confidence: 0.85991234

00:14:43.252 --> 00:14:45.407 who will do well if they need to

NOTE Confidence: 0.85991234

00:14:45.407 --> 00:14:46.770 see a sexual health specialist.

NOTE Confidence: 0.85991234

00:14:46.770 --> 00:14:49.210 If the survivor is interested in it and

NOTE Confidence: 0.85991234

00:14:49.269 --> 00:14:51.635 then make the appropriate referrals for this.

NOTE Confidence: 0.85991234

00:14:51.640 --> 00:14:53.250 Or from the provider for

NOTE Confidence: 0.85991234

00:14:53.250 --> 00:14:54.216 therapy couples counseling,

NOTE Confidence: 0.85991234

00:14:54.220 --> 00:14:54.868 sexual counseling,

NOTE Confidence: 0.85991234

00:14:54.868 --> 00:14:55.840 regular GYN care,  
NOTE Confidence: 0.85991234

00:14:55.840 --> 00:14:57.525 neurology or sexual health specialist  
NOTE Confidence: 0.85991234

00:14:57.525 --> 00:14:59.865 will talk about some of them later  
NOTE Confidence: 0.85991234

00:14:59.865 --> 00:15:01.647 and then follow these things up.  
NOTE Confidence: 0.85991234

00:15:01.650 --> 00:15:03.118 Re-evaluate irregular intervals and  
NOTE Confidence: 0.85991234

00:15:03.118 --> 00:15:04.953 this indeed is survivorship guidelines  
NOTE Confidence: 0.85991234

00:15:04.953 --> 00:15:06.499 published just basically a year ago.  
NOTE Confidence: 0.82786137

00:15:06.500 --> 00:15:09.084 So these are up to date and their  
NOTE Confidence: 0.82786137

00:15:09.084 --> 00:15:10.726 guidelines, rivers and these are  
NOTE Confidence: 0.82786137

00:15:10.726 --> 00:15:12.700 the things that we're supposed to  
NOTE Confidence: 0.82786137

00:15:12.765 --> 00:15:14.900 be doing and supposed to be asking.  
NOTE Confidence: 0.87009186

00:15:15.800 --> 00:15:18.072 And I would add here that we can  
NOTE Confidence: 0.87009186

00:15:18.072 --> 00:15:19.852 certainly also consider a referral  
NOTE Confidence: 0.87009186

00:15:19.852 --> 00:15:22.150 to our friends from physical therapy,  
NOTE Confidence: 0.87009186

00:15:22.150 --> 00:15:24.064 and we have the Nice here  
NOTE Confidence: 0.87009186

00:15:24.064 --> 00:15:25.820 on the call as well.

NOTE Confidence: 0.87009186

00:15:25.820 --> 00:15:28.102 And Denise is one of the wonderful

NOTE Confidence: 0.87009186

00:15:28.102 --> 00:15:29.793 pelvic floor physical therapists at

NOTE Confidence: 0.87009186

00:15:29.793 --> 00:15:32.075 Smilow who helps us with patients who

NOTE Confidence: 0.87009186

00:15:32.075 --> 00:15:34.146 have any challenges with the muscles

NOTE Confidence: 0.87009186

00:15:34.146 --> 00:15:36.360 and the complex anatomy of the pelvis.

NOTE Confidence: 0.87009186

00:15:36.360 --> 00:15:38.849 And she can help with a lot of the

NOTE Confidence: 0.87009186

00:15:38.849 --> 00:15:40.233 sexuality challenges that people

NOTE Confidence: 0.87009186

00:15:40.233 --> 00:15:43.214 have so we can also refer to our

NOTE Confidence: 0.87009186

00:15:43.214 --> 00:15:45.184 physical therapist colleagues as well.

NOTE Confidence: 0.80341935

00:15:45.800 --> 00:15:47.090 Absolutely, and we do regularly.

NOTE Confidence: 0.80341935

00:15:47.090 --> 00:15:48.962 Now we don't and I was just thinking

NOTE Confidence: 0.80341935

00:15:48.962 --> 00:15:50.752 for those who heard me thanking Denise

NOTE Confidence: 0.80341935

00:15:50.752 --> 00:15:52.740 for helping one of my ladies there.

NOTE Confidence: 0.80341935

00:15:52.740 --> 00:15:54.484 She's been very active and now this is

NOTE Confidence: 0.80341935

00:15:54.484 --> 00:15:56.662 what I was alluding to before and this is

NOTE Confidence: 0.80341935



00:15:56.662 --> 00:15:58.648 just some brief sexual symptom checklist.

NOTE Confidence: 0.80341935

00:15:58.650 --> 00:16:00.330 As you can see with their mess

NOTE Confidence: 0.80341935

00:16:00.330 --> 00:16:01.730 for guys and for ladies.

NOTE Confidence: 0.80341935

00:16:01.730 --> 00:16:03.786 And so I'm going to focus in 'cause

NOTE Confidence: 0.80341935

00:16:03.786 --> 00:16:05.590 we're focusing in tonight on the women,

NOTE Confidence: 0.80341935

00:16:05.590 --> 00:16:07.298 but there are issues that men look

NOTE Confidence: 0.80341935

00:16:07.298 --> 00:16:08.891 so certainly could well bring up

NOTE Confidence: 0.80341935

00:16:08.891 --> 00:16:10.471 with their providers. An for women.

NOTE Confidence: 0.80341935

00:16:10.471 --> 00:16:11.499 Just a simple question.

NOTE Confidence: 0.80341935

00:16:11.500 --> 00:16:13.299 Are you satisfied with your sexual function?

NOTE Confidence: 0.80341935

00:16:13.300 --> 00:16:14.836 I'm going to ask people listening.

NOTE Confidence: 0.80341935

00:16:14.840 --> 00:16:18.150 I want to ask for a show of hands right now.

NOTE Confidence: 0.80341935

00:16:18.150 --> 00:16:19.029 But you know,

NOTE Confidence: 0.80341935

00:16:19.029 --> 00:16:20.787 are you satisfied with sexual thing?

NOTE Confidence: 0.80341935

00:16:20.790 --> 00:16:22.548 Yes no, if you are OK,

NOTE Confidence: 0.80341935

00:16:22.550 --> 00:16:23.718 that's cool, that's terrific.

NOTE Confidence: 0.80341935

00:16:23.718 --> 00:16:26.644 But if not, how long is this been going on?

NOTE Confidence: 0.80341935

00:16:26.650 --> 00:16:28.715 For how long have you been dissatisfied

NOTE Confidence: 0.80341935

00:16:28.715 --> 00:16:30.796 with your function and then what are

NOTE Confidence: 0.80341935

00:16:30.796 --> 00:16:32.506 the problems that you're dealing with?

NOTE Confidence: 0.80341935

00:16:32.510 --> 00:16:34.045 'cause female sexual dysfunction is

NOTE Confidence: 0.80341935

00:16:34.045 --> 00:16:36.444 a whole bunch of areas and this is

NOTE Confidence: 0.80341935

00:16:36.444 --> 00:16:38.064 not to deal with cancer survivors.

NOTE Confidence: 0.80341935

00:16:38.070 --> 00:16:39.828 This is just overall in female

NOTE Confidence: 0.80341935

00:16:39.828 --> 00:16:40.414 sexual function.

NOTE Confidence: 0.80341935

00:16:40.420 --> 00:16:42.112 There are folks who have issues

NOTE Confidence: 0.80341935

00:16:42.112 --> 00:16:44.230 with little or no interest in sex.

NOTE Confidence: 0.80341935

00:16:44.230 --> 00:16:46.190 There are people who have problems with

NOTE Confidence: 0.80341935

00:16:46.190 --> 00:16:47.450 decreased genital sensation feelings.

NOTE Confidence: 0.80341935

00:16:47.450 --> 00:16:49.286 There are people who have decreased

NOTE Confidence: 0.80341935

00:16:49.286 --> 00:16:49.898 lubrication issues.

NOTE Confidence: 0.80341935

00:16:49.900 --> 00:16:50.668 Women wearing dryness.  
NOTE Confidence: 0.80341935

00:16:50.668 --> 00:16:52.204 There are women who have problems  
NOTE Confidence: 0.80341935

00:16:52.204 --> 00:16:52.780 reaching orgasm.  
NOTE Confidence: 0.80341935

00:16:52.780 --> 00:16:54.358 There are problems with women having  
NOTE Confidence: 0.80341935

00:16:54.358 --> 00:16:56.002 pain with sex both with penetration  
NOTE Confidence: 0.80341935

00:16:56.002 --> 00:16:57.878 but also deeper on the pelvis and  
NOTE Confidence: 0.80341935

00:16:57.878 --> 00:16:59.585 which problem is the worst for you?  
NOTE Confidence: 0.80341935

00:16:59.590 --> 00:17:00.116 Which one?  
NOTE Confidence: 0.80341935

00:17:00.116 --> 00:17:01.168 If we could say,  
NOTE Confidence: 0.80341935

00:17:01.170 --> 00:17:02.736 let's focus first on that one,  
NOTE Confidence: 0.80341935

00:17:02.740 --> 00:17:04.567 which is the most bothersome for you?  
NOTE Confidence: 0.80341935

00:17:04.570 --> 00:17:06.166 So we can focus in on working  
NOTE Confidence: 0.80341935

00:17:06.166 --> 00:17:08.118 on that first and then the next  
NOTE Confidence: 0.80341935

00:17:08.118 --> 00:17:09.027 most important things.  
NOTE Confidence: 0.80341935

00:17:09.030 --> 00:17:10.703 Would you like to talk about it  
NOTE Confidence: 0.80341935

00:17:10.703 --> 00:17:12.170 with your health care provider,

NOTE Confidence: 0.80341935

00:17:12.170 --> 00:17:13.997 you know, and we hope you will,

NOTE Confidence: 0.80341935

00:17:14.000 --> 00:17:16.620 and we hope that we can be here to help.

NOTE Confidence: 0.80341935

00:17:16.620 --> 00:17:18.588 So those are just some simple things to

NOTE Confidence: 0.80341935

00:17:18.588 --> 00:17:20.412 maybe generate some thoughts, you know.

NOTE Confidence: 0.80341935

00:17:20.412 --> 00:17:22.659 Of people listening and watching the same?

NOTE Confidence: 0.80341935

00:17:22.660 --> 00:17:23.620 Maybe I could,

NOTE Confidence: 0.80341935

00:17:23.620 --> 00:17:24.260 you know,

NOTE Confidence: 0.80341935

00:17:24.260 --> 00:17:26.156 deal with some of these issues

NOTE Confidence: 0.80341935

00:17:26.156 --> 00:17:27.790 and that's what we're here.

NOTE Confidence: 0.80341935

00:17:27.790 --> 00:17:29.716 These are the issues we deal

NOTE Confidence: 0.80341935

00:17:29.716 --> 00:17:31.000 with every single clinic.

NOTE Confidence: 0.80341935

00:17:31.000 --> 00:17:33.568 I can't think of a clinic we don't.

NOTE Confidence: 0.80341935

00:17:33.570 --> 00:17:34.533 We've done Joanna,

NOTE Confidence: 0.80341935

00:17:34.533 --> 00:17:36.780 that we haven't dealt with these issues.

NOTE Confidence: 0.80341935

00:17:36.780 --> 00:17:37.743 This is called.

NOTE Confidence: 0.80341935

00:17:37.743 --> 00:17:39.990 This is called days days stay today.  
NOTE Confidence: 0.80341935

00:17:39.990 --> 00:17:40.917 It's Milo here.  
NOTE Confidence: 0.80341935

00:17:40.917 --> 00:17:42.771 Absolutely OK now this just emphasizes  
NOTE Confidence: 0.80341935

00:17:42.771 --> 00:17:44.926 a little bit some of the overlap  
NOTE Confidence: 0.80341935

00:17:44.926 --> 00:17:47.240 that we're dealing with here on the  
NOTE Confidence: 0.80341935

00:17:47.240 --> 00:17:48.660 management of sexual dysfunction.  
NOTE Confidence: 0.80341935

00:17:48.660 --> 00:17:50.520 And there's input from everybody.  
NOTE Confidence: 0.80341935

00:17:50.520 --> 00:17:52.374 'cause their issues from the fertility  
NOTE Confidence: 0.80341935

00:17:52.374 --> 00:17:54.349 for are particularly for younger folks.  
NOTE Confidence: 0.80341935

00:17:54.350 --> 00:17:56.150 Issues of sexuality for anybody who's  
NOTE Confidence: 0.80341935

00:17:56.150 --> 00:17:58.180 sexuality is is a human problem,  
NOTE Confidence: 0.80341935

00:17:58.180 --> 00:18:00.378 not a problem of younger or older  
NOTE Confidence: 0.80341935

00:18:00.378 --> 00:18:02.000 folks or anything like that.  
NOTE Confidence: 0.80341935

00:18:02.000 --> 00:18:04.862 And these are some of the folks that we  
NOTE Confidence: 0.80341935

00:18:04.862 --> 00:18:08.065 may bring in as well to help deal with it.  
NOTE Confidence: 0.80341935

00:18:08.070 --> 00:18:09.665 We may bring in reproductive

NOTE Confidence: 0.80341935

00:18:09.665 --> 00:18:11.260 endocrinologist if we're dealing with,

NOTE Confidence: 0.84822756

00:18:11.260 --> 00:18:13.486 you know, trying to do ovarian preservation.

NOTE Confidence: 0.84822756

00:18:13.490 --> 00:18:15.080 Genetics folks are mental health

NOTE Confidence: 0.84822756

00:18:15.080 --> 00:18:16.352 workers we've talked about.

NOTE Confidence: 0.84822756

00:18:16.360 --> 00:18:17.632 We have tremendous input

NOTE Confidence: 0.84822756

00:18:17.632 --> 00:18:18.586 from our psychologists.

NOTE Confidence: 0.84822756

00:18:18.590 --> 00:18:20.295 We also occasionally referred to

NOTE Confidence: 0.84822756

00:18:20.295 --> 00:18:22.000 a psychiatrist or social worker.

NOTE Confidence: 0.84822756

00:18:22.000 --> 00:18:23.939 We have our GMA oncologix friends with

NOTE Confidence: 0.84822756

00:18:23.939 --> 00:18:26.359 us and then as far as as Joanna Lootere

NOTE Confidence: 0.84822756

00:18:26.359 --> 00:18:28.379 pelvic floor PT is really important.

NOTE Confidence: 0.84822756

00:18:28.380 --> 00:18:30.700 We may refer to with a full time

NOTE Confidence: 0.84822756

00:18:30.700 --> 00:18:32.883 sex therapist and you know we have

NOTE Confidence: 0.84822756

00:18:32.883 --> 00:18:35.011 ways to contact those people so we

NOTE Confidence: 0.84822756

00:18:35.011 --> 00:18:37.075 can draw in all these people and at

NOTE Confidence: 0.84822756

00:18:37.080 --> 00:18:39.110 the center of this is the patient,  
NOTE Confidence: 0.84822756

00:18:39.110 --> 00:18:40.682 either herself or or with a  
NOTE Confidence: 0.84822756

00:18:40.682 --> 00:18:42.300 partner without or with apartment.  
NOTE Confidence: 0.84822756

00:18:42.300 --> 00:18:44.040 These these are how we try  
NOTE Confidence: 0.84822756

00:18:44.040 --> 00:18:45.200 to approach the issues,  
NOTE Confidence: 0.84822756

00:18:45.200 --> 00:18:46.940 'cause they're all at play here.  
NOTE Confidence: 0.84822756

00:18:46.940 --> 00:18:48.100 There always are, and  
NOTE Confidence: 0.82948375

00:18:48.100 --> 00:18:50.388 one of the most important things is that  
NOTE Confidence: 0.82948375

00:18:50.388 --> 00:18:52.818 we know cancer survivors at any stage.  
NOTE Confidence: 0.82948375

00:18:52.820 --> 00:18:55.930 Can be can have a partner they can be dating.  
NOTE Confidence: 0.82948375

00:18:55.930 --> 00:18:57.892 They cannot have a partner and  
NOTE Confidence: 0.82948375

00:18:57.892 --> 00:18:59.200 sexuality looks different to  
NOTE Confidence: 0.82948375

00:18:59.256 --> 00:19:01.307 everybody and we want to be inclusive  
NOTE Confidence: 0.82948375

00:19:01.307 --> 00:19:03.080 of patients who have a partner.  
NOTE Confidence: 0.82948375

00:19:03.080 --> 00:19:04.946 Are looking for a partner and  
NOTE Confidence: 0.82948375

00:19:04.946 --> 00:19:05.879 concerned about that.

NOTE Confidence: 0.82948375

00:19:05.880 --> 00:19:08.232 Or even if you don't have a partner

NOTE Confidence: 0.82948375

00:19:08.232 --> 00:19:10.546 doesn't mean you're not a sexual person.

NOTE Confidence: 0.82948375

00:19:10.550 --> 00:19:13.078 So we certainly are happy to help you

NOTE Confidence: 0.82948375

00:19:13.078 --> 00:19:15.517 in whatever stage of your life you are.

NOTE Confidence: 0.884204158823529

00:19:16.150 --> 00:19:18.646 Absolutely. OK, and these are some

NOTE Confidence: 0.884204158823529

00:19:18.646 --> 00:19:20.310 of the psychological interventions

NOTE Confidence: 0.884204158823529

00:19:20.370 --> 00:19:22.477 that our team will work about that.

NOTE Confidence: 0.884204158823529

00:19:22.480 --> 00:19:24.220 Of course, there's grief and loss,

NOTE Confidence: 0.884204158823529

00:19:24.220 --> 00:19:26.236 which happens to everybody in this process.

NOTE Confidence: 0.884204158823529

00:19:26.240 --> 00:19:28.544 But we want to establish a new normal.

NOTE Confidence: 0.884204158823529

00:19:28.550 --> 00:19:30.502 This is where you are and you're going

NOTE Confidence: 0.884204158823529

00:19:30.502 --> 00:19:32.683 to be OK trying to deal with anxiety

NOTE Confidence: 0.884204158823529

00:19:32.683 --> 00:19:34.847 and getting rid of negative patterns of

NOTE Confidence: 0.884204158823529

00:19:34.847 --> 00:19:37.220 thinking to think about the positive way

NOTE Confidence: 0.884204158823529

00:19:37.220 --> 00:19:39.250 we're going to address all these issues.

NOTE Confidence: 0.884204158823529



00:19:39.250 --> 00:19:40.648 As Joanna talked about ways to  
NOTE Confidence: 0.884204158823529

00:19:40.648 --> 00:19:42.002 cope with dating and communicating  
NOTE Confidence: 0.884204158823529

00:19:42.002 --> 00:19:43.867 with current or potential partners.  
NOTE Confidence: 0.884204158823529

00:19:43.870 --> 00:19:45.992 OK, this is a problem. I've had.  
NOTE Confidence: 0.884204158823529

00:19:45.992 --> 00:19:48.344 This OK? Are you OK with this?  
NOTE Confidence: 0.884204158823529

00:19:48.350 --> 00:19:50.312 On how can we make it OK if it's  
NOTE Confidence: 0.884204158823529

00:19:50.312 --> 00:19:52.189 not relational issues that are  
NOTE Confidence: 0.884204158823529

00:19:52.189 --> 00:19:54.179 there that can affect sexuality,  
NOTE Confidence: 0.884204158823529

00:19:54.180 --> 00:19:55.715 intimacy, we want to facilitate  
NOTE Confidence: 0.884204158823529

00:19:55.715 --> 00:19:56.943 communication between among everybody.  
NOTE Confidence: 0.884204158823529

00:19:56.950 --> 00:19:58.086 To clean between partners,  
NOTE Confidence: 0.884204158823529

00:19:58.086 --> 00:19:59.790 we want to help folks develop  
NOTE Confidence: 0.884204158823529

00:19:59.845 --> 00:20:01.420 relaxation skills to help make  
NOTE Confidence: 0.884204158823529

00:20:01.420 --> 00:20:02.995 things more comfortable and get  
NOTE Confidence: 0.884204158823529

00:20:03.045 --> 00:20:04.620 our partners engaged and again,  
NOTE Confidence: 0.884204158823529

00:20:04.620 --> 00:20:06.456 getting back to this new normal.

NOTE Confidence: 0.884204158823529

00:20:06.460 --> 00:20:08.609 Embracing the new normal to say OK,

NOTE Confidence: 0.884204158823529

00:20:08.610 --> 00:20:10.446 things are a little bit different,

NOTE Confidence: 0.884204158823529

00:20:10.450 --> 00:20:11.020 but let's,

NOTE Confidence: 0.884204158823529

00:20:11.020 --> 00:20:13.830 let's say this is OK and make it better.

NOTE Confidence: 0.8392486

00:20:16.170 --> 00:20:18.450 And this is actually a book that from

NOTE Confidence: 0.8392486

00:20:18.450 --> 00:20:20.907 a book that Joanna hands out regularly

NOTE Confidence: 0.8392486

00:20:20.907 --> 00:20:23.285 to our patients and it's just a

NOTE Confidence: 0.8392486

00:20:23.285 --> 00:20:25.548 little bit of a guide as far as some

NOTE Confidence: 0.8392486

00:20:25.548 --> 00:20:26.988 of the behavioral interventions we

NOTE Confidence: 0.8392486

00:20:26.988 --> 00:20:28.507 talk about their different lifestyle

NOTE Confidence: 0.8392486

00:20:28.507 --> 00:20:30.107 and interventions that can happen.

