



S.S. FORMAZIONE E RAPPORTI CON L'UNIVERSITA'

Evento Formativo Residenziale

**I DISTURBI DELLA SFERA SESSUALE
NEI PAZIENTI ONCOLOGICI**

Elisa Sperti

SCDU Oncologia AO Umberto I Mauriziano

Gruppo Rete Oncologica Piemonte e Valle d'Aosta

«Medicina oncologica e follow-up»

Linee Guida AIOM Lungoviventi

esperti@mauriziano.it



S.S. FORMAZIONE E RAPPORTI CON L'UNIVERSITA'

Evento Formativo Residenziale

**I DISTURBI DELLA SFERA SESSUALE
NEI PAZIENTI ONCOLOGICI**

- ✓ **Entità del problema e Linee Guida**
- ✓ **Percezione da parte degli Operatori Sanitari**
- ✓ **Evidenza scientifiche circa la gestione di tali problematiche**

Table

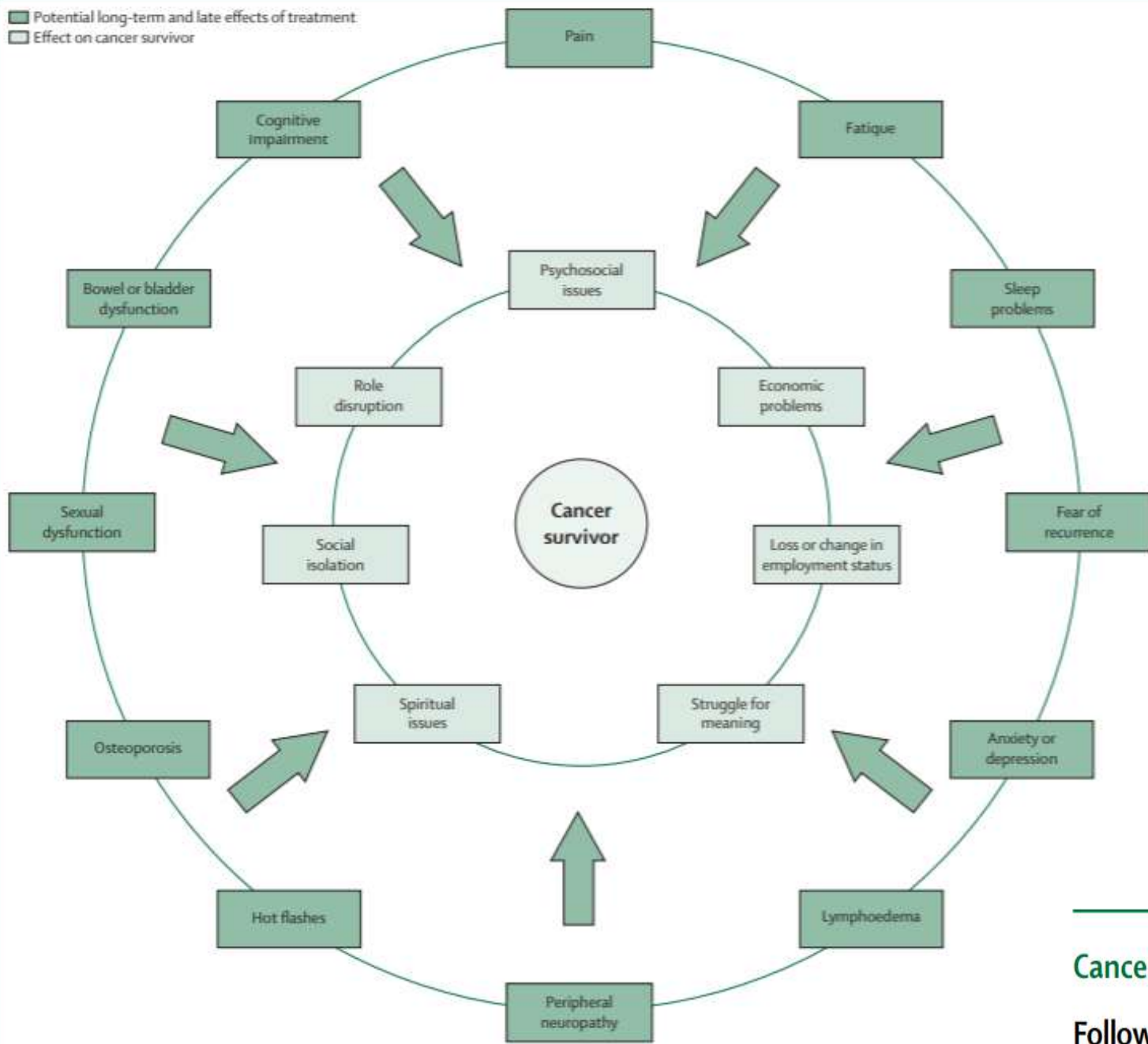
Prevalence of sexual problems by cancer type—focus on organ function.

