

## Between the Sheets...

February 2021

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

This column was compiled with the help of Dr. Anne Katz, Certified Sexuality Counselor and Clinical Nurse Specialist at CancerCare Manitoba. She has educated thousands of healthcare providers and cancer survivors about cancer, sexuality and survivorship. She is an avid blogger for ASCO Connections and the author of 14 books on the topics of illness, sexuality and cancer survivorship. ([www.drannekatz.com](http://www.drannekatz.com))

### QUESTION FROM PROSTATE CANCER SURVIVOR:

*My wife has decided that due to COVID, we can no longer kiss or do anything sexual. I know I'm on borrowed time because I had radiation therapy and they told me that my erections would get weaker over the 2 years after treatment. It's been 17 months since the radiation and that means that I have only 7 months left. Is she right?*

### RESPONSE FROM DR. ANNE KATZ:

*It must be difficult to be watching the calendar and counting down the days and months ... but there is no guarantee that you will lose all erectile function by a certain date. It could happen sooner (I hope not) or later, so try and live in the present and don't be pressured by a random date. While we generally say that erectile functioning does decline with time, there are other factors involved such as age, other diseases and, of course, your level of anxiety.*

*In terms of COVID, if you and your wife are following public health recommendations (limiting social contacts, practicing social distancing when out, wearing a mask outside your home) there is no reason to think that you are at risk from sexual contact with your spouse. Perhaps there is something else going on in her life that is prompting her concern about COVID; I suggest it's time for a heart-to-heart talk with her!*

Watch Dr. Katz's presentation on sexual health and intimacy from the Prostate Cancer Pathways for Patients and Caregivers event recorded at Englewood Health in Englewood, NJ on September 29, 2018 at: <https://www.youtube.com/watch?v=A2ZdDHw2WGY&t=8542s>.

Read previous issues of *Between the Sheets* at [www.ustoo.org/BTS](http://www.ustoo.org/BTS).

Do you have a question about sexual health or intimacy? If so, we invite you to send it to Us TOO. We'll select questions to feature in future *Between the Sheets* columns.

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

**Or mail your letter to:**  
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