NOTE Confidence: 0.8392486

00:20:30.110 --> 00:20:31.898 Just simple positioning within a course

NOTE Confidence: 0.8392486

00:20:31.898 --> 00:20:34.384 that things can be better and we can

NOTE Confidence: 0.8392486

00:20:34.384 --> 00:20:35.929 help guide people different positions

NOTE Confidence: 0.8392486

00:20:35.929 --> 00:20:37.680 they may not have thought about.

NOTE Confidence: 0.8392486

00:20:37.680 --> 00:20:39.510 You know, given what's been done  
NOTE Confidence: 0.8392486

00:20:39.510 --> 00:20:41.020 surgically or radiation therapy wise,  
NOTE Confidence: 0.8392486

00:20:41.020 --> 00:20:42.530 kegle exercises, it's very important.  
NOTE Confidence: 0.8392486

00:20:42.530 --> 00:20:43.742 I love kegle exercises.  
NOTE Confidence: 0.8392486

00:20:43.742 --> 00:20:44.954 Everybody should do them.  
NOTE Confidence: 0.8392486

00:20:44.960 --> 00:20:47.828 The guy should do him too.  
NOTE Confidence: 0.8392486

00:20:47.830 --> 00:20:50.098 I want everybody doing him and of  
NOTE Confidence: 0.8392486

00:20:50.098 --> 00:20:52.140 course getting Denise and her team  
NOTE Confidence: 0.8392486

00:20:52.140 --> 00:20:53.823 involved with pelvic floor, PT.  
NOTE Confidence: 0.8392486

00:20:53.823 --> 00:20:55.488 And the important thing experiment  
NOTE Confidence: 0.8392486

00:20:55.488 --> 00:20:56.154 and explore.  
NOTE Confidence: 0.8392486

00:20:56.160 --> 00:20:57.730 Just keep trying different things  
NOTE Confidence: 0.8392486

00:20:57.730 --> 00:21:00.080 and you know that a person that  
NOTE Confidence: 0.8392486

00:21:00.080 --> 00:21:01.148 I quote regularly,  
NOTE Confidence: 0.8392486

00:21:01.150 --> 00:21:03.806 who I've had the privilege of working with,  
NOTE Confidence: 0.8392486

00:21:03.810 --> 00:21:05.568 and Joanna knows who I've got

NOTE Confidence: 0.8392486

00:21:05.568 --> 00:21:07.560 a quote is the esteemed Doctor

NOTE Confidence: 0.8392486

00:21:07.560 --> 00:21:09.810 Ruth West Timer and Doctor W.

NOTE Confidence: 0.8392486

00:21:09.810 --> 00:21:12.807 Heimer taught me many many things in my life.

NOTE Confidence: 0.8392486

00:21:12.810 --> 00:21:15.057 But one thing if it should between

NOTE Confidence: 0.8392486

00:21:15.057 --> 00:21:17.122 consult this consenting adults, it's fine.

NOTE Confidence: 0.8392486

00:21:17.122 --> 00:21:18.426 Whatever you wanna do,

NOTE Confidence: 0.8392486

00:21:18.430 --> 00:21:19.870 consenting adults at school kids,

NOTE Confidence: 0.8392486

00:21:19.870 --> 00:21:21.609 no, but it's consenting adults, yes.

NOTE Confidence: 0.8392486

00:21:21.609 --> 00:21:24.210 And so there's a lot of exploring to do.

NOTE Confidence: 0.8392486

00:21:24.210 --> 00:21:25.716 A lot of experimentation as long

NOTE Confidence: 0.8392486

00:21:25.716 --> 00:21:27.669 as you guys are both comfortable,

NOTE Confidence: 0.8392486

00:21:27.670 --> 00:21:28.250 that's terrific.

NOTE Confidence: 0.9055849

00:21:29.000 --> 00:21:31.970 And this is really one of one of my

NOTE Confidence: 0.9055849

00:21:31.970 --> 00:21:34.335 favorite pictures to use in my job,

NOTE Confidence: 0.9055849

00:21:34.340 --> 00:21:36.839 and I've actually reached out to the

NOTE Confidence: 0.9055849

00:21:36.839 --> 00:21:38.646 American Cancer Society and gotten  
NOTE Confidence: 0.9055849

00:21:38.646 --> 00:21:40.984 permission to use this picture and share  
NOTE Confidence: 0.9055849

00:21:40.984 --> 00:21:43.464 this picture because I think you know a  
NOTE Confidence: 0.9055849

00:21:43.464 --> 00:21:45.362 lot of patients feel really uncomfortable  
NOTE Confidence: 0.9055849

00:21:45.362 --> 00:21:47.366 talking about intimacy even with us,  
NOTE Confidence: 0.9055849

00:21:47.370 --> 00:21:49.040 but also with their partner  
NOTE Confidence: 0.9055849

00:21:49.040 --> 00:21:50.710 and this kind of helps,  
NOTE Confidence: 0.9055849

00:21:50.710 --> 00:21:53.083 and you can find this on the  
NOTE Confidence: 0.9055849

00:21:53.083 --> 00:21:54.504 American Cancer Society website  
NOTE Confidence: 0.9055849

00:21:54.504 --> 00:21:56.877 and we have some books about female  
NOTE Confidence: 0.9055849

00:21:56.877 --> 00:21:59.248 and male sexual health and cancer.  
NOTE Confidence: 0.9055849

00:21:59.250 --> 00:22:01.002 And I like this picture because  
NOTE Confidence: 0.9055849

00:22:01.002 --> 00:22:02.632 it makes people feel probably  
NOTE Confidence: 0.9055849

00:22:02.632 --> 00:22:04.248 a little bit uncomfortable,  
NOTE Confidence: 0.9055849

00:22:04.250 --> 00:22:06.146 but it makes you realize that  
NOTE Confidence: 0.9055849

00:22:06.146 --> 00:22:07.910 you can try different things.

NOTE Confidence: 0.9055849

00:22:07.910 --> 00:22:10.234 And if it doesn't work for you,

NOTE Confidence: 0.9055849

00:22:10.240 --> 00:22:10.906 that's fine.

NOTE Confidence: 0.9055849

00:22:10.906 --> 00:22:13.237 It may give you some new ideas,

NOTE Confidence: 0.9055849

00:22:13.240 --> 00:22:15.960 but hopefully it means that you can start

NOTE Confidence: 0.9055849

00:22:15.960 --> 00:22:17.916 talking about it freely and realizing

NOTE Confidence: 0.9055849

00:22:17.916 --> 00:22:20.230 that this is part of your health,

NOTE Confidence: 0.9055849

00:22:20.230 --> 00:22:22.554 even though it's a very sensitive topic.

NOTE Confidence: 0.9055849

00:22:23.530 --> 00:22:25.700 Exactly.

NOTE Confidence: 0.8440091

00:22:25.700 --> 00:22:28.940 Absolutely, now I refer to this a little bit.

NOTE Confidence: 0.8440091

00:22:28.940 --> 00:22:30.740 Before that there is or

NOTE Confidence: 0.8440091

00:22:30.740 --> 00:22:31.460 actually organizations.

NOTE Confidence: 0.8440091

00:22:31.460 --> 00:22:33.820 A sect is one of the most important

NOTE Confidence: 0.8440091

00:22:33.820 --> 00:22:36.174 ones and they have both certified

NOTE Confidence: 0.8440091

00:22:36.174 --> 00:22:38.294 sexuality counselors to work on.

NOTE Confidence: 0.8440091

00:22:38.300 --> 00:22:40.820 Is she at the bottom American Association?

NOTE Confidence: 0.8440091

00:22:40.820 --> 00:22:41.660 Sexuality educators,  
NOTE Confidence: 0.8440091

00:22:41.660 --> 00:22:44.180 counselors and therapists and you can  
NOTE Confidence: 0.8440091

00:22:44.180 --> 00:22:46.940 even look that up right now if you want.  
NOTE Confidence: 0.8440091

00:22:46.940 --> 00:22:48.740 While we're talking to help  
NOTE Confidence: 0.8440091

00:22:48.740 --> 00:22:49.820 resolve sexuality concerns,  
NOTE Confidence: 0.8440091

00:22:49.820 --> 00:22:51.131 specific exercises techniques,  
NOTE Confidence: 0.8440091

00:22:51.131 --> 00:22:53.753 and there can be medical providers  
NOTE Confidence: 0.8440091

00:22:53.753 --> 00:22:56.117 are a couple of people in town  
NOTE Confidence: 0.8440091

00:22:56.117 --> 00:22:57.870 who are sex therapists in our.  
NOTE Confidence: 0.8440091

00:22:57.870 --> 00:22:59.956 You know, be juliennes and medical folks,  
NOTE Confidence: 0.8440091

00:22:59.960 --> 00:23:01.568 and then there were certified sex  
NOTE Confidence: 0.8440091

00:23:01.568 --> 00:23:03.013 therapists who are mental health  
NOTE Confidence: 0.8440091

00:23:03.013 --> 00:23:04.628 professionals who focus on sexuality  
NOTE Confidence: 0.8440091

00:23:04.628 --> 00:23:05.920 again to assess diagnosing.  
NOTE Confidence: 0.8440091

00:23:05.920 --> 00:23:07.112 Provide in depth psychotherapy.  
NOTE Confidence: 0.8440091

00:23:07.112 --> 00:23:08.900 So there are different folks around,

NOTE Confidence: 0.8440091

00:23:08.900 --> 00:23:11.880 and this is one way to get ahold of folks,

NOTE Confidence: 0.8440091

00:23:11.880 --> 00:23:13.903 and we can give you some advice

NOTE Confidence: 0.8440091

00:23:13.903 --> 00:23:16.047 when we see you in the clinic.

NOTE Confidence: 0.8440091

00:23:16.050 --> 00:23:18.129 As far as different people to contact,

NOTE Confidence: 0.8440091

00:23:18.130 --> 00:23:20.216 this is one of my favorite slides.

NOTE Confidence: 0.8440091

00:23:20.220 --> 00:23:21.412 I love this slide.

NOTE Confidence: 0.8440091

00:23:21.412 --> 00:23:22.306 Joanna knows that,

NOTE Confidence: 0.8440091

00:23:22.310 --> 00:23:24.599 and these are some of the stuff

NOTE Confidence: 0.8440091

00:23:24.599 --> 00:23:26.637 that we talked about in the

NOTE Confidence: 0.8440091

00:23:26.637 --> 00:23:28.926 clinic from a point of view here.

NOTE Confidence: 0.8440091

00:23:28.930 --> 00:23:30.182 Medical interventions for women.

NOTE Confidence: 0.8440091

00:23:30.182 --> 00:23:32.060 We got lots of stuff available.

NOTE Confidence: 0.8440091

00:23:32.060 --> 00:23:33.216 Many women for example,

NOTE Confidence: 0.8440091

00:23:33.216 --> 00:23:34.372 don't know the difference

NOTE Confidence: 0.8440091

00:23:34.372 --> 00:23:35.500 between a lubricant,

NOTE Confidence: 0.8440091



00:23:35.500 --> 00:23:37.780 which is something that people will use at  
NOTE Confidence: 0.8440091

00:23:37.780 --> 00:23:40.200 the time of intercourse or a moisturizer,  
NOTE Confidence: 0.8440091

00:23:40.200 --> 00:23:41.765 which is something that we  
NOTE Confidence: 0.8440091

00:23:41.765 --> 00:23:43.017 use an ongoing basis.  
NOTE Confidence: 0.8440091

00:23:43.020 --> 00:23:45.516 2 three times a week can be hormonal,  
NOTE Confidence: 0.8440091

00:23:45.520 --> 00:23:46.816 can be not normal.  
NOTE Confidence: 0.8440091

00:23:46.816 --> 00:23:48.112 There are various medications  
NOTE Confidence: 0.8440091

00:23:48.112 --> 00:23:49.280 which we can use.  
NOTE Confidence: 0.8440091

00:23:49.280 --> 00:23:51.272 Those beautiful things that look like  
NOTE Confidence: 0.8440091

00:23:51.272 --> 00:23:53.261 those little cylinders there and the  
NOTE Confidence: 0.8440091

00:23:53.261 --> 00:23:54.771 pretty colors are vaginal dilators  
NOTE Confidence: 0.8440091

00:23:54.771 --> 00:23:56.788 among my favorite gadgets in the world,  
NOTE Confidence: 0.8440091

00:23:56.790 --> 00:23:59.286 and we love to also prescribe sexual devices.  
NOTE Confidence: 0.8440091

00:23:59.290 --> 00:24:01.468 You'll see a vibrator up top.  
NOTE Confidence: 0.8440091

00:24:01.470 --> 00:24:03.717 In vibrators are great and people think,  
NOTE Confidence: 0.8440091

00:24:03.720 --> 00:24:04.764 oh these are not.

NOTE Confidence: 0.8440091

00:24:04.764 --> 00:24:06.734 You know they're not naughty and they

NOTE Confidence: 0.8440091

00:24:06.734 --> 00:24:08.459 have medical benefit because they

NOTE Confidence: 0.8440091

00:24:08.459 --> 00:24:10.241 anything that will increase pelvic

NOTE Confidence: 0.8440091

00:24:10.241 --> 00:24:12.311 blood flow and vibrators do increases

NOTE Confidence: 0.8440091

00:24:12.311 --> 00:24:13.990 moisture and moisture is good.

NOTE Confidence: 0.8440091

00:24:13.990 --> 00:24:15.590 So these are important things.

NOTE Confidence: 0.8440091

00:24:15.590 --> 00:24:17.550 The other things you see by the

NOTE Confidence: 0.8440091

00:24:17.550 --> 00:24:20.146 way up top on the left is a gadget

NOTE Confidence: 0.8440091

00:24:20.146 --> 00:24:22.115 that I was totally unfamiliar with

NOTE Confidence: 0.8440091

00:24:22.115 --> 00:24:24.437 until Joanna taught me about this

NOTE Confidence: 0.8440091

00:24:24.437 --> 00:24:26.248 and this is called the owner.

NOTE Confidence: 0.8440091

00:24:26.248 --> 00:24:28.634 And so if a woman has a vagina

NOTE Confidence: 0.8440091

00:24:28.634 --> 00:24:30.198 that's been somewhat shortened

NOTE Confidence: 0.8440091

00:24:30.198 --> 00:24:31.762 by surgery or radiation.

NOTE Confidence: 0.8440091

00:24:31.770 --> 00:24:32.834 Therapy and she's concerned

NOTE Confidence: 0.8440091

00:24:32.834 --> 00:24:33.366 about penetration,  
NOTE Confidence: 0.8440091

00:24:33.370 --> 00:24:34.966 but her partner going too deep.  
NOTE Confidence: 0.8440091

00:24:34.970 --> 00:24:36.578 This little gadget can be very,  
NOTE Confidence: 0.8440091

00:24:36.580 --> 00:24:38.182 very helpful as far as limiting  
NOTE Confidence: 0.8440091

00:24:38.182 --> 00:24:39.250 the amount of penetration.  
NOTE Confidence: 0.8440091

00:24:39.250 --> 00:24:40.510 But basically so people can  
NOTE Confidence: 0.8440091

00:24:40.510 --> 00:24:42.390 have good sex even if they have  
NOTE Confidence: 0.8440091

00:24:42.390 --> 00:24:43.790 a somewhat short and vagina.  
NOTE Confidence: 0.8440091

00:24:43.790 --> 00:24:45.923 So we got lots of stuff to talk about  
NOTE Confidence: 0.8440091

00:24:45.923 --> 00:24:47.790 and to suggest your folks Anna.  
NOTE Confidence: 0.8440091

00:24:47.790 --> 00:24:49.926 Simple thing that you'll see on the bottom.  
NOTE Confidence: 0.8440091

00:24:49.930 --> 00:24:51.932 There is a little bit of Novocaine  
NOTE Confidence: 0.8440091

00:24:51.932 --> 00:24:53.844 lidocaine Jelly and I try to sort  
NOTE Confidence: 0.8440091

00:24:53.844 --> 00:24:55.338 of tease people with this because  
NOTE Confidence: 0.8440091

00:24:55.394 --> 00:24:57.172 I'll say you ever been to the  
NOTE Confidence: 0.8440091

00:24:57.172 --> 00:24:58.566 dentist and gotten novocaine and

NOTE Confidence: 0.8440091

00:24:58.566 --> 00:25:00.444 people have these ideas of needles

NOTE Confidence: 0.8440091

00:25:00.444 --> 00:25:02.318 and stuff and I like jump no no.

NOTE Confidence: 0.8415093

00:25:02.320 --> 00:25:04.660 This is a cream and you can be very,

NOTE Confidence: 0.8415093

00:25:04.660 --> 00:25:06.380 very helpful for people who are having some

NOTE Confidence: 0.8415093

00:25:06.380 --> 00:25:08.038 pain with penetration with intercourse.

NOTE Confidence: 0.8415093

00:25:08.040 --> 00:25:09.738 Just using a little novocaine Jelly

NOTE Confidence: 0.8415093

00:25:09.738 --> 00:25:11.418 takes about 3 minutes to set up,

NOTE Confidence: 0.8415093

00:25:11.420 --> 00:25:13.282 and people can be a lot more

NOTE Confidence: 0.8415093

00:25:13.282 --> 00:25:14.628 comfortable with sex and then

NOTE Confidence: 0.8415093

00:25:14.628 --> 00:25:16.357 we will show them in the clinic.

NOTE Confidence: 0.8415093

00:25:16.360 --> 00:25:17.660 How much more comfortable before

NOTE Confidence: 0.8415093

00:25:17.660 --> 00:25:18.960 we do a pelvic exam.

NOTE Confidence: 0.8415093

00:25:18.960 --> 00:25:21.040 Even so, lots of tricks that we have.

NOTE Confidence: 0.8618633

00:25:22.110 --> 00:25:23.630 And what you might find,

NOTE Confidence: 0.8618633

00:25:23.630 --> 00:25:25.821 if you haven't taken a look in

NOTE Confidence: 0.8618633

00:25:25.821 --> 00:25:27.703 the boutique recently is that the  
NOTE Confidence: 0.8618633

00:25:27.703 --> 00:25:29.467 Smilow boutique on the 1st floor  
NOTE Confidence: 0.8618633

00:25:29.467 --> 00:25:31.275 near the atrium in New Haven  
NOTE Confidence: 0.8618633

00:25:31.275 --> 00:25:33.022 has some of these things that  
NOTE Confidence: 0.8618633

00:25:33.022 --> 00:25:35.136 you can ask about and our smile.  
NOTE Confidence: 0.8618633

00:25:35.140 --> 00:25:36.655 A boutique staff is very  
NOTE Confidence: 0.8618633

00:25:36.655 --> 00:25:37.867 knowledgeable and helping you.  
NOTE Confidence: 0.8618633

00:25:37.870 --> 00:25:39.340 If you have questions about  
NOTE Confidence: 0.8618633

00:25:39.340 --> 00:25:41.486 any of these or they can give  
NOTE Confidence: 0.8618633

00:25:41.486 --> 00:25:43.320 you some resources to help you  
NOTE Confidence: 0.8618633

00:25:43.320 --> 00:25:44.500 find them. Absolutely OK.  
NOTE Confidence: 0.8618633

00:25:44.500 --> 00:25:46.270 And now I'm not gonna go  
NOTE Confidence: 0.8618633

00:25:46.334 --> 00:25:47.869 through all of this stuff,  
NOTE Confidence: 0.8618633

00:25:47.870 --> 00:25:49.984 but this is from a scientific paper.  
NOTE Confidence: 0.8618633

00:25:49.990 --> 00:25:52.209 This is from the scientific literature from.  
NOTE Confidence: 0.8618633

00:25:52.210 --> 00:25:54.226 One of the menopause and International

NOTE Confidence: 0.8618633

00:25:54.226 --> 00:25:55.936 menopause journal and it's written

NOTE Confidence: 0.8618633

00:25:55.936 --> 00:25:57.796 actually by three friends of ours,

NOTE Confidence: 0.8618633

00:25:57.800 --> 00:26:00.440 a Sharon Bober, who is a psychologist up,

NOTE Confidence: 0.8618633

00:26:00.440 --> 00:26:04.720 and even if they're from Boston, it's OK.

NOTE Confidence: 0.8618633

00:26:04.720 --> 00:26:06.355 I, Sheryl Kingsberg who's from

NOTE Confidence: 0.8618633

00:26:06.355 --> 00:26:07.958 Cleveland and Stephanie, if Albion,

NOTE Confidence: 0.8618633

00:26:07.958 --> 00:26:10.121 who's the executive director of the North

NOTE Confidence: 0.8618633

00:26:10.121 --> 00:26:12.260 American Menopause Society from Male Clinic.

NOTE Confidence: 0.8618633

00:26:12.260 --> 00:26:13.900 So these are some some

NOTE Confidence: 0.8618633

00:26:13.900 --> 00:26:14.884 good substantial people.