Cancer diagnosis	Most common sexual problems reported	Prevalence rate (%)	Studies
Breast	Hot flashes	51	Ussher et al, ³⁸³ Kedde et al, ³⁸⁴ Fobair et al, ³⁸⁵ Barni et al, ³⁸⁶ Burwell et al ³⁸⁷
	Vaginal dryness	45-63	
	Arousal problems	15-46	
	Orgasm difficulties	16-36	
	Loss of sensation	36	
	Pain	30-38	
	Lymphedema	16	
Gynecologic	Libido changes	21-91	Head and neck Poorer overall sexuality 33-50 Erectile dysfunction 30 Decreased libido 53 Body image issues 19-22 Blood, bone marrow and lymph nodes Female tract GVHD 25-50 Libido changes (women) 27-78 Orgasm difficulty or intensity change (women) 44-72 Vaginal dryness 35-78 Pain (women) 16-61 Libido changes (men) 23-61 Erectile dysfunction 23-50 Orgasm difficulty or intensity change (men) 22
	Vaginal dryness	13-80	
	Orgasm difficulty or intensity change	35-67	
	Pain	14-62	
	Shortened vagina	26-49	
	Stenosis	23	
	Libido changes	78	
Prostate	Erectile dysfunction	6-90	Colorectal Erectile dysfunction 25-75 Ejaculatory problems 47-68 Libido changes (women) 22-50 Vaginal dryness 24-78 Orgasm problems (women) 12-79 Pain (women) 9-71 Children and young adults Libido changes 20-55 Erectile dysfunction 20-27 Ejaculation dysfunction 9 Orgasm difficulty or intensity change 38-39
	Orgasm intensity change	16-38	
	Pain during orgasm	12-30	
	Reduced ejaculatory volume	87-96	
	Penile shortening or curvature or both	9-71	
	Libido changes	20-45	
	Foreplay urinary incontinence		
Testicular	Decreased sexual frequency	32-43	Ellis et al ⁴¹¹ , Den Oudsten et al, ⁴¹² Corte et al, ⁴¹³ Bruheim et al ⁴¹⁴ Andrews et al., ⁴¹⁵ Bober et al, ³⁵³ Lewis et al, ³⁵⁸ Sundberg et al, ³⁵⁰ Zebrack et al ³⁵⁷
	Libido changes	20-35	
	Erectile dysfunction	17-40	
	Orgasm difficulty or intensity change	20-38	
	Semen volume changes	2-84	
	Ejaculation dysfunction	6-85	

✓ Entità del problema e Linee Guida

Gamba et al,²⁹⁶ Gritz et al,²⁹⁷ Low et al,³⁰¹ Meyers et al,²⁹⁹ Moreno et al,³⁰⁰ Singer et al²⁹⁸Spinelli et al,³²³ Syrjala et al,³¹⁹ Zantomio et al,³²⁴ Humphreys et al,³²⁰ Hirsch et al,³²⁵ Recklitis et al,³¹⁴ Tierney et al,⁴¹⁰ Claessens et al,³¹⁸ Liptrott et al³²¹Ellis et al⁴¹¹, Den Oudsten et al,⁴¹² Corte et al,⁴¹³ Bruheim et al⁴¹⁴Andrews et al.,⁴¹⁵ Bober et al,³⁵³ Lewis et al,³⁵⁸ Sundberg et al,³⁵⁰ Zebrack et al³⁵⁷

■ Potential long-term and late effects of treatment
■ Effect on cancer survivor



✓ Entità del problema e Linee Guida

I disturbi della sessualità dopo la diagnosi di tumore:

- hanno una patogenesi multifattoriale e complessa;
- coinvolgono diverse ambiti della vita di una persona e di una coppia;
- sono persistenti e spesso ingravescenti.

Cancer survivorship in the USA 2

Follow-up care of cancer survivors: challenges and solutions

Linda A Jacobs, Lawrence N Shulman

Figure 1: Potential long-term and late effects of treatment and how they affect cancer survivors
 Potential long-term and late effects of treatment, any and all of which can affect the personal characteristics of the cancer survivor.

VOLUME 36 • NUMBER 5 • FEBRUARY 10, 2018

JOURNAL OF CLINICAL ONCOLOGY

A S C O S P E C I A L A R T I C L E

Interventions to Address Sexual Problems in People With
Cancer: American Society of Clinical Oncology Clinical
Practice Guideline Adaptation of Cancer Care
Ontario Guideline

Jeanne Carter, Christina Lacchetti, Barbara L. Andersen, Debra L. Barton, Sage Bolte, Shari Damast, Michael A. Diefenbach, Katherine DuHamel, Judith Florendo, Patricia A. Ganz, Shari Goldfarb, Sigrun Hallmeyer, David M. Kushner, and Julia H. Rowland

For All People With Cancer

Recommendation 1. It is recommended that there be a discussion with the patient, initiated by a member of the health care team, regarding sexual health and dysfunction resulting from the cancer or its treatment. The conversation *could* include the patient's partner, *only if the patient so wishes*. This issue should be raised with the individual at the time of diagnosis and continue to be reassessed periodically throughout follow-up. The Expert Panel believes that this is a vital recommendation. The recommendations that follow cannot be used unless someone has taken the initiative to ask.



