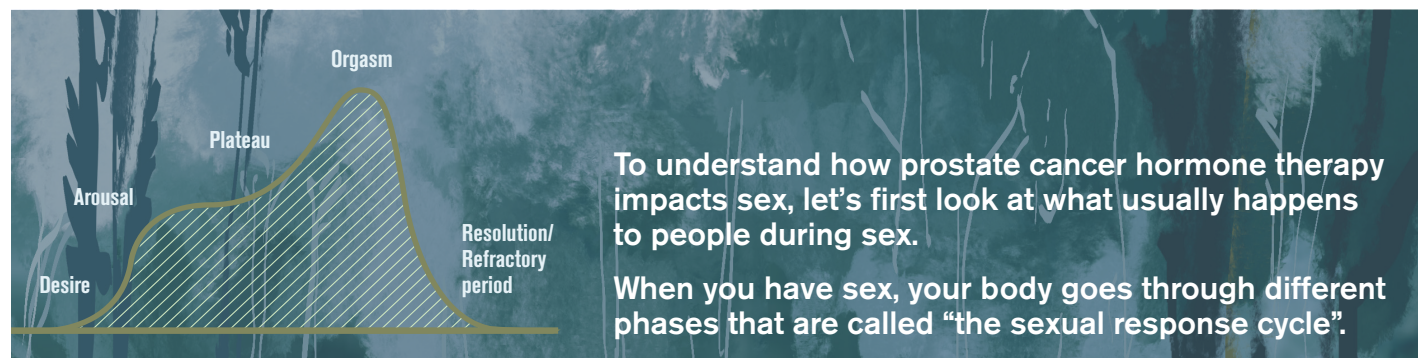


Sexual Recovery

What is sex like after hormone therapy?



What **usually** happens to a man's body during sex?

What **changes** after prostate cancer treatment?

Desire

- Desire develops and grows when we think about sex, have fantasies about sexual situations, enjoying those thoughts and begin to imagine making it happen.

After prostate cancer treatment

- Many men have a lower sex drive (desire).
- If hormone treatment is temporary, your sex drive may come back about 6 months after stopping treatment.
- Sex drive may stay lower for some men even after stopping hormone therapy.

Arousal

- The body reacts to those thoughts and gets ready for sex.
- Heart starts pumping a bit faster.
- Blood pressure goes a bit higher.
- Breathing gets heavier.
- Blood begins to flow to sexually sensitive areas of the body.
- Men get an erection.

After prostate cancer treatment

- You may feel less sensitivity in your penis and you will need longer stimulation.
- You may not be able to get an erection on your own.
- You can still have erections with the help of aids like vacuum pumps, penile suppositories, injections or pills.

Plateau

- The body gets ready to have an orgasm.
- Excitement builds with stimulation and the feeling of pleasure.
- The body begins to tense up.
- Men's testicles withdraw up into the scrotum and the erection becomes very hard.

After prostate cancer treatment

- It may take longer to reach orgasm.

Orgasm

- The body suddenly releases sexual tension.
- Muscles in the pelvic floor contract or spasm.
- Men release semen.

After prostate cancer treatment

- You may have trouble reaching orgasm.
- When you reach orgasm, less semen will come out.

Resolution / Refractory Period

- The body relaxes.
- Muscles relax, blood pressure drops, there is a feeling of satisfaction and wellbeing.
- Men usually need recovery time before they can reach orgasm again.
- If the orgasm is experienced with a partner, couples often feel relaxed and connected.

After prostate cancer treatment

- You will need to wait longer before you can reach orgasm again. You will still feel relaxation and pleasure after orgasm.