NOTE Confidence: 0.8618633

00:26:14.890 --> 00:26:16.858 And how do you treat folks?

NOTE Confidence: 0.8618633

00:26:16.860 --> 00:26:19.476 Well, these are all things that we do.

NOTE Confidence: 0.8618633

00:26:19.480 --> 00:26:20.464 We offer education,

NOTE Confidence: 0.8618633

00:26:20.464 --> 00:26:21.776 counseling and sex therapy,

NOTE Confidence: 0.8618633

00:26:21.780 --> 00:26:23.092 lubricants and moisturizers, vibrators,

NOTE Confidence: 0.8618633

00:26:23.092 --> 00:26:25.060 dilators to help stretch the cervix,  
NOTE Confidence: 0.8618633

00:26:25.060 --> 00:26:26.368 pelvic floor, physical therapy.  
NOTE Confidence: 0.8618633

00:26:26.368 --> 00:26:28.003 Just showing these are acceptable  
NOTE Confidence: 0.8618633

00:26:28.003 --> 00:26:29.650 therapies in the scientific literature.  
NOTE Confidence: 0.8618633

00:26:29.650 --> 00:26:31.876 Had the next slides are joining to  
NOTE Confidence: 0.8618633

00:26:31.876 --> 00:26:34.566 go on the rest of the stuff here.  
NOTE Confidence: 0.8357083

00:26:35.820 --> 00:26:37.756 Denise, do you want to talk real quickly  
NOTE Confidence: 0.8357083

00:26:37.756 --> 00:26:39.409 before we move on about what you?  
NOTE Confidence: 0.8357083

00:26:39.410 --> 00:26:41.318 What types of specific therapies you  
NOTE Confidence: 0.8357083

00:26:41.318 --> 00:26:43.980 do or do under that at the end? Either  
NOTE Confidence: 0.8287862

00:26:43.980 --> 00:26:46.516 is fine. We could probably till the end,  
NOTE Confidence: 0.8287862

00:26:46.520 --> 00:26:49.064 because it could be a little more expensive.  
NOTE Confidence: 0.8287862

00:26:49.070 --> 00:26:50.726 Yeah, so well, we'll have Denise  
NOTE Confidence: 0.8287862

00:26:50.726 --> 00:26:52.263 give us some more specific  
NOTE Confidence: 0.8287862

00:26:52.263 --> 00:26:54.148 pelvic floor techniques and then  
NOTE Confidence: 0.8287862

00:26:54.150 --> 00:26:55.740 just some of the particular

NOTE Confidence: 0.8287862

00:26:55.740 --> 00:26:57.012 products that we use.

NOTE Confidence: 0.8287862

00:26:57.020 --> 00:26:58.610 These are different vaginal estrogens,

NOTE Confidence: 0.8287862

00:26:58.610 --> 00:27:00.584 which are really quite safe for

NOTE Confidence: 0.8287862

00:27:00.584 --> 00:27:02.419 almost everybody who's had a tumor.

NOTE Confidence: 0.8287862

00:27:02.420 --> 00:27:04.996 Most men that a few people who can't

NOTE Confidence: 0.8287862

00:27:04.996 --> 00:27:07.506 but most people can if we need to.

NOTE Confidence: 0.8287862

00:27:07.510 --> 00:27:09.400 So these are different forms of

NOTE Confidence: 0.8287862

00:27:09.400 --> 00:27:11.010 vaginal creams for suppository's rings.

NOTE Confidence: 0.8287862

00:27:11.010 --> 00:27:13.236 And then we talked a little bit

NOTE Confidence: 0.8287862

00:27:13.236 --> 00:27:15.130 about the Lidocaine and Novocaine.

NOTE Confidence: 0.8287862

00:27:15.130 --> 00:27:17.328 And there actually is 1 oral medication

NOTE Confidence: 0.8287862

00:27:17.328 --> 00:27:19.069 which is listed here is asrm,

NOTE Confidence: 0.8287862

00:27:19.070 --> 00:27:20.580 which is called a spammer.

NOTE Confidence: 0.8287862

00:27:20.580 --> 00:27:21.358 Feanor ospheana.

NOTE Confidence: 0.8287862

00:27:21.358 --> 00:27:23.692 And this is actually a sister

NOTE Confidence: 0.8287862



00:27:23.692 --> 00:27:25.950 drug of the drug tamoxifen.  
NOTE Confidence: 0.8287862

00:27:25.950 --> 00:27:27.720 Which is which is the maximum  
NOTE Confidence: 0.8287862

00:27:27.720 --> 00:27:28.605 doesn't really help.  
NOTE Confidence: 0.8287862

00:27:28.610 --> 00:27:29.786 Particularly moisten the vagina,  
NOTE Confidence: 0.8287862

00:27:29.786 --> 00:27:31.850 but this drug happens to so very,  
NOTE Confidence: 0.8287862

00:27:31.850 --> 00:27:32.986 very clever molecule here,  
NOTE Confidence: 0.8287862

00:27:32.986 --> 00:27:35.651 so we got a lot of options that we  
NOTE Confidence: 0.8287862

00:27:35.651 --> 00:27:38.050 can use for folks so they don't say,  
NOTE Confidence: 0.8287862

00:27:38.050 --> 00:27:40.108 oh I had this. I had that.  
NOTE Confidence: 0.8287862

00:27:40.110 --> 00:27:42.480 Now we can use it and this is just a  
NOTE Confidence: 0.8287862

00:27:42.548 --> 00:27:45.444 slide I throw in here because the even  
NOTE Confidence: 0.8287862

00:27:45.444 --> 00:27:47.488 systemic therapy can be OK for many,  
NOTE Confidence: 0.8287862

00:27:47.490 --> 00:27:48.666 many women with cancer.  
NOTE Confidence: 0.8287862

00:27:48.666 --> 00:27:48.960 No,  
NOTE Confidence: 0.8287862

00:27:48.960 --> 00:27:50.992 we're not going to put a breast cancer  
NOTE Confidence: 0.8287862

00:27:50.992 --> 00:27:53.088 survivor in general on systemic estrogens,

NOTE Confidence: 0.8287862

00:27:53.090 --> 00:27:54.270 but people who have

NOTE Confidence: 0.8287862

00:27:54.270 --> 00:27:54.860 haematological malignancies,

NOTE Confidence: 0.8287862

00:27:54.860 --> 00:27:56.678 people had different leukemias or lymphomas.

NOTE Confidence: 0.8287862

00:27:56.680 --> 00:27:58.260 Colorectal certain cancers cervical

NOTE Confidence: 0.8287862

00:27:58.260 --> 00:28:00.235 cancers vulvar vaginal cancers these

NOTE Confidence: 0.8287862

00:28:00.235 --> 00:28:02.417 folks can can take pills or patches of

NOTE Confidence: 0.8287862

00:28:02.417 --> 00:28:04.575 estrogen so they can do very well with that,

NOTE Confidence: 0.8287862

00:28:04.580 --> 00:28:06.638 and there's low dose vaginal estrogen for

NOTE Confidence: 0.8287862

00:28:06.638 --> 00:28:08.539 localized symptoms for just about everybody.

NOTE Confidence: 0.8287862

00:28:08.540 --> 00:28:10.577 And then for people who have the

NOTE Confidence: 0.8287862

00:28:10.577 --> 00:28:12.490 hot flashes and stuff like that,

NOTE Confidence: 0.8287862

00:28:12.490 --> 00:28:15.217 we tend to go with the systemic type stuff.

NOTE Confidence: 0.8287862

00:28:15.220 --> 00:28:17.348 If they are a candidate for it.

NOTE Confidence: 0.8287862

00:28:17.350 --> 00:28:20.086 So we got a lot of options out there.

NOTE Confidence: 0.8287862

00:28:20.090 --> 00:28:20.403 Folks.

NOTE Confidence: 0.8287862

00:28:20.403 --> 00:28:22.594 Don't don't cut yourself off from thinking

NOTE Confidence: 0.8287862

00:28:22.594 --> 00:28:24.338 about different things that may sound.

NOTE Confidence: 0.8287862

00:28:24.340 --> 00:28:25.560 Oh my goodness, yes,

NOTE Confidence: 0.8287862

00:28:25.560 --> 00:28:27.061 we can do it, OK?

NOTE Confidence: 0.8287862

00:28:27.061 --> 00:28:27.342 So,

NOTE Confidence: 0.8287862

00:28:27.342 --> 00:28:29.590 and this is just a list and we'll

NOTE Confidence: 0.8287862

00:28:29.662 --> 00:28:31.237 go over these with you.

NOTE Confidence: 0.8287862

00:28:31.240 --> 00:28:32.976 We said we give handouts like this

NOTE Confidence: 0.8287862

00:28:32.976 --> 00:28:34.322 regularly as far as different

NOTE Confidence: 0.8287862

00:28:34.322 --> 00:28:36.233 organizations which you can look up on

NOTE Confidence: 0.8287862

00:28:36.233 --> 00:28:38.017 line and these are reliable things.

NOTE Confidence: 0.8287862

00:28:38.020 --> 00:28:39.646 Now I'm not saying Doctor Google

NOTE Confidence: 0.8287862

00:28:39.646 --> 00:28:40.188 isn't reliable,

NOTE Confidence: 0.8287862

00:28:40.190 --> 00:28:42.115 but there are certain things that we

NOTE Confidence: 0.8287862

00:28:42.115 --> 00:28:43.710 sometimes people will come in saying.

NOTE Confidence: 0.8287862

00:28:43.710 --> 00:28:45.336 Well, maybe that's not quite true.

NOTE Confidence: 0.8287862

00:28:45.340 --> 00:28:46.615 These are pretty much reliable

NOTE Confidence: 0.8287862

00:28:46.615 --> 00:28:48.320 sources there as far as options.

NOTE Confidence: 0.8287862

00:28:48.320 --> 00:28:48.826 Yeah, OK,

NOTE Confidence: 0.8287862

00:28:48.826 --> 00:28:50.850 so I think with that I think that's

NOTE Confidence: 0.8287862

00:28:50.907 --> 00:28:52.647 our last slide for folks there.

NOTE Confidence: 0.8287862

00:28:52.650 --> 00:28:54.276 Joanne, I think yeah, so Elena,

NOTE Confidence: 0.8287862

00:28:54.280 --> 00:28:56.177 did you want to say something now?

NOTE Confidence: 0.87392503

00:28:58.040 --> 00:29:00.173 No magic, I think you did such an amazing

NOTE Confidence: 0.87392503

00:29:00.173 --> 00:29:02.197 job as always discussing this issues,

NOTE Confidence: 0.87392503

00:29:02.200 --> 00:29:03.992 and I think the most important thing is

NOTE Confidence: 0.87392503

00:29:03.992 --> 00:29:06.208 just we all put this communication and we

NOTE Confidence: 0.87392503

00:29:06.208 --> 00:29:08.026 have this conversation was really nothing

NOTE Confidence: 0.87392503

00:29:08.026 --> 00:29:09.886 is more important than than acknowledging

NOTE Confidence: 0.87392503

00:29:09.886 --> 00:29:11.885 this and an appreciating that there is

NOTE Confidence: 0.87392503

00:29:11.885 --> 00:29:13.550 room for conversation in this room.

NOTE Confidence: 0.87392503

00:29:13.550 --> 00:29:15.320 Folk knowledge minton. And then there's  
NOTE Confidence: 0.87392503

00:29:15.320 --> 00:29:17.150 so many things that can be done.  
NOTE Confidence: 0.87392503

00:29:17.150 --> 00:29:18.818 There's so many options you know.  
NOTE Confidence: 0.87392503

00:29:18.820 --> 00:29:20.956 I think the thing that breaks my heart  
NOTE Confidence: 0.87392503

00:29:20.956 --> 00:29:22.969 the most is when our patients say,  
NOTE Confidence: 0.87392503

00:29:22.970 --> 00:29:24.909 well, I didn't bring this up because  
NOTE Confidence: 0.87392503

00:29:24.909 --> 00:29:26.020 I didn't think one.  
NOTE Confidence: 0.87392503

00:29:26.020 --> 00:29:28.331 I didn't think this was a problem. Two,  
NOTE Confidence: 0.87392503

00:29:28.331 --> 00:29:30.659 I don't think anything could ever be done,  
NOTE Confidence: 0.87392503

00:29:30.660 --> 00:29:32.753 and I think that's the important thing  
NOTE Confidence: 0.87392503

00:29:32.753 --> 00:29:34.847 that we acknowledge that this is something  
NOTE Confidence: 0.87392503

00:29:34.847 --> 00:29:36.880 that our treatment does to women and  
NOTE Confidence: 0.87392503

00:29:36.880 --> 00:29:38.518 that this should not be accepted.  
NOTE Confidence: 0.87392503

00:29:38.520 --> 00:29:40.840 It is not OK to live like this.  
NOTE Confidence: 0.87392503

00:29:40.840 --> 00:29:42.200 There's there's many things that  
NOTE Confidence: 0.87392503

00:29:42.200 --> 00:29:44.538 can be done and this has to be

NOTE Confidence: 0.87392503

00:29:44.538 --> 00:29:46.078 addressed from every single direction.

NOTE Confidence: 0.87392503

00:29:46.080 --> 00:29:48.159 And we're here for you and many

NOTE Confidence: 0.87392503

00:29:48.159 --> 00:29:49.868 other providers are here for you,

NOTE Confidence: 0.87392503

00:29:49.870 --> 00:29:53.416 so we very much would love to open this

NOTE Confidence: 0.87392503

00:29:53.416 --> 00:29:56.316 conversation and we're open to any questions.

NOTE Confidence: 0.87392503

00:29:56.320 --> 00:29:56.550 So

NOTE Confidence: 0.8389684

00:29:56.550 --> 00:29:58.056 our first question and I'll I'll

NOTE Confidence: 0.8389684

00:29:58.056 --> 00:29:59.515 ask Doctor Minkin to weigh in

NOTE Confidence: 0.8389684

00:29:59.515 --> 00:30:00.915 on this or or Denise as well.

NOTE Confidence: 0.8389684

00:30:00.920 --> 00:30:02.560 And then we we do want to still

NOTE Confidence: 0.8389684

00:30:02.560 --> 00:30:03.792 have Denise explain some of

NOTE Confidence: 0.8389684

00:30:03.792 --> 00:30:06.030 her therapies as well, but.

NOTE Confidence: 0.8389684

00:30:06.030 --> 00:30:07.661 Let's do one question first.

NOTE Confidence: 0.8389684

00:30:07.661 --> 00:30:09.623 When you use a dilator doctor,

NOTE Confidence: 0.8389684

00:30:09.630 --> 00:30:12.062 minken if it if it hurts or you

NOTE Confidence: 0.8389684

00:30:12.062 --> 00:30:14.528 have some blood on the dial later.  
NOTE Confidence: 0.8389684

00:30:14.530 --> 00:30:16.826 You know what should we do and and  
NOTE Confidence: 0.8389684

00:30:16.826 --> 00:30:18.752 does that mean that it's dangerous  
NOTE Confidence: 0.8389684

00:30:18.752 --> 00:30:21.123 or we should be a little more  
NOTE Confidence: 0.8389684

00:30:21.123 --> 00:30:23.028 forceful in pushing it harder?  
NOTE Confidence: 0.8389684

00:30:23.030 --> 00:30:24.998 If it feels like it's stuck?  
NOTE Confidence: 0.8279173

00:30:25.990 --> 00:30:27.166 Excellent questions whoever asked  
NOTE Confidence: 0.8279173

00:30:27.166 --> 00:30:29.479 that mean OK and a couple of things.  
NOTE Confidence: 0.8279173

00:30:29.480 --> 00:30:31.720 Number one what we will do is  
NOTE Confidence: 0.8279173

00:30:31.720 --> 00:30:33.516 oftentimes have people come to the  
NOTE Confidence: 0.8279173

00:30:33.516 --> 00:30:35.880 clinic and and it's hard to do this on.  
NOTE Confidence: 0.8279173

00:30:35.880 --> 00:30:37.917 Tele Health will say we've had some.  
NOTE Confidence: 0.8279173

00:30:37.920 --> 00:30:39.375 We've had some tricky times  
NOTE Confidence: 0.8279173

00:30:39.375 --> 00:30:40.830 thinking about doing it LL,  
NOTE Confidence: 0.8279173

00:30:40.830 --> 00:30:42.552 but that's why we like having  
NOTE Confidence: 0.8279173

00:30:42.552 --> 00:30:44.712 folks in person for these kind of

NOTE Confidence: 0.8279173

00:30:44.712 --> 00:30:46.292 issues that bring your dilators

NOTE Confidence: 0.8279173

00:30:46.292 --> 00:30:48.396 with you so we can work with you.

NOTE Confidence: 0.8279173

00:30:48.400 --> 00:30:50.116 And let's do some show and

NOTE Confidence: 0.8279173

00:30:50.116 --> 00:30:51.889 tell and see what's going on.

NOTE Confidence: 0.8279173

00:30:51.890 --> 00:30:53.946 You OK much of the time if there's

NOTE Confidence: 0.8279173

00:30:53.946 --> 00:30:56.078 if it's like stenosis, that the.

NOTE Confidence: 0.8279173

00:30:56.078 --> 00:30:58.172 Radio radiation and stuff like that

NOTE Confidence: 0.8279173

00:30:58.172 --> 00:31:00.675 has been a problem that we can help.

NOTE Confidence: 0.8279173

00:31:00.680 --> 00:31:02.310 Moisturize the tissue to make

NOTE Confidence: 0.8279173

00:31:02.310 --> 00:31:03.614 it stretch here OK.

NOTE Confidence: 0.8279173

00:31:03.620 --> 00:31:05.642 And if you're somebody which is

NOTE Confidence: 0.8279173

00:31:05.642 --> 00:31:07.530 really most everybody who can use,

NOTE Confidence: 0.8279173

00:31:07.530 --> 00:31:09.815 for example some topical estrogen cream, OK,

NOTE Confidence: 0.8279173

00:31:09.815 --> 00:31:12.090 we oftentimes we use little estrogen cream.

NOTE Confidence: 0.8279173

00:31:12.090 --> 00:31:13.720 Have people rub the estrogen

NOTE Confidence: 0.8279173



00:31:13.720 --> 00:31:15.024 cream with their fingers,  
NOTE Confidence: 0.8279173

00:31:15.030 --> 00:31:17.305 or at my terminology, smear it around.  
NOTE Confidence: 0.8279173

00:31:17.310 --> 00:31:19.585 I never write down her prescription folks,  
NOTE Confidence: 0.8279173

00:31:19.590 --> 00:31:21.774 but I just tell you what to do  
NOTE Confidence: 0.8279173

00:31:21.774 --> 00:31:23.830 to take some estrogen cream.  
NOTE Confidence: 0.8279173

00:31:23.830 --> 00:31:25.460 Smear it on that area.  
NOTE Confidence: 0.8279173

00:31:25.460 --> 00:31:27.416 Do it. Daily every other day,  
NOTE Confidence: 0.8279173

00:31:27.420 --> 00:31:27.715 whatever.  
NOTE Confidence: 0.8279173

00:31:27.715 --> 00:31:29.485 Until we get that tissue softer  
NOTE Confidence: 0.8279173

00:31:29.485 --> 00:31:30.690 and we'll have more.  
NOTE Confidence: 0.8279173

00:31:30.690 --> 00:31:32.674 Give you OK and then we'll work on  
NOTE Confidence: 0.8279173

00:31:32.674 --> 00:31:34.632 using more often times is using a  
NOTE Confidence: 0.8279173

00:31:34.632 --> 00:31:36.480 little bit of Novocaine when you're  
NOTE Confidence: 0.8279173

00:31:36.480 --> 00:31:38.410 actually working with the dilators,  
NOTE Confidence: 0.8279173

00:31:38.410 --> 00:31:40.150 'cause that will make it more  
NOTE Confidence: 0.8279173

00:31:40.150 --> 00:31:42.269 comfortable for you so it doesn't hurt.

NOTE Confidence: 0.8279173

00:31:42.270 --> 00:31:44.316 And then starting with little tiny

NOTE Confidence: 0.8279173

00:31:44.316 --> 00:31:46.284 dilator and working its way up

NOTE Confidence: 0.8279173

00:31:46.284 --> 00:31:47.904 to help stretch that tissue and

NOTE Confidence: 0.8279173

00:31:47.904 --> 00:31:49.687 it will go most of the time.

NOTE Confidence: 0.8279173

00:31:49.690 --> 00:31:50.280 I mean,

NOTE Confidence: 0.8279173

00:31:50.280 --> 00:31:52.050 we really can have great success

NOTE Confidence: 0.8279173

00:31:52.050 --> 00:31:53.260 most of the time.

NOTE Confidence: 0.8279173

00:31:53.260 --> 00:31:55.084 In the example I tell everybody

NOTE Confidence: 0.8279173

00:31:55.084 --> 00:31:56.300 with dilators is that.

NOTE Confidence: 0.8279173

00:31:56.300 --> 00:31:57.215 There's a condition.

NOTE Confidence: 0.8279173

00:31:57.215 --> 00:31:58.435 Fortunately it's very rare,

NOTE Confidence: 0.8279173

00:31:58.440 --> 00:32:00.808 but it's a condition that young girls can

NOTE Confidence: 0.8279173

00:32:00.808 --> 00:32:03.337 be born with that they have no vaginas.