NCCN Guidelines Version 1.2021 Survivorship: Sexual Function (Female and Male)

DIAGNOSTIC EVALUATION

- Ask about sexual function at regular intervals (See screening questions on [SURV-A](#))
- Discuss treatment-associated infertility if indicated, with appropriate referrals^a

Screening questions do not indicate an issue

Screening questions indicate an issue, but survivor does not want to discuss at oncology visit

- Screening questions indicate an issue and survivor wants to discuss further
- Consider use of a screening tool^b

- H&P
- Review oncologic history (ie, diagnosis/stage, surgeries, systemic treatment, local RT, endocrine therapy)
- Explore treatment-related impact on sexual function
- Assess for signs or symptoms of estrogen or androgen deprivation or refer to appropriate specialist
- Review medical history for conditions associated with sexual dysfunction (eg, depression [[See SANXDE-1](#) and [NCCN Guidelines for Distress Management](#)], diabetes, hypertension)
- Assess total morning testosterone in males as indicated
- Review medication list for drugs that impact sexual function (eg, SSRIs, beta blockers)

Re-evaluate and discuss potential impact of treatment on sexual function at future visits

Refer to sexual health specialist, if survivor is interested^c and Re-evaluate and discuss potential impact of treatment on sexual function at future visits

See Treatment for [Females \(SSF-2\)](#) or for [Males \(SSF-3\)](#)

Appropriate referrals for:

- Psychotherapy
- Sexual/couples counseling
- Gynecologic care
- Urology
- Sexual health specialist, if available^c

PERCEPTION OF SEXUALITY DISORDERS IN CANCER PATIENTS: A SURVEY FROM ITALIAN HEALTH PROVIDERS

Survey di 15 domande inviata a medici e infermieri di Oncologia, Ematologia e Radioterapia della Rete Oncologica Piemonte e Valle d'Aosta - dati raccolti tra giugno e settembre 2019.

Elisa Sperti, MD
Division of Medical Oncology, Ordine Mauriziano Hospital, Torino, Italy

Chiara Paratore, MD
Department of Oncology, University of Turin, Torino, Italy;
Division of Medical Oncology, San Luigi Gonzaga Hospital, Orbassano (TO), Italy

Tiziana Caristo, MD
Rete Oncologica del Piemonte e della Valle d'Aosta, Città della Salute e della Scienza, Torino, Italy

Massimo Di Maio, MD
Division of Medical Oncology, Ordine Mauriziano Hospital, Torino, Italy; Department of Oncology, University of Turin, Torino, Italy

Sabrina Terzolo, MD
Division of Medical Oncology, Ordine Mauriziano Hospital, Torino, Italy

Gianmauro Numeo, MD
Division of Medical Oncology, S.Croce e Carle Hospital, Cuneo, Italy

Irene Alabiso, MD
Division of Medical Oncology, San Giovanni Bosco Hospital, Torino, Italy

Oscar Bertetto, MD
Rete Oncologica del Piemonte e della Valle d'Aosta, Città della Salute e della Scienza, Torino, Italy

Maria Vittoria Pechiana, PsyD
Department of Oncology, University of Turin, Torino, Italy;
Division of Medical Oncology, San Luigi Gonzaga Hospital, Orbassano (TO), Italy

Simona Carnio, MD
Department of Oncology, University of Turin, Torino, Italy;
Division of Medical Oncology, San Luigi Gonzaga Hospital, Orbassano (TO), Italy

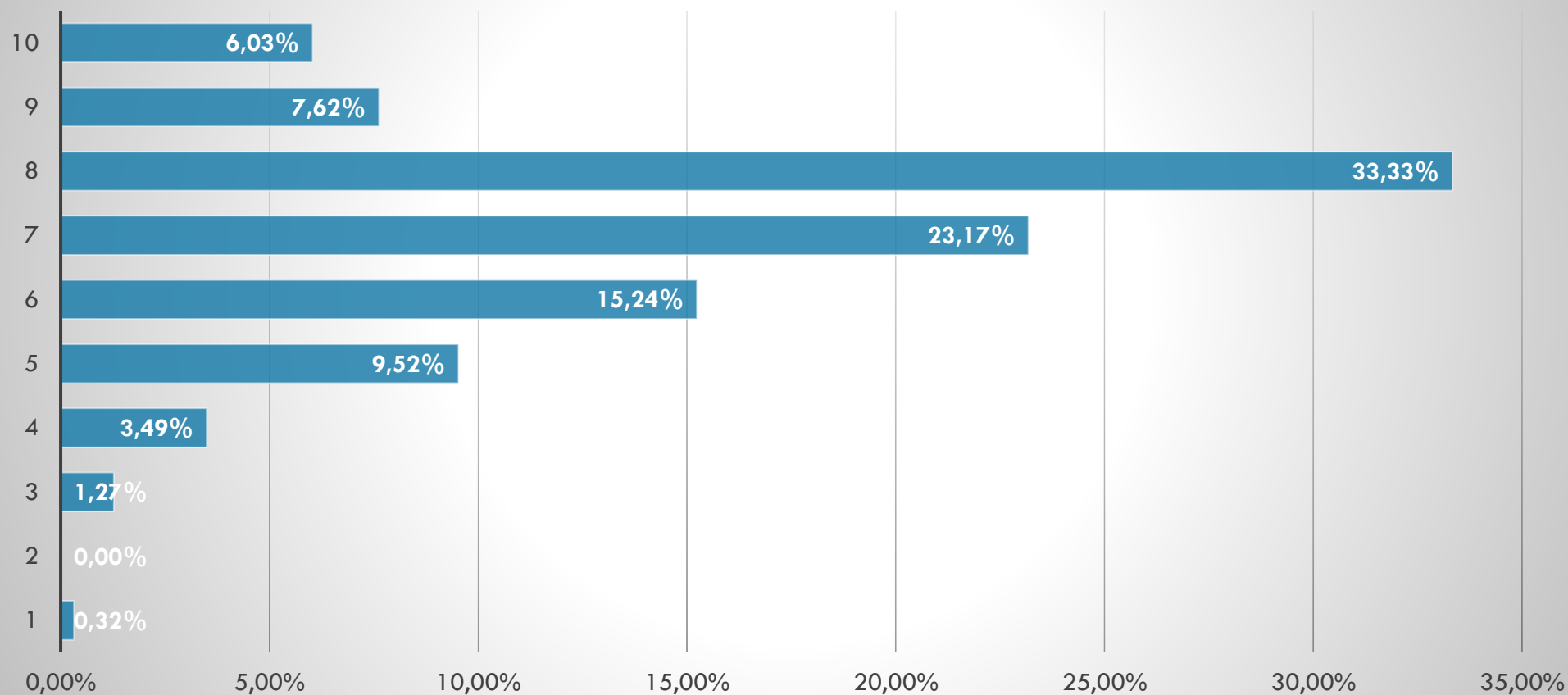
			Percentual
Uomo (d1r1)	72	} 315 partecipanti	22.86%
Donna (d1r2)	243		77.14%
Specialista in formazione (d2r1)			6.03%
Oncologo (d2r2)			29.21%
Radioterapista (d2r3)			5.08%
Ematologo (d2r4)			6.67%
Infermiere in oncologia (d2r5)			45.71%
Infermiere in ematologia (d2r6)			6.03%
Infermiere in radioterapia (d2r7)			1.27%

