

SEXUAL HEALTH AND GYNAECOLOGICAL CANCER

OUT OF THE BOX AND IN THE OPEN!



It was very scary to have sex with penetration. Especially the first time

All I got was a set of plastic sticks and a booklet

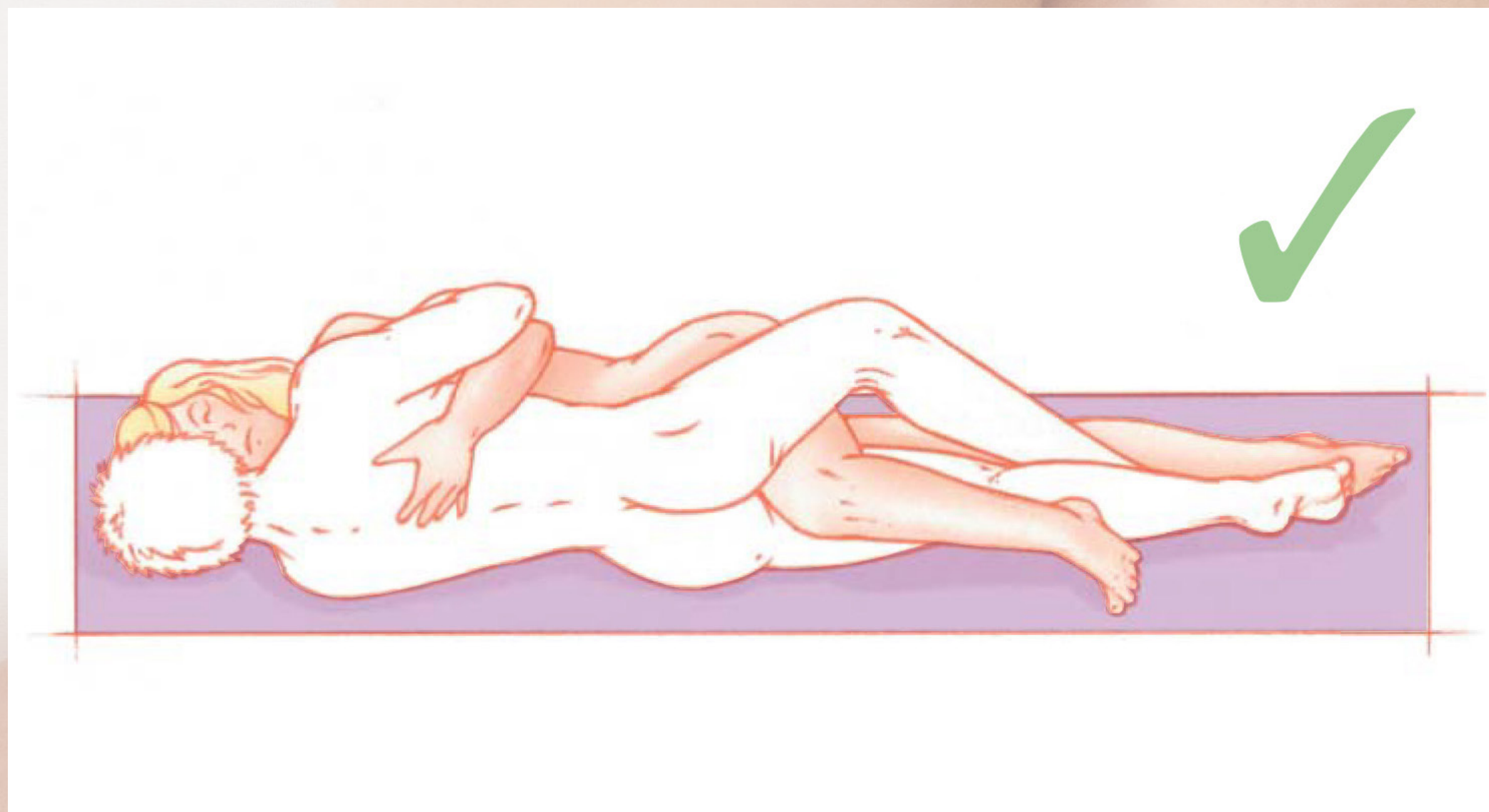
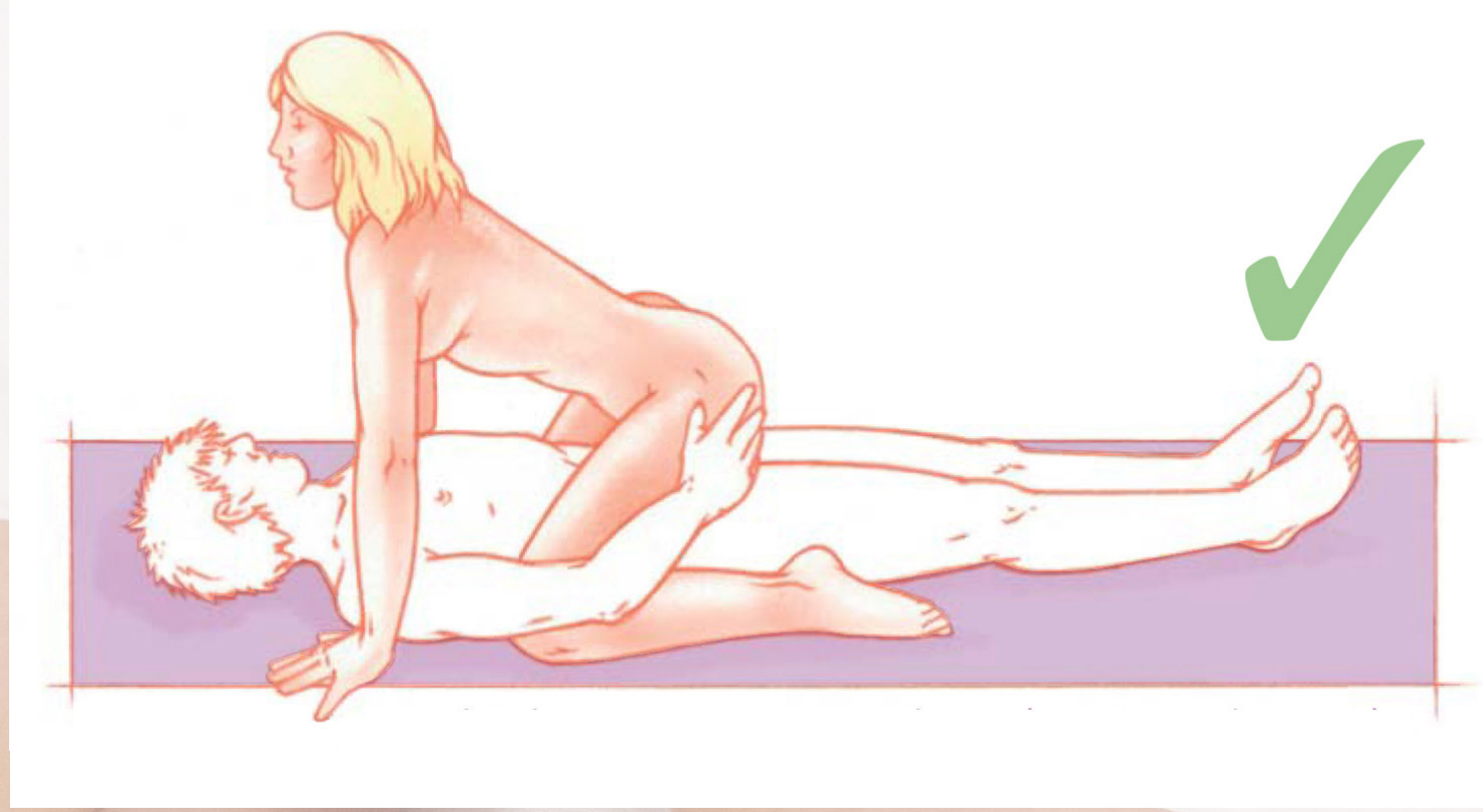
Method
The online platform (in Dutch) is developed by and for women who have or had gynaecological cancer and is tailored to their needs