NOTE Confidence: 0.8279173

00:32:03.340 --> 00:32:04.865 That they're born without a

NOTE Confidence: 0.8279173

00:32:04.865 --> 00:32:06.085 vagina and using dilators.

NOTE Confidence: 0.8279173

00:32:06.090 --> 00:32:07.620 They can actually manufacture vagina.  
NOTE Confidence: 0.8279173

00:32:07.620 --> 00:32:10.020 They can stretch that tissue to make a  
NOTE Confidence: 0.8279173

00:32:10.020 --> 00:32:12.818 vagina so that area has good amount of give.  
NOTE Confidence: 0.8279173

00:32:12.820 --> 00:32:14.852 If we can just get to it so  
NOTE Confidence: 0.8279173

00:32:14.852 --> 00:32:16.499 that using estrogen creams,  
NOTE Confidence: 0.8279173

00:32:16.500 --> 00:32:18.635 a little bit of Novocaine gentle dilatation,  
NOTE Confidence: 0.8279173

00:32:18.640 --> 00:32:20.775 these things can work so you know,  
NOTE Confidence: 0.8279173

00:32:20.780 --> 00:32:22.915 can I say it works for everybody?  
NOTE Confidence: 0.8279173

00:32:22.920 --> 00:32:25.055 Nope, we have pretty good success rates.  
NOTE Confidence: 0.8279173

00:32:25.060 --> 00:32:27.508 Joanna can I turn that over to you?  
NOTE Confidence: 0.8887254

00:32:28.690 --> 00:32:30.531 Yeah, and absolutely if you're if there  
NOTE Confidence: 0.8887254

00:32:30.531 --> 00:32:32.459 is bleeding that you're concerned about,  
NOTE Confidence: 0.8887254

00:32:32.460 --> 00:32:34.490 please call us you. Can you know,  
NOTE Confidence: 0.8887254

00:32:34.490 --> 00:32:36.578 pop into the clinic on a day that  
NOTE Confidence: 0.8887254

00:32:36.578 --> 00:32:38.433 I'm there even if Doctor Minkins  
NOTE Confidence: 0.8887254

00:32:38.433 --> 00:32:40.580 not there that day, you can come

NOTE Confidence: 0.8887254

00:32:40.580 --> 00:32:42.610 in and you know if I'm available.

NOTE Confidence: 0.8887254

00:32:42.610 --> 00:32:44.986 I'm happy to take a look and see if

NOTE Confidence: 0.8887254

00:32:44.986 --> 00:32:46.959 sometimes breaking up the scar tissue,

NOTE Confidence: 0.8887254

00:32:46.960 --> 00:32:48.420 especially people who've had radiation

NOTE Confidence: 0.8887254

00:32:48.420 --> 00:32:50.487 just breaking up the scar tissue can

NOTE Confidence: 0.8887254

00:32:50.487 --> 00:32:51.887 cause some spotting or bleeding.

NOTE Confidence: 0.8887254

00:32:51.890 --> 00:32:53.630 And it can be pretty scary.

NOTE Confidence: 0.8887254

00:32:53.630 --> 00:32:55.370 So if you feel like something

NOTE Confidence: 0.8887254

00:32:55.370 --> 00:32:56.530 might be going on,

NOTE Confidence: 0.8887254

00:32:56.530 --> 00:32:58.850 you would like us to take a look.

NOTE Confidence: 0.8887254

00:32:58.850 --> 00:33:00.590 We're certainly happy to do that.

NOTE Confidence: 0.7909973000000001

00:33:00.860 --> 00:33:02.534 Yeah, come in and do it with us there

NOTE Confidence: 0.7909973000000001

00:33:02.534 --> 00:33:04.429 so I will give you the hopefully the

NOTE Confidence: 0.7909973000000001

00:33:04.429 --> 00:33:05.887 confidence to say let's take care

NOTE Confidence: 0.7909973000000001

00:33:05.887 --> 00:33:07.511 of this and that there is anything

NOTE Confidence: 0.7909973000000001

00:33:07.520 --> 00:33:09.293 we can take care of there as far as  
NOTE Confidence: 0.7909973000000001

00:33:09.293 --> 00:33:11.067 you got bleeding will fix it over.  
NOTE Confidence: 0.8231269

00:33:12.080 --> 00:33:14.544 And Denise works with the dilators too,  
NOTE Confidence: 0.8231269

00:33:14.550 --> 00:33:16.668 and she's excellent in helping women.  
NOTE Confidence: 0.8231269

00:33:16.670 --> 00:33:19.134 So Denise, I was gonna jump in.  
NOTE Confidence: 0.8231269

00:33:19.140 --> 00:33:21.338 So two things that that I think  
NOTE Confidence: 0.8231269

00:33:21.338 --> 00:33:23.020 were missed was lubricant.  
NOTE Confidence: 0.8231269

00:33:23.020 --> 00:33:24.785 So certainly making sure that  
NOTE Confidence: 0.8231269

00:33:24.785 --> 00:33:26.199 things are gliding well.  
NOTE Confidence: 0.8231269

00:33:26.200 --> 00:33:28.573 Because I agree that issue is pliable  
NOTE Confidence: 0.8231269

00:33:28.573 --> 00:33:30.790 and will will start to conform.  
NOTE Confidence: 0.8231269

00:33:30.790 --> 00:33:32.550 Kind of like you know,  
NOTE Confidence: 0.8231269

00:33:32.550 --> 00:33:35.110 clay or something that you can kind of  
NOTE Confidence: 0.8231269

00:33:35.110 --> 00:33:37.848 work to slowly and gradually mold it.  
NOTE Confidence: 0.8231269

00:33:37.850 --> 00:33:40.666 But also position I think makes a difference.  
NOTE Confidence: 0.8231269

00:33:40.670 --> 00:33:42.500 You know, thinking about the.

NOTE Confidence: 0.8231269

00:33:42.500 --> 00:33:44.555 Anatomical position of the hips

NOTE Confidence: 0.8231269

00:33:44.555 --> 00:33:47.050 the diaphragm and and you know,

NOTE Confidence: 0.8231269

00:33:47.050 --> 00:33:49.120 from a PT perspective, abdominals,

NOTE Confidence: 0.8231269

00:33:49.120 --> 00:33:51.836 so you know are we gripping or

NOTE Confidence: 0.8231269

00:33:51.836 --> 00:33:53.508 tightening the abdominals because

NOTE Confidence: 0.8231269

00:33:53.508 --> 00:33:55.228 things aren't feeling comfortable

NOTE Confidence: 0.8231269

00:33:55.228 --> 00:33:58.265 and so you know just by working

NOTE Confidence: 0.8231269

00:33:58.265 --> 00:34:00.295 on expansion of the diaphragm,

NOTE Confidence: 0.8231269

00:34:00.300 --> 00:34:02.652 can we also be mobilizing the pelvic

NOTE Confidence: 0.8231269

00:34:02.652 --> 00:34:05.459 floor so you know if we're holding

NOTE Confidence: 0.8231269

00:34:05.459 --> 00:34:07.619 our breath because we've experienced

NOTE Confidence: 0.8231269

00:34:07.619 --> 00:34:09.987 pain and know subconsciously or

NOTE Confidence: 0.8231269

00:34:09.987 --> 00:34:12.783 consciously we know from experience that.

NOTE Confidence: 0.8231269

00:34:12.790 --> 00:34:14.630 This penetration can be uncomfortable,

NOTE Confidence: 0.8231269

00:34:14.630 --> 00:34:17.206 you know are are we kind of

NOTE Confidence: 0.8231269

00:34:17.206 --> 00:34:18.310 biasing the situation,  
NOTE Confidence: 0.8231269

00:34:18.310 --> 00:34:20.500 so certainly not from the blood  
NOTE Confidence: 0.8231269

00:34:20.500 --> 00:34:22.360 perspective but but you know,  
NOTE Confidence: 0.8231269

00:34:22.360 --> 00:34:22.734 situationally,  
NOTE Confidence: 0.8231269

00:34:22.734 --> 00:34:24.978 if we've had pain with penetration  
NOTE Confidence: 0.8231269

00:34:24.978 --> 00:34:27.509 in the past or even most recently,  
NOTE Confidence: 0.8231269

00:34:27.510 --> 00:34:29.350 put our our mindset kind  
NOTE Confidence: 0.8231269

00:34:29.350 --> 00:34:31.190 of be contributing to that.  
NOTE Confidence: 0.8231269

00:34:31.190 --> 00:34:33.392 So working on calming the central  
NOTE Confidence: 0.8231269

00:34:33.392 --> 00:34:34.840 nervous system, working on,  
NOTE Confidence: 0.8231269

00:34:34.840 --> 00:34:36.615 making sure that the tissues  
NOTE Confidence: 0.8231269

00:34:36.615 --> 00:34:38.180 that surround the pelvis,  
NOTE Confidence: 0.8231269

00:34:38.180 --> 00:34:39.652 whether it's the abdominals,  
NOTE Confidence: 0.8231269

00:34:39.652 --> 00:34:41.126 the glued, the adductores,  
NOTE Confidence: 0.8231269

00:34:41.126 --> 00:34:43.686 all of these muscles, are moving, and.  
NOTE Confidence: 0.8231269

00:34:43.686 --> 00:34:46.668 And helping to kind of mobilize this area

NOTE Confidence: 0.8231269

00:34:46.668 --> 00:34:49.300 and then positionally you know how are.

NOTE Confidence: 0.8231269

00:34:49.300 --> 00:34:51.090 How are my hips position?

NOTE Confidence: 0.8231269

00:34:51.090 --> 00:34:53.842 So could that be influencing or kind of

NOTE Confidence: 0.8231269

00:34:53.842 --> 00:34:56.477 shutting down or closing the vaginal canal?

NOTE Confidence: 0.8231269

00:34:56.480 --> 00:35:00.030 So can I move those to kind of help to

NOTE Confidence: 0.8231269

00:35:00.129 --> 00:35:03.585 influence the mobility of the tissue?

NOTE Confidence: 0.8231269

00:35:03.590 --> 00:35:03.895 Yeah,

NOTE Confidence: 0.8231269

00:35:03.895 --> 00:35:06.030 I think it's it's looking at it.

NOTE Confidence: 0.8231269

00:35:06.030 --> 00:35:08.142 You know from my PT brain of like

NOTE Confidence: 0.8231269

00:35:08.142 --> 00:35:10.476 how and what is going on and how

NOTE Confidence: 0.8231269

00:35:10.476 --> 00:35:12.396 can I influence this or modify

NOTE Confidence: 0.8231269

00:35:12.396 --> 00:35:14.484 these situations to kind of make

NOTE Confidence: 0.8231269

00:35:14.484 --> 00:35:16.095 things feel a little bit.

NOTE Confidence: 0.8231269

00:35:16.095 --> 00:35:18.230 You know more easy and work smarter,

NOTE Confidence: 0.8231269

00:35:18.230 --> 00:35:19.148 not harder essentially.

NOTE Confidence: 0.8520808



00:35:20.760 --> 00:35:22.490 Yeah, and and some women.  
NOTE Confidence: 0.8520808

00:35:22.490 --> 00:35:24.210 That's a great point. Denise.  
NOTE Confidence: 0.8520808

00:35:24.210 --> 00:35:26.492 Is is what are the angles that  
NOTE Confidence: 0.8520808

00:35:26.492 --> 00:35:28.669 we're looking at here and someone  
NOTE Confidence: 0.8520808

00:35:28.669 --> 00:35:30.544 would be really surprised that  
NOTE Confidence: 0.8520808

00:35:30.544 --> 00:35:32.960 if you try if you're lying flat  
NOTE Confidence: 0.8520808

00:35:32.960 --> 00:35:34.906 and try to insert the dilator  
NOTE Confidence: 0.8520808

00:35:34.906 --> 00:35:36.290 straight towards your head,  
NOTE Confidence: 0.8520808

00:35:36.290 --> 00:35:38.010 you'll probably hit your pubic  
NOTE Confidence: 0.8520808

00:35:38.010 --> 00:35:39.386 bone or your urethra,  
NOTE Confidence: 0.8520808

00:35:39.390 --> 00:35:41.460 which is which is you know  
NOTE Confidence: 0.8520808

00:35:41.460 --> 00:35:42.840 where you urinate from  
NOTE Confidence: 0.8520808

00:35:42.840 --> 00:35:44.570 exactly knowledge is power, right?  
NOTE Confidence: 0.8520808

00:35:44.570 --> 00:35:46.295 So so the vaginal canal  
NOTE Confidence: 0.8520808

00:35:46.295 --> 00:35:48.020 kind of comes post here.  
NOTE Confidence: 0.8520808

00:35:48.020 --> 00:35:50.825 So right you you certainly want to avoid.

NOTE Confidence: 0.8520808

00:35:50.825 --> 00:35:52.800 12:00 o'clock right the urethra.

NOTE Confidence: 0.8520808

00:35:52.800 --> 00:35:54.152 And then you know,

NOTE Confidence: 0.8520808

00:35:54.152 --> 00:35:56.678 kind of pointing the dial later or

NOTE Confidence: 0.8520808

00:35:56.678 --> 00:35:58.382 whatever penetration device you're

NOTE Confidence: 0.8520808

00:35:58.382 --> 00:36:00.990 using towards kind of the spine,

NOTE Confidence: 0.8520808

00:36:00.990 --> 00:36:02.550 will certainly help to

NOTE Confidence: 0.8520808

00:36:02.550 --> 00:36:04.500 kind of guide things along.

NOTE Confidence: 0.54894865

00:36:06.110 --> 00:36:08.920 Greed. Yep, so I usually tell

NOTE Confidence: 0.54894865

00:36:08.920 --> 00:36:10.490 women if you're lying in

NOTE Confidence: 0.7953656

00:36:10.559 --> 00:36:13.177 your bed and you're using the dilators

NOTE Confidence: 0.7953656

00:36:13.177 --> 00:36:15.331 point the dilator tore your bottom

NOTE Confidence: 0.7953656

00:36:15.331 --> 00:36:17.571 or tore the bed as opposed to

NOTE Confidence: 0.7953656

00:36:17.580 --> 00:36:19.290 tore your head right right.

NOTE Confidence: 0.9014937

00:36:20.600 --> 00:36:22.880 Are we ready for another question?

NOTE Confidence: 0.9014937

00:36:22.880 --> 00:36:26.540 Sure, sure so.

NOTE Confidence: 0.9014937

00:36:26.540 --> 00:36:27.800 Another question from one  
NOTE Confidence: 0.9014937

00:36:27.800 --> 00:36:29.690 from one of our visitors here,  
NOTE Confidence: 0.9014937

00:36:29.690 --> 00:36:31.090 Doctor Minken, thank you.  
NOTE Confidence: 0.9014937

00:36:31.090 --> 00:36:33.190 You saved me during chemo and  
NOTE Confidence: 0.9014937

00:36:33.263 --> 00:36:34.727 I had a lot of dryness.  
NOTE Confidence: 0.9014937

00:36:34.730 --> 00:36:36.620 But do you have anything for  
NOTE Confidence: 0.9014937

00:36:36.620 --> 00:36:37.565 libido that's any?  
NOTE Confidence: 0.9014937

00:36:37.570 --> 00:36:38.826 Is there anything new  
NOTE Confidence: 0.9014937

00:36:38.826 --> 00:36:40.396 out there for sex drive?  
NOTE Confidence: 0.9014937

00:36:40.400 --> 00:36:41.660 Because it's hard to  
NOTE Confidence: 0.9014937

00:36:41.660 --> 00:36:43.235 get that sex drive back.  
NOTE Confidence: 0.8239267

00:36:44.460 --> 00:36:46.336 It is hard, you know there's no  
NOTE Confidence: 0.8239267

00:36:46.336 --> 00:36:47.769 question about that and that's  
NOTE Confidence: 0.8239267

00:36:47.769 --> 00:36:49.194 the trickiest thing of all.  
NOTE Confidence: 0.8239267

00:36:49.200 --> 00:36:51.160 And again, this is something that's tricky.  
NOTE Confidence: 0.8239267

00:36:51.160 --> 00:36:53.112 You don't have to have had cancer to

NOTE Confidence: 0.8239267

00:36:53.112 --> 00:36:55.060 be dealing with this decreased libido.

NOTE Confidence: 0.8239267

00:36:55.060 --> 00:36:55.894 Unfortunately, it's very,

NOTE Confidence: 0.8239267

00:36:55.894 --> 00:36:57.562 very common problem that we face.

NOTE Confidence: 0.8239267

00:36:57.570 --> 00:36:58.290 The key thing.

NOTE Confidence: 0.8239267

00:36:58.290 --> 00:36:59.970 The first thing I say is you

NOTE Confidence: 0.8239267

00:37:00.027 --> 00:37:01.200 gotta be comfortable.

NOTE Confidence: 0.8239267

00:37:01.200 --> 00:37:02.790 So even again and somebody who's

NOTE Confidence: 0.8239267

00:37:02.790 --> 00:37:04.188 not having cancer diagnosis patient

NOTE Confidence: 0.8239267

00:37:04.188 --> 00:37:05.658 mind just comes routine checkup.

NOTE Confidence: 0.8239267

00:37:05.660 --> 00:37:07.900 But she said she's got no no libido.

NOTE Confidence: 0.8239267

00:37:07.900 --> 00:37:08.737 I'll say well,

NOTE Confidence: 0.8239267

00:37:08.737 --> 00:37:10.690 what about you know she's post menopausal?

NOTE Confidence: 0.8239267

00:37:10.690 --> 00:37:11.802 What about your vagina?

NOTE Confidence: 0.8239267

00:37:11.802 --> 00:37:12.914 How comfortable is it?

NOTE Confidence: 0.8239267

00:37:12.920 --> 00:37:14.528 Are you having pains say Oh

NOTE Confidence: 0.8239267

00:37:14.528 --> 00:37:16.340 yeah I have pain but that's.  
NOTE Confidence: 0.8239267

00:37:16.340 --> 00:37:18.174 That's not what's giving me the problem.  
NOTE Confidence: 0.8239267

00:37:18.180 --> 00:37:18.996 It's like, yeah,  
NOTE Confidence: 0.8239267

00:37:18.996 --> 00:37:20.628 it is because the other thing  
NOTE Confidence: 0.8239267

00:37:20.628 --> 00:37:22.353 is I don't want people to want  
NOTE Confidence: 0.8239267

00:37:22.353 --> 00:37:24.230 to have sex if it's gonna hurt.  
NOTE Confidence: 0.8239267

00:37:24.230 --> 00:37:25.808 That's not a good thing either.  
NOTE Confidence: 0.8239267

00:37:25.810 --> 00:37:27.781 So what we usually like to do is to  
NOTE Confidence: 0.8239267

00:37:27.781 --> 00:37:29.746 try to get the vagina comfortable.  
NOTE Confidence: 0.8239267

00:37:29.750 --> 00:37:31.328 Let's moisturize and stuff like that.  
NOTE Confidence: 0.8239267

00:37:31.330 --> 00:37:33.434 Now, sometimes I will just do the trick.  
NOTE Confidence: 0.8239267

00:37:33.440 --> 00:37:34.750 Sometimes people will come back.  
NOTE Confidence: 0.8239267

00:37:34.750 --> 00:37:36.070 Well, that's totally pain free,  
NOTE Confidence: 0.8239267

00:37:36.070 --> 00:37:37.636 but I still could care less.  
NOTE Confidence: 0.8239267

00:37:37.640 --> 00:37:38.696 That's a different story.  
NOTE Confidence: 0.8239267

00:37:38.696 --> 00:37:38.960 OK,

NOTE Confidence: 0.8239267

00:37:38.960 --> 00:37:40.562 and the issue that we're dealing

NOTE Confidence: 0.8239267

00:37:40.562 --> 00:37:41.927 with libido is premenopausal women

NOTE Confidence: 0.8239267

00:37:41.927 --> 00:37:43.427 and women who are post menopausal.

NOTE Confidence: 0.8239267

00:37:43.430 --> 00:37:45.526 I know it sounds crazy to divide it,

NOTE Confidence: 0.8239267

00:37:45.530 --> 00:37:46.238 but actually.

NOTE Confidence: 0.8239267

00:37:46.238 --> 00:37:48.008 There's one medication I should

NOTE Confidence: 0.8239267

00:37:48.008 --> 00:37:48.716 say medication,

NOTE Confidence: 0.8239267

00:37:48.720 --> 00:37:50.766 herbal preparation that we we've started

NOTE Confidence: 0.8239267

00:37:50.766 --> 00:37:53.128 using in the last couple of years.

NOTE Confidence: 0.8239267

00:37:53.130 --> 00:37:55.496 Pretty widely is and this is new.

NOTE Confidence: 0.8239267

00:37:55.500 --> 00:37:57.200 This is a new one.

NOTE Confidence: 0.8239267

00:37:57.200 --> 00:37:59.228 How is something called wrist LARISTELA?

NOTE Confidence: 0.8239267

00:37:59.230 --> 00:38:00.925 And that's an interesting compound

NOTE Confidence: 0.8239267

00:38:00.925 --> 00:38:02.620 is available over the counter.