PERCEPTION OF SEXUALITY DISORDERS IN CANCER PATIENTS: A SURVEY FROM ITALIAN HEALTH PROVIDERS

✓ Percezione da parte degli Operatori Sanitari

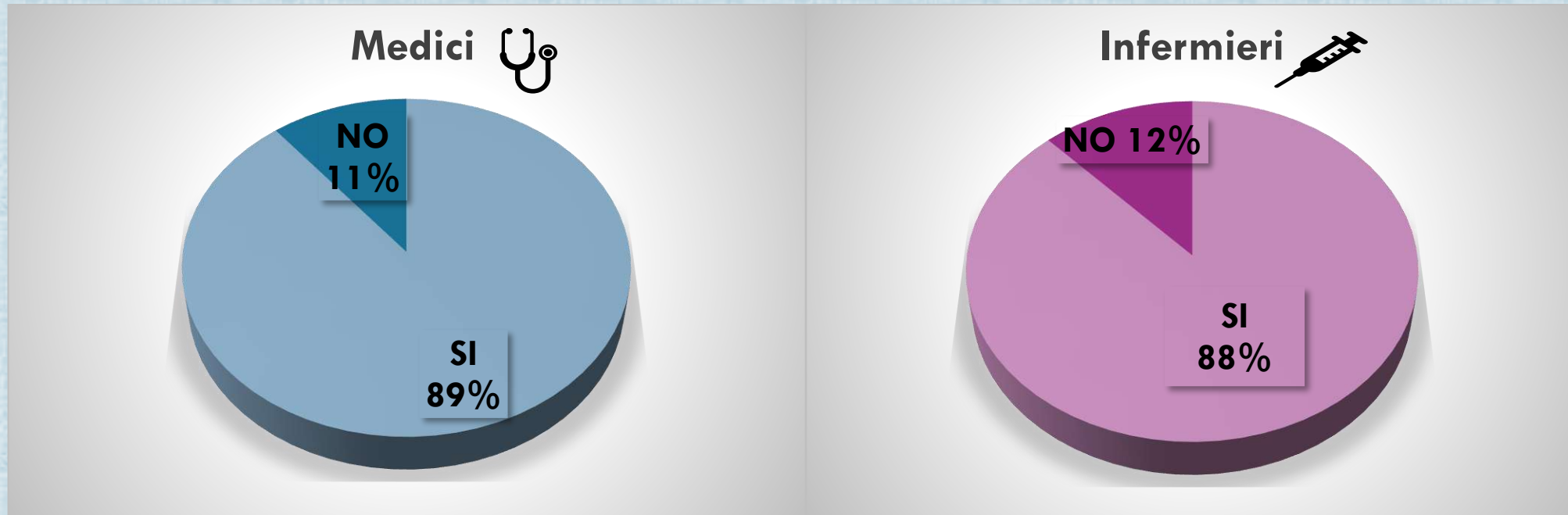
J Cancer Rehabil 2021; 4: 216-223 | DOI 10.48252/JCR36

Quanto pensi che impattino le alterazioni della sfera sessuale nella qualità di vita di un paziente oncologico?



