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Sexuality Across Women's Health Transitions: From Dysfunction to Menopause and Cancer Survivorship

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Abstract

Sexual health is often overlooked in women's healthcare, yet it profoundly impacts quality of life, mental wellbeing, and intimate relationships. Across the lifespan, women face unique challenges from sexual dysfunctions like pain and desire discrepancy, to body image and intimacy concerns during and after cancer treatment, to the physical and emotional shifts of menopause. Drawing on clinical practice and emerging research, this session reframes sexuality as an integral part of women's healthcare rather than an optional add-on.

Participants will gain insight into the prevalence and impact of common sexual difficulties, learn how cancer survivorship reshapes intimacy, and explore practical approaches to supporting sexual wellness through midlife and beyond. The session will emphasize communication, compassion, and culturally sensitive care, offering healthcare professionals and educators concrete strategies to initiate conversations, reduce stigma, and empower patients. By bridging medical knowledge with psychosocial support, this talk equips attendees to foster more holistic and patient-centered care for women.