NOTE Confidence: 0.8239267

00:38:02.620 --> 00:38:04.812 It is non hormonal an what it basically

NOTE Confidence: 0.8239267

00:38:04.812 --> 00:38:06.752 does is it increases the production  
NOTE Confidence: 0.8239267

00:38:06.752 --> 00:38:08.744 of nitric oxide from from the  
NOTE Confidence: 0.8239267

00:38:08.812 --> 00:38:11.440 medication itself with herbal product itself,  
NOTE Confidence: 0.8239267

00:38:11.440 --> 00:38:13.130 which increases pelvic blood flow  
NOTE Confidence: 0.8239267

00:38:13.130 --> 00:38:14.482 which will increase moisture,  
NOTE Confidence: 0.8239267

00:38:14.490 --> 00:38:16.680 which is a good thing too.  
NOTE Confidence: 0.8239267

00:38:16.680 --> 00:38:18.010 But also your blood more.  
NOTE Confidence: 0.8239267

00:38:18.010 --> 00:38:19.872 You know, more juices flowing in the  
NOTE Confidence: 0.8239267

00:38:19.872 --> 00:38:21.470 pelvis will think more about sex,  
NOTE Confidence: 0.8239267

00:38:21.470 --> 00:38:23.325 and we've had reasonable results with it.  
NOTE Confidence: 0.8239267

00:38:23.330 --> 00:38:25.192 And that can be used in premenopausal  
NOTE Confidence: 0.8239267

00:38:25.192 --> 00:38:25.990 and postmenopausal women.  
NOTE Confidence: 0.8239267

00:38:25.990 --> 00:38:27.054 It is not normal,  
NOTE Confidence: 0.8239267

00:38:27.054 --> 00:38:28.650 just about everybody can use it.  
NOTE Confidence: 0.8239267

00:38:28.650 --> 00:38:30.442 So that's we use that fairly commonly  
NOTE Confidence: 0.8239267

00:38:30.442 --> 00:38:32.370 and that is a fairly new product.

NOTE Confidence: 0.8239267

00:38:32.370 --> 00:38:34.764 It's been in Europe for a number of years,

NOTE Confidence: 0.8239267

00:38:34.770 --> 00:38:37.155 just came over here a couple of years ago.

NOTE Confidence: 0.8239267

00:38:37.160 --> 00:38:38.490 As far as other medications,

NOTE Confidence: 0.8239267

00:38:38.490 --> 00:38:40.086 one of the things that people have

NOTE Confidence: 0.8239267

00:38:40.086 --> 00:38:41.842 now gotten to the point of accepting

NOTE Confidence: 0.8239267

00:38:41.842 --> 00:38:43.378 is the fact for post menopausal

NOTE Confidence: 0.8239267

00:38:43.430 --> 00:38:44.950 women that testosterone can be

NOTE Confidence: 0.8239267

00:38:44.950 --> 00:38:46.470 helpful in particularly for women

NOTE Confidence: 0.8239267

00:38:46.470 --> 00:38:47.800 who've had their ovarian function.

NOTE Confidence: 0.8239267

00:38:47.800 --> 00:38:50.088 Either the ovaries are out or their overly.

NOTE Confidence: 0.8239267

00:38:50.090 --> 00:38:51.878 Is there a function has been

NOTE Confidence: 0.8239267

00:38:51.878 --> 00:38:52.772 stopped by chemotherapy?

NOTE Confidence: 0.8239267

00:38:52.780 --> 00:38:54.610 Whatever that they have are dealing

NOTE Confidence: 0.8239267

00:38:54.610 --> 00:38:56.296 with lower testosterone and it indeed

NOTE Confidence: 0.8239267

00:38:56.296 --> 00:38:57.960 is long as your trimmer was not a

NOTE Confidence: 0.8239267



00:38:58.011 --> 00:38:59.539 hormonally influenced tumor that  
NOTE Confidence: 0.8239267

00:38:59.539 --> 00:39:01.449 testosterone could be contributing to,  
NOTE Confidence: 0.8239267

00:39:01.450 --> 00:39:03.834 then we should be able to use it,  
NOTE Confidence: 0.8239267

00:39:03.840 --> 00:39:05.036 and so it isn't.  
NOTE Confidence: 0.8239267

00:39:05.036 --> 00:39:06.830 It's sort of a strange thing.  
NOTE Confidence: 0.8239267

00:39:06.830 --> 00:39:08.475 It is legal in the United States  
NOTE Confidence: 0.8239267

00:39:08.475 --> 00:39:09.180 to use it  
NOTE Confidence: 0.85171616

00:39:09.243 --> 00:39:11.318 when it's not commercially available,  
NOTE Confidence: 0.85171616

00:39:11.320 --> 00:39:13.640 but we have our ways and sources of  
NOTE Confidence: 0.85171616

00:39:13.640 --> 00:39:15.796 getting it so that's not a problem,  
NOTE Confidence: 0.85171616

00:39:15.800 --> 00:39:18.050 and so testosterone is come on the scene as  
NOTE Confidence: 0.85171616

00:39:18.050 --> 00:39:19.995 being an acceptable therapy and advisable  
NOTE Confidence: 0.85171616

00:39:19.995 --> 00:39:22.250 therapy for people with post menopausal.  
NOTE Confidence: 0.85171616

00:39:22.250 --> 00:39:24.040 Decreases and beat up for  
NOTE Confidence: 0.85171616

00:39:24.040 --> 00:39:25.120 premenopausal women. Actually.  
NOTE Confidence: 0.85171616

00:39:25.120 --> 00:39:27.280 If somebody's got intact ovarian function,

NOTE Confidence: 0.85171616

00:39:27.280 --> 00:39:29.374 we wouldn't push testosterone or somebody

NOTE Confidence: 0.85171616

00:39:29.374 --> 00:39:31.940 who's had her ovarian function taken away.

NOTE Confidence: 0.85171616

00:39:31.940 --> 00:39:33.750 Then testosterone is totally reasonable

NOTE Confidence: 0.85171616

00:39:33.750 --> 00:39:36.912 and there are a couple of other new meds

NOTE Confidence: 0.85171616

00:39:36.912 --> 00:39:38.838 out for premenopausal women out there

NOTE Confidence: 0.85171616

00:39:38.905 --> 00:39:41.185 which are one medication that basically

NOTE Confidence: 0.85171616

00:39:41.185 --> 00:39:43.065 both designed to increase libido.

NOTE Confidence: 0.85171616

00:39:43.065 --> 00:39:46.260 One is a pill that you take every day

NOTE Confidence: 0.85171616

00:39:46.340 --> 00:39:49.180 and the other one believe it or not,

NOTE Confidence: 0.85171616

00:39:49.180 --> 00:39:51.328 is an injection like an EpiPen.

NOTE Confidence: 0.85171616

00:39:51.330 --> 00:39:52.470 They'll get nervous.

NOTE Confidence: 0.85171616

00:39:52.470 --> 00:39:54.370 That you can actually inject

NOTE Confidence: 0.85171616

00:39:54.370 --> 00:39:56.120 without feel like an EpiPen.

NOTE Confidence: 0.85171616

00:39:56.120 --> 00:39:57.872 45 minutes to an hour before

NOTE Confidence: 0.85171616

00:39:57.872 --> 00:39:59.370 you want to have sex.

NOTE Confidence: 0.85171616

00:39:59.370 --> 00:40:01.730 You say I wanna have sex Saturday night.

NOTE Confidence: 0.85171616

00:40:01.730 --> 00:40:02.588 OK, pipe yourself.

NOTE Confidence: 0.85171616

00:40:02.588 --> 00:40:04.018 This little injectors called by

NOTE Confidence: 0.85171616

00:40:04.018 --> 00:40:05.860 Alessi and the success is reasonable.

NOTE Confidence: 0.85171616

00:40:05.860 --> 00:40:07.630 So we allow little tricks that

NOTE Confidence: 0.85171616

00:40:07.630 --> 00:40:08.810 we can use there.

NOTE Confidence: 0.85171616

00:40:08.810 --> 00:40:10.749 I don't think we have and not

NOTE Confidence: 0.85171616

00:40:10.749 --> 00:40:13.097 many of these are new so we have

NOTE Confidence: 0.85171616

00:40:13.097 --> 00:40:15.000 some some newer tricks out there.

NOTE Confidence: 0.870594

00:40:18.130 --> 00:40:20.062 There are also a lot of

NOTE Confidence: 0.870594

00:40:20.062 --> 00:40:22.030 things you can find on line.

NOTE Confidence: 0.870594

00:40:22.030 --> 00:40:24.004 We do have some certain websites that

NOTE Confidence: 0.870594

00:40:24.004 --> 00:40:26.682 we tend to like that are a little bit

NOTE Confidence: 0.870594

00:40:26.682 --> 00:40:29.100 little bit more medical based websites but

NOTE Confidence: 0.870594

00:40:29.100 --> 00:40:31.452 have different stimulating oils and gels.

NOTE Confidence: 0.870594

00:40:31.460 --> 00:40:33.080 Some some toys and games,

NOTE Confidence: 0.870594  
00:40:33.080 --> 00:40:35.355 some different things for partners as well.  
NOTE Confidence: 0.870594  
00:40:35.360 --> 00:40:36.985 Vibrators can be helpful for  
NOTE Confidence: 0.870594  
00:40:36.985 --> 00:40:38.610 foreplay and stuff like that,  
NOTE Confidence: 0.870594  
00:40:38.610 --> 00:40:41.460 so if you need a little bit of a head  
NOTE Confidence: 0.870594  
00:40:41.541 --> 00:40:44.772 start or if you have a birthday coming up,  
NOTE Confidence: 0.870594  
00:40:44.780 --> 00:40:47.013 you want a gift we can give  
NOTE Confidence: 0.870594  
00:40:47.013 --> 00:40:49.290 you some of those websites.  
NOTE Confidence: 0.870594  
00:40:49.290 --> 00:40:51.459 To look at.  
NOTE Confidence: 0.870594  
00:40:51.460 --> 00:40:53.458 Denise, another question from the group  
NOTE Confidence: 0.870594  
00:40:53.458 --> 00:40:56.398 is what do you recommend for lubricants?  
NOTE Confidence: 0.870594  
00:40:56.400 --> 00:40:58.300 Do you usually recommend water  
NOTE Confidence: 0.870594  
00:40:58.300 --> 00:40:59.440 based or silicone?  
NOTE Confidence: 0.8471885  
00:41:01.040 --> 00:41:03.126 Great question and I think  
NOTE Confidence: 0.8471885  
00:41:03.126 --> 00:41:05.640 it depends on the patient so  
NOTE Confidence: 0.8471885  
00:41:05.727 --> 00:41:08.735 and what you're using it for with or  
NOTE Confidence: 0.8471885

00:41:08.735 --> 00:41:12.084 four so oftentimes I I. I'm kind of  
NOTE Confidence: 0.8471885

00:41:12.084 --> 00:41:14.124 currently an oil based lubricants.  
NOTE Confidence: 0.8471885

00:41:14.130 --> 00:41:16.950 Actually the there's one in particular emu  
NOTE Confidence: 0.8471885

00:41:16.950 --> 00:41:20.670 oil that tends to be very helpful for people,  
NOTE Confidence: 0.8471885

00:41:20.670 --> 00:41:23.934 but if you're using it with a dial,  
NOTE Confidence: 0.8471885

00:41:23.940 --> 00:41:25.815 so technically you're not supposed  
NOTE Confidence: 0.8471885

00:41:25.815 --> 00:41:29.123 to use it with a dial later because  
NOTE Confidence: 0.8471885

00:41:29.123 --> 00:41:31.378 it can penetrate the silicone.  
NOTE Confidence: 0.8471885

00:41:31.380 --> 00:41:34.086 Surface so cleaning wise it's not.  
NOTE Confidence: 0.8471885

00:41:34.090 --> 00:41:37.268 You know recommended so so if it's  
NOTE Confidence: 0.8471885

00:41:37.268 --> 00:41:40.039 if it's intercourse based of the  
NOTE Confidence: 0.8471885

00:41:40.039 --> 00:41:42.673 connotation without a tool or toy,  
NOTE Confidence: 0.8471885

00:41:42.680 --> 00:41:46.296 I would recommend usually a water based Lube.  
NOTE Confidence: 0.8471885

00:41:46.300 --> 00:41:48.560 Otherwise a water based lubricant  
NOTE Confidence: 0.8471885

00:41:48.560 --> 00:41:50.820 or a silicone based lubricant,  
NOTE Confidence: 0.8471885

00:41:50.820 --> 00:41:53.030 just depending on personal preference

NOTE Confidence: 0.8471885

00:41:53.030 --> 00:41:56.240 and how it feels for the patient.

NOTE Confidence: 0.8801398

00:42:00.010 --> 00:42:02.086 Yeah, and there's another question too

NOTE Confidence: 0.8801398

00:42:02.086 --> 00:42:04.201 about lubricants for people who have

NOTE Confidence: 0.8801398

00:42:04.201 --> 00:42:05.886 an estrogen sensitive breast cancer.

NOTE Confidence: 0.8801398

00:42:05.890 --> 00:42:07.274 And so you know.

NOTE Confidence: 0.8801398

00:42:07.274 --> 00:42:09.350 Again, it's really important to feel

NOTE Confidence: 0.8801398

00:42:09.350 --> 00:42:11.080 comfortable with what's being recommended,

NOTE Confidence: 0.8801398

00:42:11.080 --> 00:42:13.470 so we do know that you know in in many

NOTE Confidence: 0.8801398

00:42:13.533 --> 00:42:15.763 cases even with estrogen sensitive

NOTE Confidence: 0.8801398

00:42:15.763 --> 00:42:17.993 or estrogen positive breast cancers,

NOTE Confidence: 0.8801398

00:42:18.000 --> 00:42:20.900 we can try a low dose of a vaginal estrogen

NOTE Confidence: 0.8801398

00:42:20.973 --> 00:42:23.535 because again it's a local medication.

NOTE Confidence: 0.8801398

00:42:23.540 --> 00:42:25.960 But for women who say, you know,

NOTE Confidence: 0.8801398

00:42:25.960 --> 00:42:27.685 I just don't feel comfortable.

NOTE Confidence: 0.8801398

00:42:27.690 --> 00:42:30.105 I don't want to start with that,

NOTE Confidence: 0.8801398

00:42:30.110 --> 00:42:32.980 and oftentimes we don't start with estrogen.

NOTE Confidence: 0.8801398

00:42:32.980 --> 00:42:35.003 We start with something called a vaginal

NOTE Confidence: 0.8801398

00:42:35.003 --> 00:42:36.713 moisturizer and so you think about

NOTE Confidence: 0.8801398

00:42:36.713 --> 00:42:38.297 you know lubricants are really good

NOTE Confidence: 0.8801398

00:42:38.297 --> 00:42:40.290 at the time of intercourse or when

NOTE Confidence: 0.8801398

00:42:40.290 --> 00:42:42.502 you're using your dilator and you just

NOTE Confidence: 0.8801398

00:42:42.502 --> 00:42:45.050 need a little bit of extra moisture.

NOTE Confidence: 0.8801398

00:42:45.050 --> 00:42:46.780 But but sometimes we recommend

NOTE Confidence: 0.8801398

00:42:46.780 --> 00:42:48.510 vaginal moisturizers for regular use,

NOTE Confidence: 0.8801398

00:42:48.510 --> 00:42:50.586 and there are a couple different

NOTE Confidence: 0.8801398

00:42:50.586 --> 00:42:51.970 ones on the market.

NOTE Confidence: 0.8801398

00:42:51.970 --> 00:42:54.418 Some are little suppository's that kind

NOTE Confidence: 0.8801398

00:42:54.418 --> 00:42:57.670 of melt inside and some common gel forms.

NOTE Confidence: 0.8801398

00:42:57.670 --> 00:42:59.294 You can get these over the counter

NOTE Confidence: 0.8801398

00:42:59.294 --> 00:43:01.169 and none of them have estrogen

NOTE Confidence: 0.8801398

00:43:01.169 --> 00:43:02.669 because they're non prescription,

NOTE Confidence: 0.8801398

00:43:02.670 --> 00:43:05.254 but a moisturizer is good just like your

NOTE Confidence: 0.8801398

00:43:05.254 --> 00:43:07.264 moisturize your skin after you take a

NOTE Confidence: 0.8801398

00:43:07.264 --> 00:43:09.718 shower or when you wash your face at night,

NOTE Confidence: 0.8801398

00:43:09.720 --> 00:43:11.490 you can actually moisturize the vagina,

NOTE Confidence: 0.8801398

00:43:11.490 --> 00:43:13.834 so there are a couple of different ones.

NOTE Confidence: 0.8801398

00:43:13.840 --> 00:43:14.134 Summer,

NOTE Confidence: 0.8801398

00:43:14.134 --> 00:43:15.310 high aloe uronic acid,

NOTE Confidence: 0.8801398

00:43:15.310 --> 00:43:17.342 which you may see in the face creams

NOTE Confidence: 0.8801398

00:43:17.342 --> 00:43:19.321 that are out there these days and

NOTE Confidence: 0.8801398

00:43:19.321 --> 00:43:21.460 there are some other that are aloe

NOTE Confidence: 0.8801398

00:43:21.460 --> 00:43:23.458 based so there are different types

NOTE Confidence: 0.8801398

00:43:23.458 --> 00:43:25.072 of moisturizers and those are

NOTE Confidence: 0.8801398

00:43:25.072 --> 00:43:26.956 for regular use and we usually

NOTE Confidence: 0.8801398

00:43:26.956 --> 00:43:28.895 recommend two or three nights a week.

NOTE Confidence: 0.8801398

00:43:28.900 --> 00:43:30.260 To use the moisturizers and

NOTE Confidence: 0.8801398



00:43:30.260 --> 00:43:32.280 probably best to do it before bed,  
NOTE Confidence: 0.8801398

00:43:32.280 --> 00:43:33.978 because they can sometimes leak out.  
NOTE Confidence: 0.8801398

00:43:33.980 --> 00:43:36.800 And so if you put it in in the morning,  
NOTE Confidence: 0.8801398

00:43:36.800 --> 00:43:38.210 you're walking around all day.  
NOTE Confidence: 0.8801398

00:43:38.210 --> 00:43:39.716 You may feel little leaky or  
NOTE Confidence: 0.8801398

00:43:39.716 --> 00:43:41.310 like you have some discharge,  
NOTE Confidence: 0.8801398

00:43:41.310 --> 00:43:43.470 so you use it at night with your body  
NOTE Confidence: 0.8801398

00:43:43.470 --> 00:43:45.538 heat at night while you're sleeping.  
NOTE Confidence: 0.8801398

00:43:45.540 --> 00:43:48.078 It tends to kind of melt into the vagina.  
NOTE Confidence: 0.8801398

00:43:48.080 --> 00:43:51.244 Get into those vaginal tissues and really  
NOTE Confidence: 0.8801398

00:43:51.244 --> 00:43:54.710 moisturize. So I hope that helped.  
NOTE Confidence: 0.8801398

00:43:54.710 --> 00:43:55.390 Sweetly.  
NOTE Confidence: 0.72621727

00:43:59.020 --> 00:43:59.430 Effect.  
NOTE Confidence: 0.8395966

00:44:01.800 --> 00:44:03.755 Doctor Minken, can we ask  
NOTE Confidence: 0.8395966

00:44:03.755 --> 00:44:06.580 another question of course.  
NOTE Confidence: 0.8395966

00:44:06.580 --> 00:44:08.918 Can you talk a little bit about

NOTE Confidence: 0.8395966

00:44:08.918 --> 00:44:10.335 urinary symptoms that may

NOTE Confidence: 0.8395966

00:44:10.335 --> 00:44:12.095 happen for cancer patients and

NOTE Confidence: 0.8395966

00:44:12.095 --> 00:44:13.890 survivors and how you know?

NOTE Confidence: 0.8395966

00:44:13.890 --> 00:44:15.630 How do you, you know,

NOTE Confidence: 0.8395966

00:44:15.630 --> 00:44:18.059 figure out if it's a urinary problem?

NOTE Confidence: 0.8395966

00:44:18.060 --> 00:44:19.800 Should I see a urologist?

NOTE Confidence: 0.8395966

00:44:19.800 --> 00:44:22.124 Is this a medical issue or is

NOTE Confidence: 0.8395966

00:44:22.124 --> 00:44:23.630 this a menopause issue?

NOTE Confidence: 0.8395966

00:44:23.630 --> 00:44:25.718 How do you know the difference?

NOTE Confidence: 0.8466637

00:44:26.650 --> 00:44:29.260 Well, I always think it's a

NOTE Confidence: 0.8466637

00:44:29.260 --> 00:44:31.290 gynecological issue for everything so.

NOTE Confidence: 0.8466637

00:44:31.290 --> 00:44:34.170 You know my answer, of course.

NOTE Confidence: 0.8466637

00:44:34.170 --> 00:44:35.598 That couple of couples

NOTE Confidence: 0.8466637

00:44:35.598 --> 00:44:37.383 and couple of things that.