✓ Percezione da parte degli Operatori Sanitari

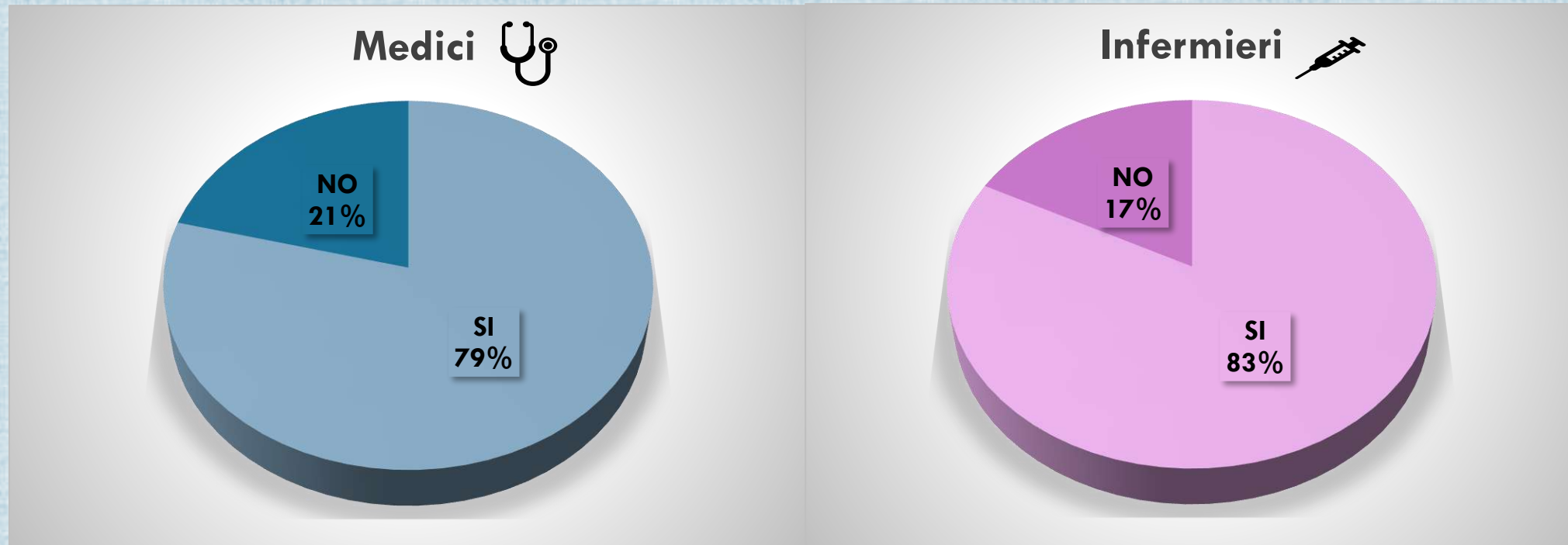
Pensi che sia tra i compiti del medico che ha in cura un paziente oncologico prendere in considerazione i disturbi sessuali?



$p = 0,745$

✓ Percezione da parte degli Operatori Sanitari

Pensi che sia tra i compiti dell'infermiere di oncologia/ematologia/radioterapia prendere in considerazione i disturbi sessuali?