I feel like a 54-year-old woman in the body of an 80-year-old woman

You don't just say to a new partner: can you be a little careful with me

Stichting Olijf wants to take sexual health out of the taboo in an innovative way. Women with gynaecological cancer regain control over this sensitive subject and regain their power!
Sexual health is not easy to talk about. And especially not if you have (had) gynaecological cancer. Not by the women themselves, but often also not by the partners and in the doctor's office. That's a shame because sex is part of life.



Everybody in the hospital touches and inserts things into your vagina, that has a big impact



Sex feels to me like something I have to do, though it is not really possible yet

Results
Issues addressed:

- The impact of gynaecological cancer on intimacy and sexual health
- Experiences told by fellow patients
- How to.... (with and without a partner)
- Tips and tricks to deal with various aspects of the new you
- Where to turn to for support



I want women to know that it is always okay to express their boundaries to the doctors and nurses during treatment

Conclusions

Women experience:

- Less sexual desire
- Less arousal
- Pain

Contributing factors increasing the impact are, amongst others:

- type of gynaecological cancer
- type of treatment
- negative sexual experiences in the past

The project revealed a whole new world of details, lessons and tips women could provide for other women. Women are helped by and regain control through information from peers, professional advice tailored to one's needs, openness and room to explore a new kind of intimacy and sexuality.
The toolbox contributes to sexual health discussions in the consultation room.