NOTE Confidence: 0.8466637

00:44:37.390 --> 00:44:39.214 So basic biology is that the

NOTE Confidence: 0.8466637

00:44:39.214 --> 00:44:41.114 tissue that lines the vagina is  
NOTE Confidence: 0.8466637

00:44:41.114 --> 00:44:42.974 very similar to the tissue that  
NOTE Confidence: 0.8466637

00:44:42.974 --> 00:44:45.119 lines the bladder and the urethra.  
NOTE Confidence: 0.8466637

00:44:45.120 --> 00:44:46.730 There drive from the same,  
NOTE Confidence: 0.8466637

00:44:46.730 --> 00:44:48.668 the same when our mommies tummies  
NOTE Confidence: 0.8466637

00:44:48.668 --> 00:44:50.334 being formed they are derived  
NOTE Confidence: 0.8466637

00:44:50.334 --> 00:44:52.194 from the same kind of tissue.  
NOTE Confidence: 0.8466637

00:44:52.200 --> 00:44:54.244 So it's not surprising that the bladder  
NOTE Confidence: 0.8466637

00:44:54.244 --> 00:44:56.224 tissue in the urethral tissue responds  
NOTE Confidence: 0.8466637

00:44:56.224 --> 00:44:58.318 to estrogen or the lack thereof.  
NOTE Confidence: 0.8466637

00:44:58.320 --> 00:44:59.660 OK, so anything that basically  
NOTE Confidence: 0.8466637

00:44:59.660 --> 00:45:01.797 will will lead to a decrease in  
NOTE Confidence: 0.8466637

00:45:01.797 --> 00:45:03.277 estrogen levels will oftentimes  
NOTE Confidence: 0.8466637

00:45:03.277 --> 00:45:04.757 lead to bladder problems,  
NOTE Confidence: 0.8466637

00:45:04.760 --> 00:45:07.766 which can be a real issue.  
NOTE Confidence: 0.8466637

00:45:07.770 --> 00:45:08.805 So in general,

NOTE Confidence: 0.8466637

00:45:08.805 --> 00:45:10.530 if somebody's got complaining of

NOTE Confidence: 0.8466637

00:45:10.530 --> 00:45:11.904 bladder issues and discomfort

NOTE Confidence: 0.8466637

00:45:11.904 --> 00:45:13.776 and they may be waiting to

NOTE Confidence: 0.8466637

00:45:13.776 --> 00:45:15.180 pain frequency incontinence,

NOTE Confidence: 0.8466637

00:45:15.180 --> 00:45:16.744 recurrent urinary tract infections,

NOTE Confidence: 0.8466637

00:45:16.744 --> 00:45:19.440 all the above can be related to

NOTE Confidence: 0.8466637

00:45:19.440 --> 00:45:21.407 loss of estrogen in that tissue and

NOTE Confidence: 0.8466637

00:45:21.407 --> 00:45:23.901 the key thing to remember is again

NOTE Confidence: 0.8466637

00:45:23.901 --> 00:45:25.766 fortunately coming back to biology

NOTE Confidence: 0.8466637

00:45:25.770 --> 00:45:27.840 that indeed the bladder in the

NOTE Confidence: 0.8466637

00:45:27.840 --> 00:45:30.010 vagina are attached to each other.

NOTE Confidence: 0.8466637

00:45:30.010 --> 00:45:30.732 Yeah, OK,

NOTE Confidence: 0.8466637

00:45:30.732 --> 00:45:32.537 when Doctor Ratner does those

NOTE Confidence: 0.8466637

00:45:32.537 --> 00:45:35.032 surgeries I need to take out your

NOTE Confidence: 0.8466637

00:45:35.032 --> 00:45:36.712 uterus or something like that.

NOTE Confidence: 0.8466637

00:45:36.720 --> 00:45:39.000 But she actually has to peel  
NOTE Confidence: 0.8466637

00:45:39.000 --> 00:45:40.140 the bladder down.  
NOTE Confidence: 0.8466637

00:45:40.140 --> 00:45:42.930 To take it off of the of the uterus to  
NOTE Confidence: 0.8466637

00:45:43.006 --> 00:45:45.844 do the surgery so that that's, you know,  
NOTE Confidence: 0.8466637

00:45:45.844 --> 00:45:47.429 that's really close anatomy there.  
NOTE Confidence: 0.8466637

00:45:47.430 --> 00:45:48.201 So in general,  
NOTE Confidence: 0.8466637

00:45:48.201 --> 00:45:50.000 when I will often do is if  
NOTE Confidence: 0.8466637

00:45:50.069 --> 00:45:52.103 somebody's got any of those in  
NOTE Confidence: 0.8466637

00:45:52.103 --> 00:45:54.090 one of those urological symptoms.  
NOTE Confidence: 0.8466637

00:45:54.090 --> 00:45:56.618 If they are a candidate for vaginal estrogen,  
NOTE Confidence: 0.8466637

00:45:56.620 --> 00:45:59.756 I almost always think it's worth the trial.  
NOTE Confidence: 0.8466637

00:45:59.760 --> 00:46:01.140 To get some vaginal issue,  
NOTE Confidence: 0.8466637

00:46:01.140 --> 00:46:03.348 we can't put estrogen right into the bladder.  
NOTE Confidence: 0.8466637

00:46:03.350 --> 00:46:04.145 It's too tricky,  
NOTE Confidence: 0.8466637

00:46:04.145 --> 00:46:06.659 but we certainly can put it into the vagina.  
NOTE Confidence: 0.8466637

00:46:06.660 --> 00:46:09.135 And again, if as long as somebody is OK,

NOTE Confidence: 0.8466637

00:46:09.140 --> 00:46:10.869 but using it and that will permeate

NOTE Confidence: 0.8466637

00:46:10.869 --> 00:46:13.004 its way up to the bladder and the

NOTE Confidence: 0.8466637

00:46:13.004 --> 00:46:14.940 urethra and make that issue healthier.

NOTE Confidence: 0.8466637

00:46:14.940 --> 00:46:16.956 The other thing that happens is again

NOTE Confidence: 0.8466637

00:46:16.956 --> 00:46:19.077 when the vagina gets dried you end up,

NOTE Confidence: 0.8466637

00:46:19.080 --> 00:46:20.160 believe it or not,

NOTE Confidence: 0.8466637

00:46:20.160 --> 00:46:22.120 with nasty or bacteria hanging around there.

NOTE Confidence: 0.8466637

00:46:22.120 --> 00:46:24.280 And when you have a bladder that is sort

NOTE Confidence: 0.8466637

00:46:24.280 --> 00:46:26.526 of weaker because of lack of estrogen,

NOTE Confidence: 0.8466637

00:46:26.530 --> 00:46:28.150 and there are nastier bugs hanging

NOTE Confidence: 0.8466637

00:46:28.150 --> 00:46:29.881 around there and ask your bacteria

NOTE Confidence: 0.8466637

00:46:29.881 --> 00:46:31.386 which can invade the bladder.

NOTE Confidence: 0.8466637

00:46:31.390 --> 00:46:33.259 You can end up with some pretty

NOTE Confidence: 0.8466637

00:46:33.259 --> 00:46:34.690 nasty urinary tract infections,

NOTE Confidence: 0.8466637

00:46:34.690 --> 00:46:37.090 so basically that I I'm a great believer.

NOTE Confidence: 0.8466637

00:46:37.090 --> 00:46:38.926 If somebody is able to take  
NOTE Confidence: 0.8466637

00:46:38.926 --> 00:46:40.390 estrogen vaginally to use it,  
NOTE Confidence: 0.8466637

00:46:40.390 --> 00:46:42.483 because I think it will help the  
NOTE Confidence: 0.8466637

00:46:42.483 --> 00:46:43.690 bladder symptomatology in many,  
NOTE Confidence: 0.8466637

00:46:43.690 --> 00:46:44.290 many conditions.  
NOTE Confidence: 0.8466637

00:46:44.290 --> 00:46:46.090 Now sometimes it's not now OK,  
NOTE Confidence: 0.8466637

00:46:46.090 --> 00:46:47.590 sometimes that you'll have the  
NOTE Confidence: 0.8466637

00:46:47.590 --> 00:46:49.090 patient still dealing with symptoms,  
NOTE Confidence: 0.8466637

00:46:49.090 --> 00:46:51.190 and then we may never see urologist  
NOTE Confidence: 0.8466637

00:46:51.190 --> 00:46:51.790 or urogynecologist.  
NOTE Confidence: 0.8466637

00:46:51.790 --> 00:46:52.942 We have, you know,  
NOTE Confidence: 0.8466637

00:46:52.942 --> 00:46:55.390 several folks at Yale who are quite good.  
NOTE Confidence: 0.8466637

00:46:55.390 --> 00:46:55.990 You know,  
NOTE Confidence: 0.8466637

00:46:55.990 --> 00:46:58.090 as far as dealing with these issues,  
NOTE Confidence: 0.8466637

00:46:58.090 --> 00:46:59.860 but I almost always think about  
NOTE Confidence: 0.8466637

00:46:59.860 --> 00:47:01.390 using some vaginal estrogens first.

NOTE Confidence: 0.9091451

00:47:05.420 --> 00:47:07.226 I mean, I think it's another important.

NOTE Confidence: 0.90396315

00:47:09.300 --> 00:47:11.670 Important thing to know that.

NOTE Confidence: 0.90396315

00:47:11.670 --> 00:47:13.475 You know if there's something

NOTE Confidence: 0.90396315

00:47:13.475 --> 00:47:15.280 that you can't figure out,

NOTE Confidence: 0.90396315

00:47:15.280 --> 00:47:16.724 or your community provider,

NOTE Confidence: 0.90396315

00:47:16.724 --> 00:47:18.168 your primary care doctor,

NOTE Confidence: 0.90396315

00:47:18.170 --> 00:47:19.253 your primary gynecologist.

NOTE Confidence: 0.90396315

00:47:19.253 --> 00:47:20.697 There's just something that

NOTE Confidence: 0.90396315

00:47:20.697 --> 00:47:22.420 doesn't seem right, you know.

NOTE Confidence: 0.90396315

00:47:22.420 --> 00:47:24.340 You may want to go back

NOTE Confidence: 0.90396315

00:47:24.340 --> 00:47:26.227 to your oncologist, Ann.

NOTE Confidence: 0.90396315

00:47:26.227 --> 00:47:27.762 Just ask is this anything

NOTE Confidence: 0.90396315

00:47:27.762 --> 00:47:28.990 related to my cancer?

NOTE Confidence: 0.90396315

00:47:28.990 --> 00:47:31.310 Could this be an issue from my hormones

NOTE Confidence: 0.90396315

00:47:31.310 --> 00:47:34.208 or my treatment and then see if they can?

NOTE Confidence: 0.90396315



00:47:34.210 --> 00:47:35.926 Or you're of course you can  
NOTE Confidence: 0.90396315

00:47:35.926 --> 00:47:37.590 come to the same clinic,  
NOTE Confidence: 0.90396315

00:47:37.590 --> 00:47:39.336 but it's hard to know sometimes  
NOTE Confidence: 0.90396315

00:47:39.336 --> 00:47:41.385 whether you know a symptom is from  
NOTE Confidence: 0.90396315

00:47:41.385 --> 00:47:43.303 a cancer treatment or if it's a  
NOTE Confidence: 0.90396315

00:47:43.361 --> 00:47:45.419 symptom that anybody in the community  
NOTE Confidence: 0.90396315

00:47:45.419 --> 00:47:47.098 can experience and so asking,  
NOTE Confidence: 0.90396315

00:47:47.098 --> 00:47:47.694 you know,  
NOTE Confidence: 0.90396315

00:47:47.694 --> 00:47:49.184 going back to your treating  
NOTE Confidence: 0.90396315

00:47:49.184 --> 00:47:50.180 oncologist and saying,  
NOTE Confidence: 0.90396315

00:47:50.180 --> 00:47:52.636 what are your thoughts on this, if if.  
NOTE Confidence: 0.90396315

00:47:52.636 --> 00:47:54.792 You know your your general PCP just  
NOTE Confidence: 0.90396315

00:47:54.792 --> 00:47:57.027 can't seem to figure something out.  
NOTE Confidence: 0.82438797

00:47:58.620 --> 00:48:01.330 And one thing I will put in in my sort  
NOTE Confidence: 0.82438797

00:48:01.410 --> 00:48:03.770 of shameless self promotion mode.  
NOTE Confidence: 0.82438797

00:48:03.770 --> 00:48:04.796 I've been good.

NOTE Confidence: 0.82438797

00:48:04.796 --> 00:48:06.848 I haven't said it yet Joanna.

NOTE Confidence: 0.82438797

00:48:06.850 --> 00:48:09.146 I'm doing fine that I will encourage

NOTE Confidence: 0.82438797

00:48:09.146 --> 00:48:11.649 everybody to go to my fabulous website,

NOTE Confidence: 0.82438797

00:48:11.650 --> 00:48:13.708 which is Madame ovary French spelling.

NOTE Confidence: 0.82438797

00:48:13.710 --> 00:48:14.739 MAD AM YOVARY.

NOTE Confidence: 0.82438797

00:48:14.739 --> 00:48:16.454 Well, that's not friendship anyway.

NOTE Confidence: 0.82438797

00:48:16.460 --> 00:48:18.854 Madam ovary.com an on my exciting website.

NOTE Confidence: 0.82438797

00:48:18.860 --> 00:48:21.492 We have some nice videos for menopause

NOTE Confidence: 0.82438797

00:48:21.492 --> 00:48:23.580 for cancer survivors and I now

NOTE Confidence: 0.82438797

00:48:23.580 --> 00:48:25.362 have come into the 21st century.

NOTE Confidence: 0.82438797

00:48:25.370 --> 00:48:27.869 I have podcasts so if you would

NOTE Confidence: 0.82438797

00:48:27.869 --> 00:48:30.270 like to listen to a dry vagina.

NOTE Confidence: 0.82438797

00:48:30.270 --> 00:48:31.158 Podcast or sexuality.

NOTE Confidence: 0.82438797

00:48:31.158 --> 00:48:32.046 Intimacy and menopause.

NOTE Confidence: 0.82438797

00:48:32.050 --> 00:48:32.935 For cancer survivors,

NOTE Confidence: 0.82438797

00:48:32.935 --> 00:48:34.115 podcasts come on over.  
NOTE Confidence: 0.82438797

00:48:34.120 --> 00:48:35.806 Listen to him and hopefully will  
NOTE Confidence: 0.82438797

00:48:35.806 --> 00:48:37.322 answer some of your questions  
NOTE Confidence: 0.82438797

00:48:37.322 --> 00:48:39.302 for you and then maybe generate  
NOTE Confidence: 0.82438797

00:48:39.302 --> 00:48:40.865 some more questions that we  
NOTE Confidence: 0.82438797

00:48:40.865 --> 00:48:42.407 could answer for you it seems.  
NOTE Confidence: 0.8490572

00:48:49.000 --> 00:48:51.264 Thank you, Heather, thank you. Thank you.  
NOTE Confidence: 0.8490572

00:48:51.264 --> 00:48:52.874 My shameless self promotion here.  
NOTE Confidence: 0.8490572

00:48:52.880 --> 00:48:55.440 Yeah click on it look at all the  
NOTE Confidence: 0.8490572

00:48:55.440 --> 00:48:57.080 exciting things you can watch.  
NOTE Confidence: 0.8175879

00:48:58.120 --> 00:49:00.297 So I want to doctor Doctor Ratner.  
NOTE Confidence: 0.8175879

00:49:00.300 --> 00:49:02.526 I don't know if you have thoughts  
NOTE Confidence: 0.8175879

00:49:02.526 --> 00:49:04.358 or things you want to add.  
NOTE Confidence: 0.8718691

00:49:06.690 --> 00:49:09.482 I just think that we are so blessed  
NOTE Confidence: 0.8718691

00:49:09.482 --> 00:49:12.107 to have the three of you ladies  
NOTE Confidence: 0.8718691

00:49:12.107 --> 00:49:13.953 doing this in our community.

NOTE Confidence: 0.8718691

00:49:13.953 --> 00:49:16.132 I think we take this for

NOTE Confidence: 0.8718691

00:49:16.132 --> 00:49:18.310 granted and we don't this much.

NOTE Confidence: 0.8718691

00:49:18.310 --> 00:49:20.255 Appreciate what a difference you

NOTE Confidence: 0.8718691

00:49:20.255 --> 00:49:23.027 make by the care that you provide

NOTE Confidence: 0.8718691

00:49:23.027 --> 00:49:25.277 and this is very much something

NOTE Confidence: 0.8718691

00:49:25.277 --> 00:49:28.269 that I'm so proud of to be part of

NOTE Confidence: 0.8718691

00:49:28.269 --> 00:49:30.319 smilow because we don't just treat

NOTE Confidence: 0.8718691

00:49:30.319 --> 00:49:32.557 cancer with truly treat women and

NOTE Confidence: 0.8718691

00:49:32.557 --> 00:49:35.879 we think of women and we just want.

NOTE Confidence: 0.8718691

00:49:35.880 --> 00:49:38.151 You ladies not just to be cancer free.

NOTE Confidence: 0.8718691

00:49:38.151 --> 00:49:41.270 But also to be happy and have your life back.

NOTE Confidence: 0.8718691

00:49:41.270 --> 00:49:43.125 And this is all that all of

NOTE Confidence: 0.8718691

00:49:43.125 --> 00:49:44.379 us are trying to do.

NOTE Confidence: 0.8718691

00:49:44.380 --> 00:49:46.228 So thank you to the three of

NOTE Confidence: 0.8718691

00:49:46.228 --> 00:49:47.748 you for everything that you do.

NOTE Confidence: 0.8718691

00:49:47.750 --> 00:49:48.382 And again,  
NOTE Confidence: 0.8718691

00:49:48.382 --> 00:49:50.278 we're so grateful to be part  
NOTE Confidence: 0.8718691

00:49:50.278 --> 00:49:51.660 of this community.  
NOTE Confidence: 0.8718691

00:49:51.660 --> 00:49:51.990 Thank  
NOTE Confidence: 0.8579668

00:49:51.990 --> 00:49:54.528 you for you for making the trouble to get  
NOTE Confidence: 0.8579668

00:49:54.528 --> 00:49:56.920 this started their doctor Ratner. Yeah  
NOTE Confidence: 0.8579668

00:49:56.920 --> 00:49:59.008 Doctor Renner for starting the program  
NOTE Confidence: 0.8579668

00:49:59.008 --> 00:50:01.953 and I you know I think that this is  
NOTE Confidence: 0.8579668

00:50:01.953 --> 00:50:04.158 so important for our our patients and  
NOTE Confidence: 0.8579668

00:50:04.158 --> 00:50:06.790 also for the partners and we you know  
NOTE Confidence: 0.8579668

00:50:06.790 --> 00:50:09.177 in the same clinic we certainly welcome  
NOTE Confidence: 0.8579668

00:50:09.177 --> 00:50:11.399 partners to be part of the visit.  
NOTE Confidence: 0.8579668

00:50:11.400 --> 00:50:13.486 Be part of the conversation and I  
NOTE Confidence: 0.8579668

00:50:13.486 --> 00:50:15.927 think you know for the men men out  
NOTE Confidence: 0.8579668

00:50:15.927 --> 00:50:17.861 there for the male survivors ask  
NOTE Confidence: 0.8579668

00:50:17.861 --> 00:50:19.751 your oncologist if you're struggling

NOTE Confidence: 0.8579668

00:50:19.751 --> 00:50:22.004 with issues you know the biggest.

NOTE Confidence: 0.8579668

00:50:22.004 --> 00:50:24.573 You know male cancers that that cause

NOTE Confidence: 0.8579668

00:50:24.573 --> 00:50:26.939 sexual challenges or prostate cancer,

NOTE Confidence: 0.8579668

00:50:26.940 --> 00:50:27.810 testicular cancer,

NOTE Confidence: 0.8579668

00:50:27.810 --> 00:50:30.420 colorectal cancer for men and women

NOTE Confidence: 0.8579668

00:50:30.420 --> 00:50:32.480 can be really challenging and

NOTE Confidence: 0.8579668

00:50:32.480 --> 00:50:35.077 a lot of it can be emotional,

NOTE Confidence: 0.8579668

00:50:35.080 --> 00:50:36.708 but also physical changes.

NOTE Confidence: 0.8579668

00:50:36.708 --> 00:50:39.150 And for men with prostate cancer,

NOTE Confidence: 0.8579668

00:50:39.150 --> 00:50:41.999 there can be hormonal changes as well,

NOTE Confidence: 0.8579668

00:50:42.000 --> 00:50:44.040 and physical changes from surgery,

NOTE Confidence: 0.8579668

00:50:44.040 --> 00:50:45.776 radiation, chemotherapy.

NOTE Confidence: 0.8579668

00:50:45.776 --> 00:50:48.380 Anybody getting chemotherapy

NOTE Confidence: 0.8579668

00:50:48.380 --> 00:50:51.852 can have nausea fatigue.