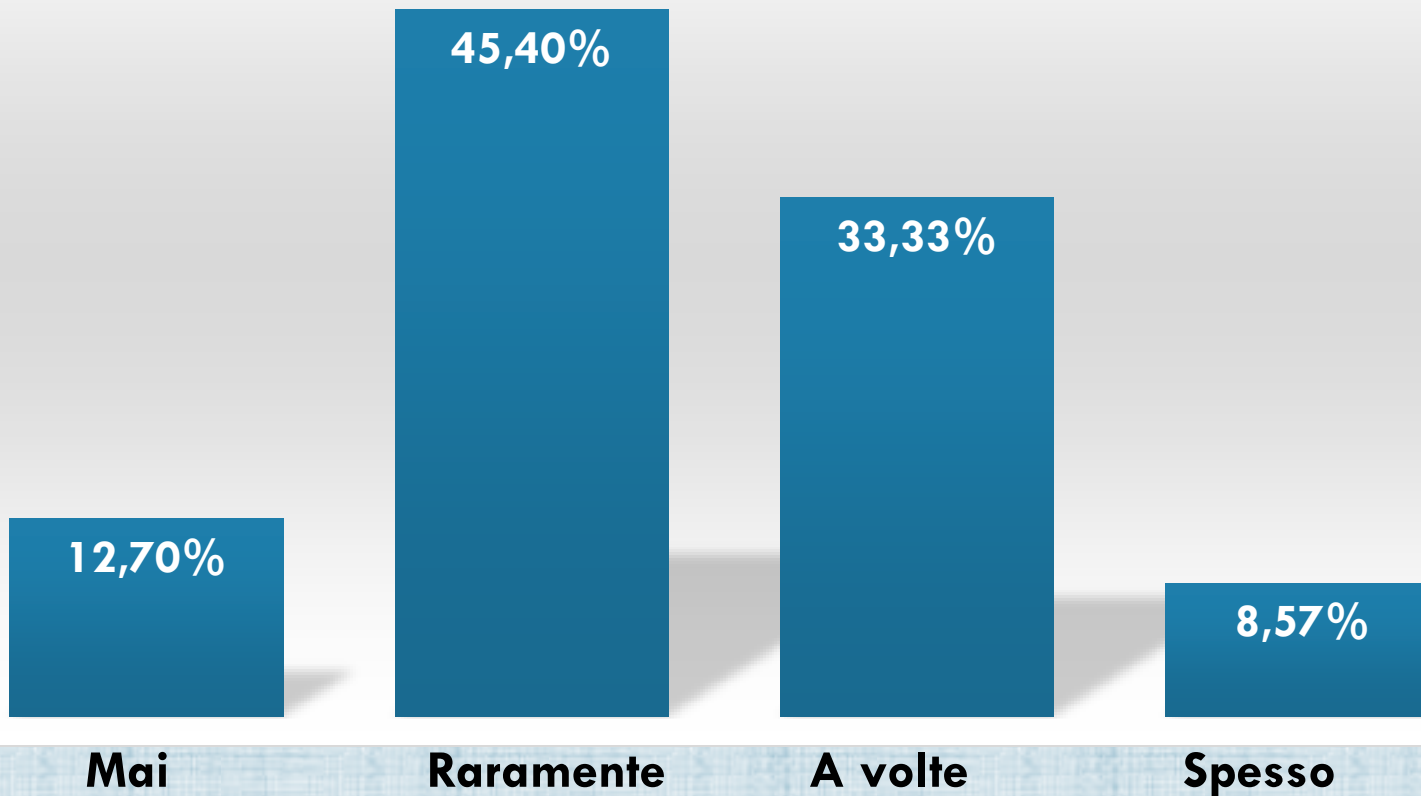


p = 0,419

PERCEPTION OF SEXUALITY DISORDERS
IN CANCER PATIENTS: A SURVEY
FROM ITALIAN HEALTH PROVIDERS

✓ Percezione da parte degli Operatori Sanitari

Quanto spesso ti capita di parlare con i pazienti di
disturbi sessuali?

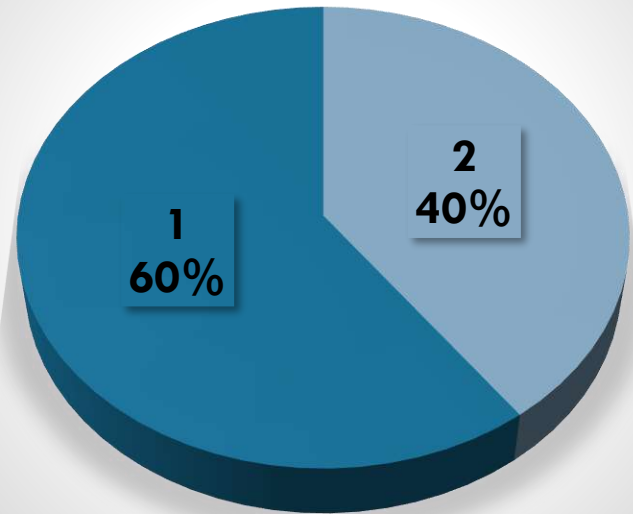


✓ Percezione da parte degli Operatori Sanitari

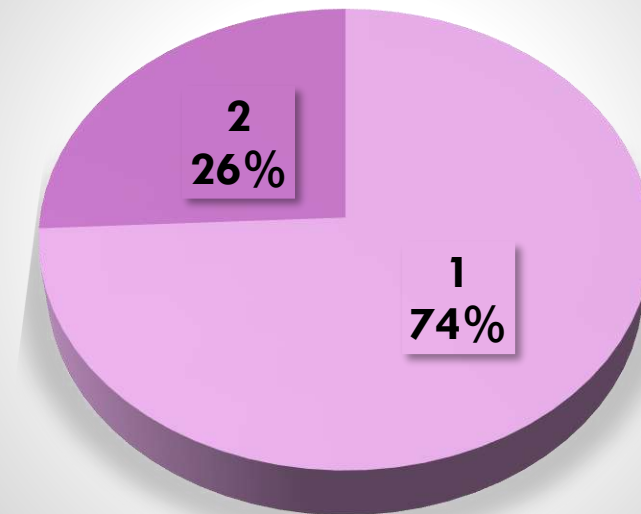
Quanto spesso ti capita di parlare con i pazienti di disturbi sessuali?