NOTE Confidence: 0.8579668

00:50:51.860 --> 00:50:53.140 You know hair loss,

NOTE Confidence: 0.8579668

00:50:53.140 --> 00:50:55.060 even hair loss can really cause  
NOTE Confidence: 0.8579668

00:50:55.127 --> 00:50:57.083 you know changes in your self  
NOTE Confidence: 0.8579668

00:50:57.083 --> 00:50:58.770 confidence and how you feel.  
NOTE Confidence: 0.8579668

00:50:58.770 --> 00:51:01.066 Whether you're with a partner for many,  
NOTE Confidence: 0.8579668

00:51:01.070 --> 00:51:02.246 many years or not,  
NOTE Confidence: 0.8579668

00:51:02.246 --> 00:51:05.020 it's normal to feel like you look different.  
NOTE Confidence: 0.8579668

00:51:05.020 --> 00:51:07.840 You may be a little shy.  
NOTE Confidence: 0.8579668

00:51:07.840 --> 00:51:09.658 We deal with all of that.  
NOTE Confidence: 0.8579668

00:51:09.660 --> 00:51:11.718 You know we have great psychology folks  
NOTE Confidence: 0.8579668

00:51:11.718 --> 00:51:14.187 who will help you be able to have  
NOTE Confidence: 0.8579668

00:51:14.187 --> 00:51:15.712 the conversation with your partner.  
NOTE Confidence: 0.8579668

00:51:15.720 --> 00:51:17.708 A lot of partners are also worried  
NOTE Confidence: 0.8579668

00:51:17.708 --> 00:51:19.880 you know your partner loves you and  
NOTE Confidence: 0.8579668

00:51:19.880 --> 00:51:21.764 is worried about hurting you or  
NOTE Confidence: 0.8579668

00:51:21.825 --> 00:51:23.897 causing any pain or not wanting to,  
NOTE Confidence: 0.8579668

00:51:23.900 --> 00:51:24.548 you know,

NOTE Confidence: 0.8579668

00:51:24.548 --> 00:51:26.492 have intercourse with you if you're

NOTE Confidence: 0.8579668

00:51:26.492 --> 00:51:28.547 in pain or if you're tired or

NOTE Confidence: 0.8579668

00:51:28.547 --> 00:51:30.260 if you just don't feel well,

NOTE Confidence: 0.8579668

00:51:30.260 --> 00:51:32.051 so you know we want you to be able

NOTE Confidence: 0.8579668

00:51:32.051 --> 00:51:33.891 to feel comfortable with your partner

NOTE Confidence: 0.8579668

00:51:33.891 --> 00:51:36.035 and talking about it and having

NOTE Confidence: 0.8579668

00:51:36.035 --> 00:51:37.529 these difficult conversations.

NOTE Confidence: 0.8579668

00:51:37.530 --> 00:51:39.996 And even if it comes to.

NOTE Confidence: 0.8579668

00:51:40.000 --> 00:51:41.956 Finding different ways to be intimate.

NOTE Confidence: 0.8579668

00:51:41.960 --> 00:51:43.088 If it's, you know,

NOTE Confidence: 0.8579668

00:51:43.088 --> 00:51:44.780 going on dates again or or

NOTE Confidence: 0.8579668

00:51:44.846 --> 00:51:46.538 holding hands and cuddling,

NOTE Confidence: 0.8579668

00:51:46.540 --> 00:51:47.458 watching a movie,

NOTE Confidence: 0.8579668

00:51:47.458 --> 00:51:50.020 you know we're here to help you get

NOTE Confidence: 0.8579668

00:51:50.020 --> 00:51:52.156 back to whatever your intimacy level

NOTE Confidence: 0.8579668



00:51:52.156 --> 00:51:54.512 that feels right for you and your  
NOTE Confidence: 0.8579668

00:51:54.512 --> 00:51:56.348 partner so you know we're always  
NOTE Confidence: 0.8579668

00:51:56.350 --> 00:51:58.639 happy to meet you where you're at.  
NOTE Confidence: 0.8579668

00:51:58.640 --> 00:52:00.104 Try to, you know,  
NOTE Confidence: 0.8579668

00:52:00.104 --> 00:52:02.300 help you find new things that  
NOTE Confidence: 0.8579668

00:52:02.386 --> 00:52:04.648 work for you and support you.  
NOTE Confidence: 0.8579668

00:52:04.650 --> 00:52:06.140 You know, in medical ways,  
NOTE Confidence: 0.8579668

00:52:06.140 --> 00:52:07.928 but also in in emotional ways  
NOTE Confidence: 0.8579668

00:52:07.928 --> 00:52:09.120 and psychologically as well.  
NOTE Confidence: 0.8579668

00:52:09.120 --> 00:52:10.610 So we're here for you.  
NOTE Confidence: 0.8579668

00:52:10.610 --> 00:52:12.391 We're here for your partners, men,  
NOTE Confidence: 0.8579668

00:52:12.391 --> 00:52:14.428 we can help you will just find  
NOTE Confidence: 0.8579668

00:52:14.428 --> 00:52:16.570 you the right people to go to.  
NOTE Confidence: 0.8579668

00:52:16.570 --> 00:52:18.060 Because for males there are  
NOTE Confidence: 0.8579668

00:52:18.060 --> 00:52:19.550 different procedures that can help.  
NOTE Confidence: 0.8579668

00:52:19.550 --> 00:52:21.040 There are medications for men.

NOTE Confidence: 0.8579668

00:52:21.040 --> 00:52:23.416 Some men get hormones as well as women,

NOTE Confidence: 0.8579668

00:52:23.420 --> 00:52:24.260 so you know,

NOTE Confidence: 0.8579668

00:52:24.260 --> 00:52:26.864 I know there are some men on the call

NOTE Confidence: 0.8579668

00:52:26.864 --> 00:52:29.980 here and I don't want you to feel that we're,

NOTE Confidence: 0.8579668

00:52:29.980 --> 00:52:31.472 you know, neglecting you.

NOTE Confidence: 0.8579668

00:52:31.472 --> 00:52:33.337 But we can certainly point

NOTE Confidence: 0.8579668

00:52:33.337 --> 00:52:35.310 you in the right direction.

NOTE Confidence: 0.8579668

00:52:35.310 --> 00:52:36.110 Absolutely.

NOTE Confidence: 0.89502275

00:52:38.200 --> 00:52:40.464 And I just want to add quality of

NOTE Confidence: 0.89502275

00:52:40.464 --> 00:52:42.688 life is just equally important,

NOTE Confidence: 0.89502275

00:52:42.690 --> 00:52:44.066 so it's fantastic to

NOTE Confidence: 0.89502275

00:52:44.066 --> 00:52:45.786 survive and to continue on.

NOTE Confidence: 0.89502275

00:52:45.790 --> 00:52:47.860 But the quality of life is,

NOTE Confidence: 0.89502275

00:52:47.860 --> 00:52:50.275 you know what we've been talking about.

NOTE Confidence: 0.89502275

00:52:50.280 --> 00:52:52.344 And I think that's just really

NOTE Confidence: 0.89502275

00:52:52.344 --> 00:52:53.376 equally as important.  
NOTE Confidence: 0.89502275

00:52:53.380 --> 00:52:55.795 At a certain point is you know,  
NOTE Confidence: 0.89502275

00:52:55.800 --> 00:52:57.328 feeling like you are.  
NOTE Confidence: 0.89502275

00:52:57.328 --> 00:53:00.500 There and able to do the things that  
NOTE Confidence: 0.89502275

00:53:00.500 --> 00:53:04.321 you want to enjoy and you know, as a PT,  
NOTE Confidence: 0.89502275

00:53:04.321 --> 00:53:06.753 my perspective is all about function, right?  
NOTE Confidence: 0.89502275

00:53:06.753 --> 00:53:09.154 So being able to function in the  
NOTE Confidence: 0.89502275

00:53:09.154 --> 00:53:11.808 way that you want and and you know  
NOTE Confidence: 0.89502275

00:53:11.808 --> 00:53:14.069 you guys have said that already,  
NOTE Confidence: 0.89502275

00:53:14.070 --> 00:53:16.158 but I just think it's important  
NOTE Confidence: 0.89502275

00:53:16.158 --> 00:53:18.239 to echo because you know you.  
NOTE Confidence: 0.89502275

00:53:18.240 --> 00:53:20.562 You've done a tremendous job already  
NOTE Confidence: 0.89502275

00:53:20.562 --> 00:53:23.441 and now you know it's time to kind  
NOTE Confidence: 0.89502275

00:53:23.441 --> 00:53:26.071 of get back to the things that you  
NOTE Confidence: 0.89502275

00:53:26.071 --> 00:53:28.759 want to do and and a relationship is.  
NOTE Confidence: 0.89502275

00:53:28.760 --> 00:53:30.288 Huge piece of that.

NOTE Confidence: 0.89502275

00:53:30.288 --> 00:53:31.434 So you know,

NOTE Confidence: 0.89502275

00:53:31.440 --> 00:53:33.624 thinking about how how all of

NOTE Confidence: 0.89502275

00:53:33.624 --> 00:53:35.080 these different symptoms are

NOTE Confidence: 0.89502275

00:53:35.144 --> 00:53:37.119 affecting and kind of putting

NOTE Confidence: 0.89502275

00:53:37.119 --> 00:53:39.094 all these puzzle pieces together.

NOTE Confidence: 0.89502275

00:53:39.100 --> 00:53:42.068 And I always say that a multidisciplinary

NOTE Confidence: 0.89502275

00:53:42.068 --> 00:53:44.822 team approach is kind of the best

NOTE Confidence: 0.89502275

00:53:44.822 --> 00:53:46.928 way to find all these different

NOTE Confidence: 0.89502275

00:53:47.004 --> 00:53:49.510 pieces and make sure that they are

NOTE Confidence: 0.89502275

00:53:49.510 --> 00:53:51.739 whole again as much as possible.

NOTE Confidence: 0.8471262

00:53:55.830 --> 00:53:56.958 Excellent please. We

NOTE Confidence: 0.8471262

00:53:56.960 --> 00:53:59.207 have a we have a great question

NOTE Confidence: 0.8471262

00:53:59.207 --> 00:54:01.157 from an audience member about

NOTE Confidence: 0.8471262

00:54:01.157 --> 00:54:02.985 somebody who's had lymphoma.

NOTE Confidence: 0.8471262

00:54:02.990 --> 00:54:05.629 Doctor Minkinen has a stem cell transplant.

NOTE Confidence: 0.8471262

00:54:05.630 --> 00:54:07.480 Should there you know what  
NOTE Confidence: 0.8471262

00:54:07.480 --> 00:54:09.330 might be the consequences of  
NOTE Confidence: 0.8471262

00:54:09.403 --> 00:54:11.288 that in his hormone therapy?  
NOTE Confidence: 0.8471262

00:54:11.290 --> 00:54:12.798 Safe if needed. That's  
NOTE Confidence: 0.847126200000001

00:54:12.800 --> 00:54:15.032 an outstanding question and the answer  
NOTE Confidence: 0.847126200000001

00:54:15.032 --> 00:54:17.433 is that's actually one of my arch  
NOTE Confidence: 0.847126200000001

00:54:17.433 --> 00:54:19.400 typical ones that I say these folks  
NOTE Confidence: 0.847126200000001

00:54:19.464 --> 00:54:21.784 are great candidates for hormone  
NOTE Confidence: 0.847126200000001

00:54:21.784 --> 00:54:23.640 replacement therapy because particularly  
NOTE Confidence: 0.847126200000001

00:54:23.640 --> 00:54:26.720 if we have somebody who's young.  
NOTE Confidence: 0.847126200000001

00:54:26.720 --> 00:54:28.799 Who's had in much of the time  
NOTE Confidence: 0.847126200000001

00:54:28.799 --> 00:54:30.465 she had chemotherapy before she  
NOTE Confidence: 0.847126200000001

00:54:30.465 --> 00:54:32.245 said her stem cell transplants,  
NOTE Confidence: 0.847126200000001

00:54:32.250 --> 00:54:34.518 or ovarian function, you know has been,  
NOTE Confidence: 0.847126200000001

00:54:34.520 --> 00:54:36.716 is is not there at the moment and we  
NOTE Confidence: 0.847126200000001

00:54:36.716 --> 00:54:39.135 we are concerned because we want these

NOTE Confidence: 0.847126200000001

00:54:39.135 --> 00:54:41.670 folks to lead normal lives afterwards.

NOTE Confidence: 0.847126200000001

00:54:41.670 --> 00:54:43.942 Totally normal lives and we do know that

NOTE Confidence: 0.847126200000001

00:54:43.942 --> 00:54:46.548 if we don't give these folks estrogen,

NOTE Confidence: 0.847126200000001

00:54:46.550 --> 00:54:48.678 they may end up with some increasing

NOTE Confidence: 0.847126200000001

00:54:48.678 --> 00:54:50.690 problems of bone loss or heart

NOTE Confidence: 0.847126200000001

00:54:50.690 --> 00:54:52.070 disease or cognitive issues.

NOTE Confidence: 0.847126200000001

00:54:52.070 --> 00:54:53.700 These things are very important,

NOTE Confidence: 0.847126200000001

00:54:53.700 --> 00:54:55.800 so we actually do recommend hormonal

NOTE Confidence: 0.847126200000001

00:54:55.800 --> 00:54:58.068 replacement therapy for most of these folks.

NOTE Confidence: 0.847126200000001

00:54:58.070 --> 00:55:00.128 And the answer is it's quite safe,

NOTE Confidence: 0.847126200000001

00:55:00.130 --> 00:55:01.600 will not encourage a secondary

NOTE Confidence: 0.847126200000001

00:55:01.600 --> 00:55:02.188 malignancy shelat,

NOTE Confidence: 0.847126200000001

00:55:02.190 --> 00:55:04.234 which is the question and you know,

NOTE Confidence: 0.847126200000001

00:55:04.240 --> 00:55:06.220 just encourage you handling this season

NOTE Confidence: 0.847126200000001

00:55:06.220 --> 00:55:08.139 though if somebody's got her uterus

NOTE Confidence: 0.847126200000001

00:55:08.139 --> 00:55:10.050 in place we give progesterone when we  
NOTE Confidence: 0.8471262000000001

00:55:10.050 --> 00:55:12.254 give the estrogen to balance it out as  
NOTE Confidence: 0.8471262000000001

00:55:12.254 --> 00:55:14.530 far as stimulating the lining of the uterus.  
NOTE Confidence: 0.8471262000000001

00:55:14.530 --> 00:55:16.890 But it's certainly quite safe to give now.  
NOTE Confidence: 0.8471262000000001

00:55:16.890 --> 00:55:18.882 One thing we do tend to use a  
NOTE Confidence: 0.8471262000000001

00:55:18.882 --> 00:55:20.875 little bit more in our program that  
NOTE Confidence: 0.8471262000000001

00:55:20.875 --> 00:55:23.060 may be in the general population.  
NOTE Confidence: 0.8471262000000001

00:55:23.060 --> 00:55:24.530 An some people are concerned  
NOTE Confidence: 0.8471262000000001

00:55:24.530 --> 00:55:26.000 about blood clots with certain.  
NOTE Confidence: 0.8471262000000001

00:55:26.000 --> 00:55:27.818 You know having had certain cancers  
NOTE Confidence: 0.8471262000000001

00:55:27.818 --> 00:55:29.882 so we can minimize that risk very  
NOTE Confidence: 0.8471262000000001

00:55:29.882 --> 00:55:31.730 nicely by using a patch by using  
NOTE Confidence: 0.8471262000000001

00:55:31.788 --> 00:55:33.078 a transdermal estrogen.  
NOTE Confidence: 0.8471262000000001

00:55:33.080 --> 00:55:35.184 And we use a lot of trans dermal.  
NOTE Confidence: 0.8471262000000001

00:55:35.190 --> 00:55:36.510 We only use exclusively transdermals,  
NOTE Confidence: 0.8471262000000001

00:55:36.510 --> 00:55:38.337 but so we can basically minimize the

NOTE Confidence: 0.847126200000001

00:55:38.337 --> 00:55:40.138 risk of getting blood clots by using

NOTE Confidence: 0.847126200000001

00:55:40.138 --> 00:55:42.202 the patch of estrogen an we have lots

NOTE Confidence: 0.847126200000001

00:55:42.202 --> 00:55:43.894 of those folks on estrogen therapy.

NOTE Confidence: 0.847126200000001

00:55:43.900 --> 00:55:44.960 So not a problem.

NOTE Confidence: 0.91976523

00:55:50.030 --> 00:55:51.098 Great, thank you.

NOTE Confidence: 0.8851316

00:55:54.580 --> 00:55:56.900 Do we have any more questions for Mark

NOTE Confidence: 0.8851316

00:55:56.900 --> 00:55:59.745 this is this has been a wonderful audience.

NOTE Confidence: 0.8851316

00:55:59.750 --> 00:56:01.850 That's great, we got lots of excellent

NOTE Confidence: 0.8851316

00:56:01.850 --> 00:56:03.650 questions and great questions from you.

NOTE Confidence: 0.86008996

00:56:06.200 --> 00:56:08.706 How about Doctor Minkin if if I?

NOTE Confidence: 0.86008996

00:56:08.710 --> 00:56:11.566 If there's a great question in the audience,

NOTE Confidence: 0.86008996

00:56:11.570 --> 00:56:13.616 I haven't had any hormone replacement

NOTE Confidence: 0.86008996

00:56:13.616 --> 00:56:16.906 and it's been 10 years now and now it's

NOTE Confidence: 0.86008996

00:56:16.906 --> 00:56:18.766 becoming more uncomfortable and have

NOTE Confidence: 0.86008996

00:56:18.838 --> 00:56:21.239 more dryness and what we call atrophy.

NOTE Confidence: 0.86008996



00:56:21.240 --> 00:56:23.388 Is it too late to start  
NOTE Confidence: 0.86008996

00:56:23.388 --> 00:56:24.820 any treatment for that?  
NOTE Confidence: 0.8324088

00:56:25.740 --> 00:56:27.360 The answer is absolutely not.  
NOTE Confidence: 0.8324088

00:56:27.360 --> 00:56:28.020 Vaginal estrogens.  
NOTE Confidence: 0.8324088

00:56:28.020 --> 00:56:30.910 We can start at any point you know OK,  
NOTE Confidence: 0.8324088

00:56:30.910 --> 00:56:33.286 and that dryness tends to be just a  
NOTE Confidence: 0.8324088

00:56:33.286 --> 00:56:35.318 function of time away from estrogen  
NOTE Confidence: 0.8324088

00:56:35.318 --> 00:56:37.370 till she gets drier and drier.  
NOTE Confidence: 0.8324088

00:56:37.370 --> 00:56:39.302 But the vagina is an amazingly  
NOTE Confidence: 0.8324088

00:56:39.302 --> 00:56:40.596 forgiving organ. It's wonderful.  
NOTE Confidence: 0.8324088

00:56:40.596 --> 00:56:41.888 It's a fabulous organ.  
NOTE Confidence: 0.8324088

00:56:41.890 --> 00:56:44.058 What can I tell you and that you  
NOTE Confidence: 0.8324088

00:56:44.058 --> 00:56:45.769 start using vaginal estrogens?  
NOTE Confidence: 0.8324088

00:56:45.770 --> 00:56:47.380 We can make anybody have  
NOTE Confidence: 0.8324088

00:56:47.380 --> 00:56:48.668 a really great vagina.  
NOTE Confidence: 0.8324088

00:56:48.670 --> 00:56:50.847 So, well, she'll have make the great

NOTE Confidence: 0.8324088

00:56:50.847 --> 00:56:53.199 vagina will give her the medications so,

NOTE Confidence: 0.8324088

00:56:53.200 --> 00:56:55.025 but the the changes are

NOTE Confidence: 0.8324088

00:56:55.025 --> 00:56:56.120 pretty much reversible.

NOTE Confidence: 0.8324088

00:56:56.120 --> 00:56:57.956 And the woman can regain really

NOTE Confidence: 0.8324088

00:56:57.956 --> 00:56:58.874 normal vaginal function,

NOTE Confidence: 0.8324088

00:56:58.880 --> 00:57:00.668 and sometimes there may be a

NOTE Confidence: 0.8324088

00:57:00.668 --> 00:57:02.233 little dilator therapy to help

NOTE Confidence: 0.8324088

00:57:02.233 --> 00:57:03.798 with things that will narrow.

NOTE Confidence: 0.8324088

00:57:03.800 --> 00:57:05.904 But you know how to use dilators and

NOTE Confidence: 0.8324088

00:57:05.904 --> 00:57:08.399 we can get these folks using dilators,

NOTE Confidence: 0.8324088

00:57:08.400 --> 00:57:09.940 so the answer is no,

NOTE Confidence: 0.8324088

00:57:09.940 --> 00:57:11.470 we can fix the vagina.