1: Mai e Raramente *versus* 2: A volte e Spesso

Medici 



Infermieri 



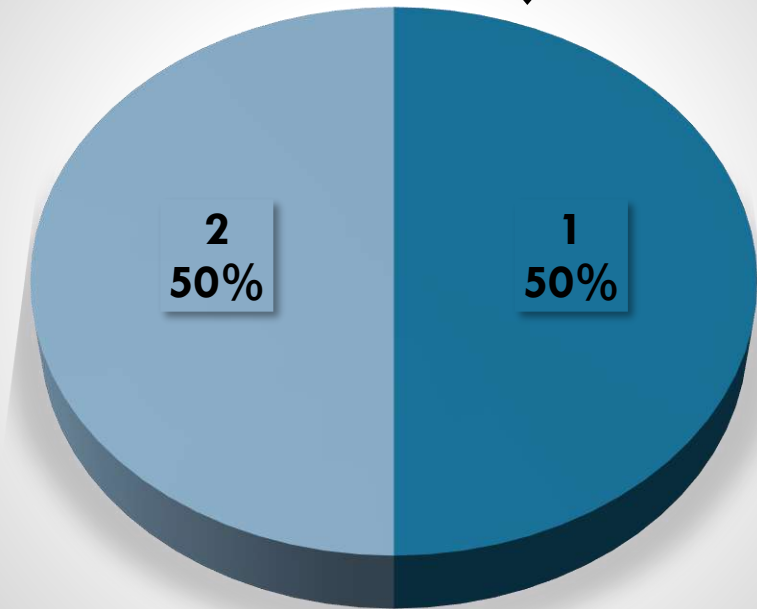
$p=0.0001$

✓ Percezione da parte degli Operatori Sanitari

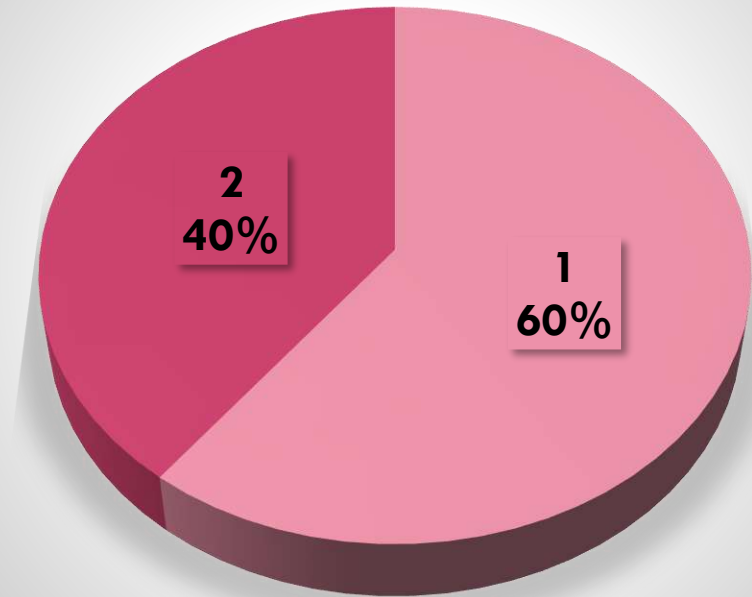
Quanto spesso ti capita di parlare con i pazienti di disturbi sessuali?

1: Mai e Raramente *versus* 2: A volte e Spesso

Uomini 



Donne 



$p=0.113$

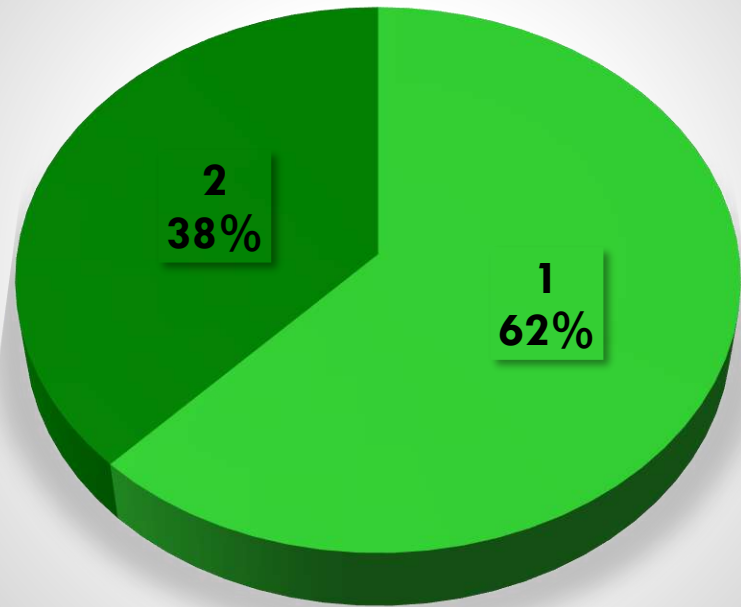


✓ Percezione da parte degli Operatori Sanitari

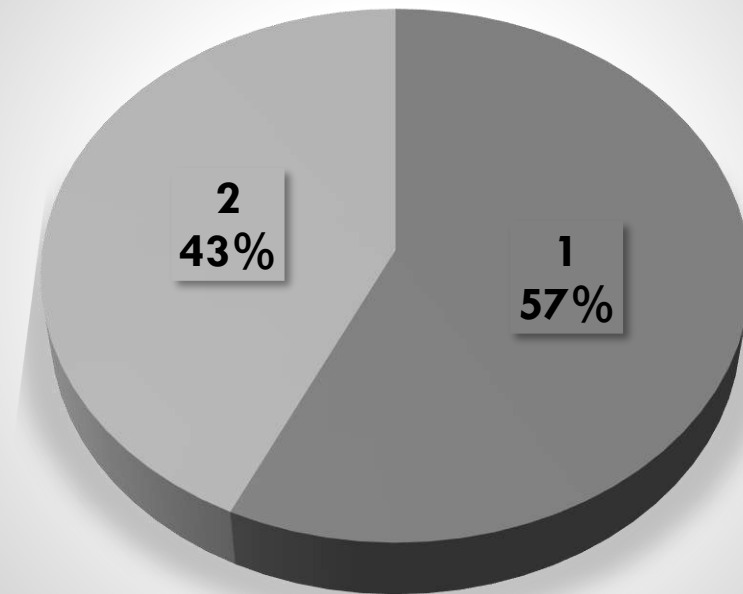
Quanto spesso ti capita di parlare con i pazienti di disturbi sessuali?