NOTE Confidence: 0.8324088

00:57:11.470 --> 00:57:12.758 The controversy actually would

NOTE Confidence: 0.8324088

00:57:12.758 --> 00:57:15.071 be as far as putting somebody on

NOTE Confidence: 0.8324088

00:57:15.071 --> 00:57:16.681 systemic estrogen if she hasn't

NOTE Confidence: 0.8324088

00:57:16.681 --> 00:57:18.283 been on systemic estrogen patches  
NOTE Confidence: 0.8324088

00:57:18.283 --> 00:57:20.068 or pills for 10 years or more.  
NOTE Confidence: 0.8324088

00:57:20.070 --> 00:57:21.918 And there may be some questions and  
NOTE Confidence: 0.8324088

00:57:21.918 --> 00:57:23.810 not some more esoteric questions about  
NOTE Confidence: 0.8324088

00:57:23.810 --> 00:57:25.892 heart issues and stuff like that.  
NOTE Confidence: 0.8324088

00:57:25.900 --> 00:57:27.880 But as far as vaginal therapy.  
NOTE Confidence: 0.8324088

00:57:27.880 --> 00:57:29.938 No problem come visit us will  
NOTE Confidence: 0.8324088

00:57:29.938 --> 00:57:31.920 start you tomorrow no problem.  
NOTE Confidence: 0.8324088

00:57:31.920 --> 00:57:34.848 Well, I guess next week later Marian clinic.  
NOTE Confidence: 0.8324088

00:57:34.850 --> 00:57:35.217 Well,  
NOTE Confidence: 0.8324088

00:57:35.217 --> 00:57:37.052 you know vaginal vaginal tissue  
NOTE Confidence: 0.8324088

00:57:37.052 --> 00:57:38.520 is is very very  
NOTE Confidence: 0.85211164

00:57:38.520 --> 00:57:41.056 fixable there. And one thing I think that  
NOTE Confidence: 0.85211164

00:57:41.056 --> 00:57:44.009 that is worth learning is that you know  
NOTE Confidence: 0.85211164

00:57:44.009 --> 00:57:46.230 what exactly is considered menopause.  
NOTE Confidence: 0.85211164

00:57:46.230 --> 00:57:48.575 And so in in the cancer population

NOTE Confidence: 0.85211164

00:57:48.575 --> 00:57:50.830 it's actually a little bit unique

NOTE Confidence: 0.85211164

00:57:50.830 --> 00:57:53.194 in that certain therapies you know,

NOTE Confidence: 0.85211164

00:57:53.200 --> 00:57:55.035 like chemotherapy can put somebody

NOTE Confidence: 0.85211164

00:57:55.035 --> 00:57:56.503 into a temporary menopause.

NOTE Confidence: 0.85211164

00:57:56.510 --> 00:57:58.340 So what does that mean?

NOTE Confidence: 0.85211164

00:57:58.340 --> 00:58:00.490 Well, young women on chemotherapy.

NOTE Confidence: 0.85211164

00:58:00.490 --> 00:58:02.778 Their ovaries kind of shut down and during

NOTE Confidence: 0.85211164

00:58:02.778 --> 00:58:04.900 chemo there they stopped having periods.

NOTE Confidence: 0.85211164

00:58:04.900 --> 00:58:08.124 They have the hot flashes and night sweats.

NOTE Confidence: 0.85211164

00:58:08.130 --> 00:58:10.015 And then once their chemo

NOTE Confidence: 0.85211164

00:58:10.015 --> 00:58:11.900 is done at some point,

NOTE Confidence: 0.85211164

00:58:11.900 --> 00:58:14.916 sometimes the ovaries kind of wake up again,

NOTE Confidence: 0.85211164

00:58:14.920 --> 00:58:17.962 and so you know that can be a temporary

NOTE Confidence: 0.85211164

00:58:17.962 --> 00:58:20.187 thing in in natural menopause.

NOTE Confidence: 0.85211164

00:58:20.190 --> 00:58:22.075 Or if somebody has menopause

NOTE Confidence: 0.85211164

00:58:22.075 --> 00:58:23.583 from surgery or radiation,  
NOTE Confidence: 0.85211164

00:58:23.590 --> 00:58:26.229 which tends to give more permanent menopause,  
NOTE Confidence: 0.85211164

00:58:26.230 --> 00:58:28.640 the hot flashes and night  
NOTE Confidence: 0.85211164

00:58:28.640 --> 00:58:30.568 sweats can be temporary.  
NOTE Confidence: 0.85211164

00:58:30.570 --> 00:58:33.026 You know, for women we think about that  
NOTE Confidence: 0.85211164

00:58:33.026 --> 00:58:34.418 naturally happening around age 50.  
NOTE Confidence: 0.85211164

00:58:34.420 --> 00:58:36.788 Some women have hot flashes for a year,  
NOTE Confidence: 0.85211164

00:58:36.790 --> 00:58:39.150 or some people have them for five years.  
NOTE Confidence: 0.85211164

00:58:39.150 --> 00:58:42.110 Some people don't get hot flashes at all.  
NOTE Confidence: 0.85211164

00:58:42.110 --> 00:58:43.722 The vaginal symptoms, though,  
NOTE Confidence: 0.85211164

00:58:43.722 --> 00:58:46.494 tend to be more long lasting and  
NOTE Confidence: 0.85211164

00:58:46.494 --> 00:58:48.774 in those can also be added on to.  
NOTE Confidence: 0.85211164

00:58:48.780 --> 00:58:50.184 If somebody had radiation.  
NOTE Confidence: 0.85211164

00:58:50.184 --> 00:58:50.886 For example,  
NOTE Confidence: 0.85211164

00:58:50.890 --> 00:58:53.144 even if the radiation was ten years  
NOTE Confidence: 0.85211164

00:58:53.144 --> 00:58:56.146 ago or the menopause was ten years ago,

NOTE Confidence: 0.85211164

00:58:56.150 --> 00:58:58.271 the vaginal symptoms can tend to be

NOTE Confidence: 0.85211164

00:58:58.271 --> 00:59:00.433 more long term and actually worsening

NOTE Confidence: 0.85211164

00:59:00.433 --> 00:59:02.815 overtime because it's been that long

NOTE Confidence: 0.85211164

00:59:02.820 --> 00:59:04.923 without getting estrogen to those tissues.

NOTE Confidence: 0.85211164

00:59:04.923 --> 00:59:06.678 Same with the urinary symptoms,

NOTE Confidence: 0.85211164

00:59:06.680 --> 00:59:08.846 so you know, even though certain

NOTE Confidence: 0.85211164

00:59:08.846 --> 00:59:10.540 symptoms of menopause can be,

NOTE Confidence: 0.85211164

00:59:10.540 --> 00:59:13.320 you know, temporary and stop.

NOTE Confidence: 0.85211164

00:59:13.320 --> 00:59:14.769 The vaginal symptoms,

NOTE Confidence: 0.85211164

00:59:14.769 --> 00:59:15.252 dryness,

NOTE Confidence: 0.85211164

00:59:15.252 --> 00:59:18.150 pain with sex tightening of the

NOTE Confidence: 0.85211164

00:59:18.230 --> 00:59:20.490 vagina that we call stenosis.

NOTE Confidence: 0.85211164

00:59:20.490 --> 00:59:22.174 Scarring from radiation tissue.

NOTE Confidence: 0.85211164

00:59:22.174 --> 00:59:24.279 Those can unfortunately get worse

NOTE Confidence: 0.85211164

00:59:24.279 --> 00:59:26.512 overtime if we don't manage them and try

NOTE Confidence: 0.85211164

00:59:26.512 --> 00:59:28.750 to work with you a little proactively.  
NOTE Confidence: 0.853666142857143

00:59:38.530 --> 00:59:42.086 Maximum. So we've had some great questions.  
NOTE Confidence: 0.853666142857143

00:59:42.090 --> 00:59:45.105 We encourage you to reach out if you  
NOTE Confidence: 0.853666142857143

00:59:45.105 --> 00:59:48.010 if there's anything we can do to help.  
NOTE Confidence: 0.853666142857143

00:59:48.010 --> 00:59:49.860 If you'd like to connect,  
NOTE Confidence: 0.853666142857143

00:59:49.860 --> 00:59:52.080 we can connect you with Denise.  
NOTE Confidence: 0.853666142857143

00:59:52.080 --> 00:59:53.190 I will actually.  
NOTE Confidence: 0.853666142857143

00:59:53.190 --> 00:59:55.410 Well, while we're closing up here,  
NOTE Confidence: 0.853666142857143

00:59:55.410 --> 00:59:58.035 I'll I'll provide our clinic  
NOTE Confidence: 0.853666142857143

00:59:58.035 --> 01:00:01.570 website so that you can find us.  
NOTE Confidence: 0.853666142857143

01:00:01.570 --> 01:00:02.900 And I'll let you close  
NOTE Confidence: 0.853666142857143

01:00:02.900 --> 01:00:04.230 Doctor Minkin if you'd like.  
NOTE Confidence: 0.7965793

01:00:05.380 --> 01:00:07.760 Well, I would say Echo Joann sentiments,  
NOTE Confidence: 0.7965793

01:00:07.760 --> 01:00:10.408 which I usually do.  
NOTE Confidence: 0.7965793

01:00:10.410 --> 01:00:12.496 And she said it better than me.  
NOTE Confidence: 0.7965793

01:00:12.500 --> 01:00:14.516 But you know, we were delighted to

NOTE Confidence: 0.7965793

01:00:14.516 --> 01:00:16.347 have the interest to have people

NOTE Confidence: 0.7965793

01:00:16.347 --> 01:00:18.159 you know visiting with us tonight,

NOTE Confidence: 0.7965793

01:00:18.160 --> 01:00:19.051 asking great questions.

NOTE Confidence: 0.7965793

01:00:19.051 --> 01:00:20.536 And we're here for you.

NOTE Confidence: 0.7965793

01:00:20.540 --> 01:00:22.626 So you have any questions or problems.

NOTE Confidence: 0.7965793

01:00:22.630 --> 01:00:24.664 And the other thing is, you know,

NOTE Confidence: 0.7965793

01:00:24.664 --> 01:00:26.568 we know there's great community in in

NOTE Confidence: 0.7965793

01:00:26.568 --> 01:00:28.291 cancer survivors, which is wonderful.

NOTE Confidence: 0.7965793

01:00:28.291 --> 01:00:30.073 I mean people supporting each other,

NOTE Confidence: 0.7965793

01:00:30.080 --> 01:00:30.893 which is terrific.

NOTE Confidence: 0.7965793

01:00:30.893 --> 01:00:32.790 So if you have a friend who's

NOTE Confidence: 0.7965793

01:00:32.853 --> 01:00:34.841 having some issues and saying, Gee,

NOTE Confidence: 0.7965793

01:00:34.841 --> 01:00:36.587 you know these are problems that

NOTE Confidence: 0.7965793

01:00:36.587 --> 01:00:38.419 I've been dealing with sender over,

NOTE Confidence: 0.7965793

01:00:38.420 --> 01:00:40.876 you know we were happy to see folks.

NOTE Confidence: 0.7965793



01:00:40.880 --> 01:00:42.296 And you know, we want we.  
NOTE Confidence: 0.7965793

01:00:42.300 --> 01:00:44.190 We have a lot of people who come and  
NOTE Confidence: 0.7965793

01:00:44.190 --> 01:00:46.091 re Ferd by patients. You know them.  
NOTE Confidence: 0.7965793

01:00:46.091 --> 01:00:47.513 You know you know my friends.  
NOTE Confidence: 0.7965793

01:00:47.520 --> 01:00:48.228 You know Susie.  
NOTE Confidence: 0.7965793

01:00:48.228 --> 01:00:49.644 Oh yeah, we know Susie Ann,  
NOTE Confidence: 0.7965793

01:00:49.644 --> 01:00:50.824 you know that you know,  
NOTE Confidence: 0.7965793

01:00:50.830 --> 01:00:52.496 come on over and you know we  
NOTE Confidence: 0.7965793

01:00:52.496 --> 01:00:53.679 want everybody to be good.  
NOTE Confidence: 0.7965793

01:00:53.680 --> 01:00:54.860 And as you can see,  
NOTE Confidence: 0.7965793

01:00:54.860 --> 01:00:56.519 Joanne is just sending a message here.  
NOTE Confidence: 0.7965793

01:00:56.520 --> 01:00:58.248 As far as how to get ahold of us  
NOTE Confidence: 0.7965793

01:00:58.248 --> 01:01:00.089 and to learn more about the program  
NOTE Confidence: 0.7965793

01:01:00.089 --> 01:01:01.699 and come and visit and we're  
NOTE Confidence: 0.7965793

01:01:01.699 --> 01:01:03.400 happy to help take care of you.  
NOTE Confidence: 0.8658293

01:01:04.910 --> 01:01:06.968 And we are doing Tele medicine too,

NOTE Confidence: 0.8658293

01:01:06.970 --> 01:01:08.146 even though we can't.

NOTE Confidence: 0.8658293

01:01:08.146 --> 01:01:10.258 Unfortunately, we can't do good exams if

NOTE Confidence: 0.8658293

01:01:10.258 --> 01:01:12.550 it's something that we can try to help,

NOTE Confidence: 0.8658293

01:01:12.550 --> 01:01:14.020 even without doing an exam.

NOTE Confidence: 0.8658293

01:01:14.020 --> 01:01:15.196 And oftentimes we don't

NOTE Confidence: 0.8658293

01:01:15.196 --> 01:01:16.666 do exams in our visits.

NOTE Confidence: 0.8658293

01:01:16.670 --> 01:01:18.140 Because if you have dryness,

NOTE Confidence: 0.8658293

01:01:18.140 --> 01:01:19.610 we know you have dryness.

NOTE Confidence: 0.8658293

01:01:19.610 --> 01:01:21.528 And we don't always need to take

NOTE Confidence: 0.8658293

01:01:21.528 --> 01:01:23.954 a look so we can try to figure

NOTE Confidence: 0.8658293

01:01:23.954 --> 01:01:25.489 things out over the video.

NOTE Confidence: 0.8658293

01:01:25.490 --> 01:01:27.466 If you live far away right now we

NOTE Confidence: 0.8658293

01:01:27.466 --> 01:01:29.362 are doing Tele Medicine video visits

NOTE Confidence: 0.8658293

01:01:29.362 --> 01:01:31.366 with zoom phone visits as well,

NOTE Confidence: 0.8658293

01:01:31.370 --> 01:01:33.442 so we're happy to see you in

NOTE Confidence: 0.8658293

01:01:33.442 --> 01:01:34.900 whatever way works for you.

NOTE Confidence: 0.86058635

01:01:35.820 --> 01:01:37.416 And sometimes you know because of

NOTE Confidence: 0.86058635

01:01:37.416 --> 01:01:38.989 work schedules and stuff like that,

NOTE Confidence: 0.86058635

01:01:38.990 --> 01:01:40.712 sometimes it's easier for folks because

NOTE Confidence: 0.86058635

01:01:40.712 --> 01:01:42.677 of work schedules to do a zoom visit,

NOTE Confidence: 0.86058635

01:01:42.680 --> 01:01:44.728 and it may be easier for them to

NOTE Confidence: 0.86058635

01:01:44.728 --> 01:01:46.118 incorporate their partner as well.

NOTE Confidence: 0.86058635

01:01:46.120 --> 01:01:48.072 You know if if you want and sometimes

NOTE Confidence: 0.86058635

01:01:48.072 --> 01:01:50.078 you don't want your partner, that's fine.

NOTE Confidence: 0.86058635

01:01:50.078 --> 01:01:52.185 We understand that she's too, but you know,

NOTE Confidence: 0.86058635

01:01:52.185 --> 01:01:54.300 you want to be there with your partner.

NOTE Confidence: 0.86058635

01:01:54.300 --> 01:01:56.676 A video visit may be helpful for you know,

NOTE Confidence: 0.86058635

01:01:56.680 --> 01:01:58.486 maybe at a times time saver for

NOTE Confidence: 0.86058635

01:01:58.486 --> 01:01:59.580 coordinating schedules and stuff.

NOTE Confidence: 0.86058635

01:01:59.580 --> 01:02:01.684 So whatever works, we want to do it.

NOTE Confidence: 0.8511812

01:02:02.430 --> 01:02:04.110 And Denise, you're at a

NOTE Confidence: 0.8511812

01:02:04.110 --> 01:02:05.118 couple different locations,

NOTE Confidence: 0.8511812

01:02:05.120 --> 01:02:07.130 I think, right yeah, so we

NOTE Confidence: 0.8511812

01:02:07.130 --> 01:02:09.923 have a team of pelvic PT's actually

NOTE Confidence: 0.8511812

01:02:09.923 --> 01:02:12.376 across the health system so from

NOTE Confidence: 0.8511812

01:02:12.376 --> 01:02:15.120 Greenwich all the way up to westerly.

NOTE Confidence: 0.8511812

01:02:15.120 --> 01:02:17.745 And I myself am in New Haven.

NOTE Confidence: 0.8511812

01:02:17.750 --> 01:02:19.234 So yeah, physicians building.

NOTE Confidence: 0.8511812

01:02:19.234 --> 01:02:21.902 I see patients at guilt and our

NOTE Confidence: 0.8511812

01:02:21.902 --> 01:02:23.747 Guilford site next to bishops.

NOTE Confidence: 0.8511812

01:02:23.750 --> 01:02:27.116 And then all the way up to Old Saybrook.

NOTE Confidence: 0.8511812

01:02:27.120 --> 01:02:29.843 And then we have Wendy Price actually

NOTE Confidence: 0.8511812

01:02:29.843 --> 01:02:32.750 just returned to is at our Smile Clinic.

NOTE Confidence: 0.8511812

01:02:32.750 --> 01:02:35.542 And then she's going to split her time

NOTE Confidence: 0.8511812

01:02:35.542 --> 01:02:38.369 down in our Milford clinic as well.

NOTE Confidence: 0.8511812

01:02:38.370 --> 01:02:40.250 So that's kind of Yale.

NOTE Confidence: 0.8511812

01:02:40.250 --> 01:02:42.662 New Haven centric. But then we  
NOTE Confidence: 0.8511812

01:02:42.662 --> 01:02:45.190 have people across the across the.  
NOTE Confidence: 0.8511812

01:02:45.190 --> 01:02:47.500 The Gold Coast as well.  
NOTE Confidence: 0.8511812

01:02:47.500 --> 01:02:49.280 And we're also doing Tele  
NOTE Confidence: 0.8511812

01:02:49.280 --> 01:02:50.700 visits or virtual visits.  
NOTE Confidence: 0.8511812

01:02:50.700 --> 01:02:51.768 And in person.  
NOTE Confidence: 0.8511812

01:02:51.768 --> 01:02:53.508 And and again, you know,  
NOTE Confidence: 0.8511812

01:02:53.508 --> 01:02:56.760 I do do a lot of hands on work,  
NOTE Confidence: 0.8511812

01:02:56.760 --> 01:02:59.600 but it it really depends on the person,  
NOTE Confidence: 0.8511812

01:02:59.600 --> 01:03:00.668 their comfort level,  
NOTE Confidence: 0.8511812

01:03:00.668 --> 01:03:02.804 and kind of what's going on.  
NOTE Confidence: 0.8511812

01:03:02.810 --> 01:03:04.940 So it's not something that is,  
NOTE Confidence: 0.8511812

01:03:04.940 --> 01:03:06.720 you know, forced on someone.  
NOTE Confidence: 0.8511812

01:03:06.720 --> 01:03:08.525 It's it's really dependent on  
NOTE Confidence: 0.8511812

01:03:08.525 --> 01:03:11.000 symptoms and and need at the time.  
NOTE Confidence: 0.83744055

01:03:14.150 --> 01:03:15.455 Well, thank you for what

NOTE Confidence: 0.83744055

01:03:15.455 --> 01:03:16.760 you do for our patients.

NOTE Confidence: 0.83744055

01:03:16.760 --> 01:03:18.428 It's just wonderful and helpful and

NOTE Confidence: 0.83744055

01:03:18.428 --> 01:03:20.300 and it's helpful when they don't have

NOTE Confidence: 0.83744055

01:03:20.300 --> 01:03:22.240 to always come down to smilow as well.

NOTE Confidence: 0.83670783

01:03:23.460 --> 01:03:23.880 Right?

NOTE Confidence: 0.8896834

01:03:25.190 --> 01:03:26.158 Thanks for having me.

NOTE Confidence: 0.9289704

01:03:27.470 --> 01:03:28.940 Thank you for being here.

NOTE Confidence: 0.8532123

01:03:32.120 --> 01:03:33.880 Alright, well thank you so much.

NOTE Confidence: 0.8532123

01:03:33.880 --> 01:03:35.096 All of the panelists.

NOTE Confidence: 0.8532123

01:03:35.096 --> 01:03:37.250 We are so appreciative of your time

NOTE Confidence: 0.8532123

01:03:37.250 --> 01:03:38.862 and and ladies were so appreciative

NOTE Confidence: 0.8532123

01:03:38.862 --> 01:03:40.577 and an man was so appreciate

NOTE Confidence: 0.8532123

01:03:40.577 --> 01:03:41.972 everybody being on this call

NOTE Confidence: 0.8532123

01:03:41.972 --> 01:03:43.791 and be part of this conversation

NOTE Confidence: 0.8532123

01:03:43.791 --> 01:03:45.591 and we're all available to you.

NOTE Confidence: 0.8532123

01:03:45.600 --> 01:03:47.943 Anything we can do to help so thank

NOTE Confidence: 0.8532123

01:03:47.943 --> 01:03:51.160 you so much everybody goodnight. Thank

NOTE Confidence: 0.89909303

01:03:51.160 --> 01:03:52.690 you all. Thank you very

NOTE Confidence: 0.75532501

01:03:52.690 --> 01:03:56.383 much. Night. Goodnight