1: Mai e Raramente *versus* 2: A volte e Spesso

Eta' < 40



Eta' ≥ 40

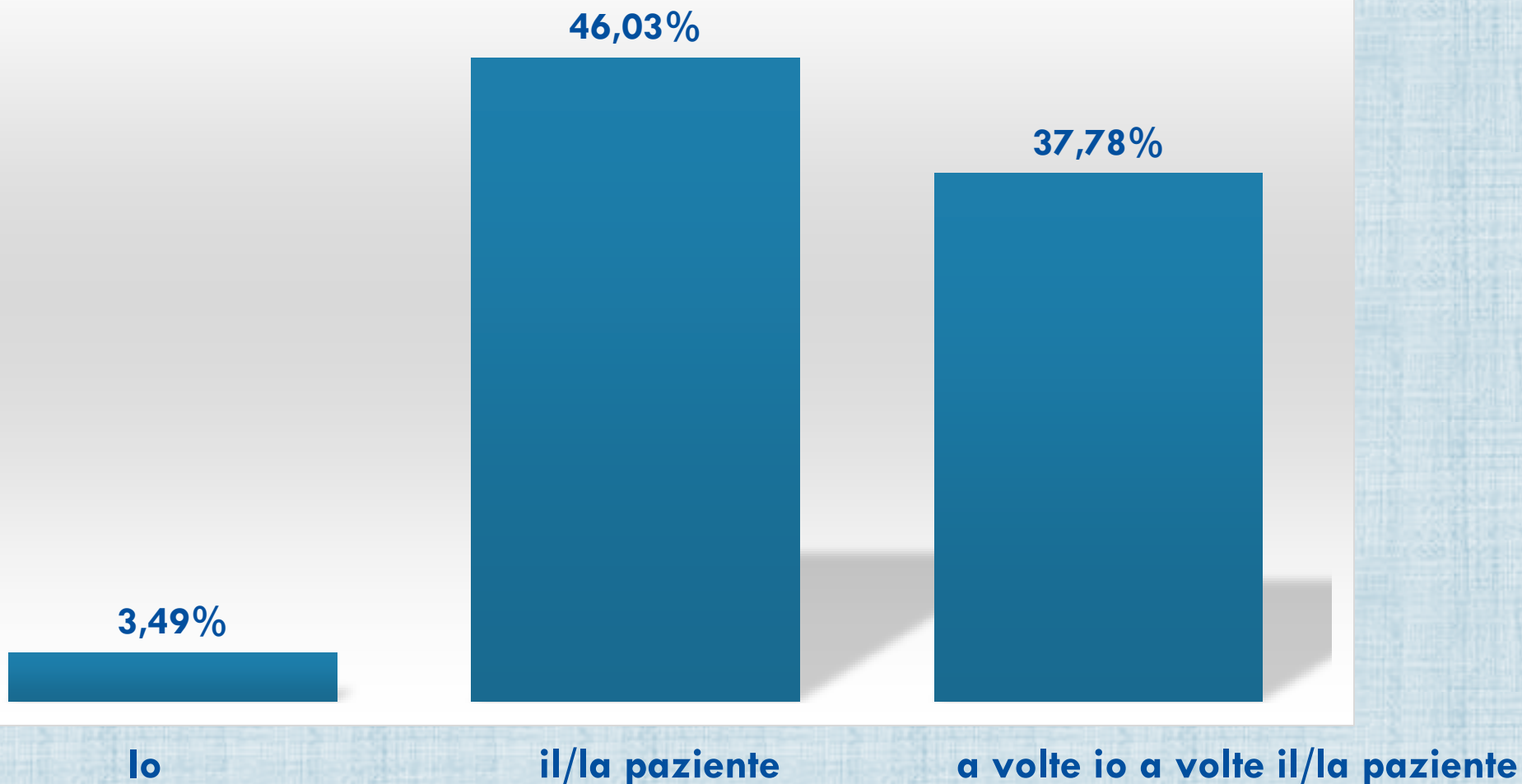


p=0.455

PERCEPTION OF SEXUALITY DISORDERS
IN CANCER PATIENTS: A SURVEY
FROM ITALIAN HEALTH PROVIDERS

✓ Percezione da parte degli Operatori Sanitari

Quando capita, sei tu ad introdurre l'argomento o è il
paziente/la paziente a parlarne?



✓ Percezione da parte degli Operatori Sanitari

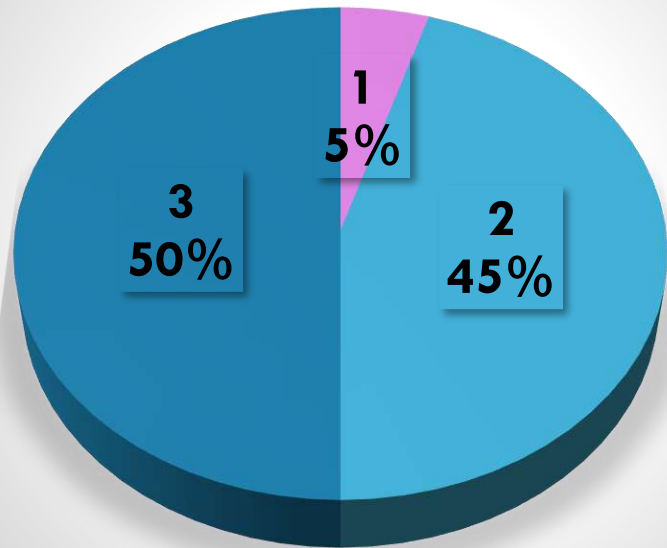
Quando capita, sei tu ad introdurre l'argomento o è il paziente/la paziente a parlarne?

1 = Io

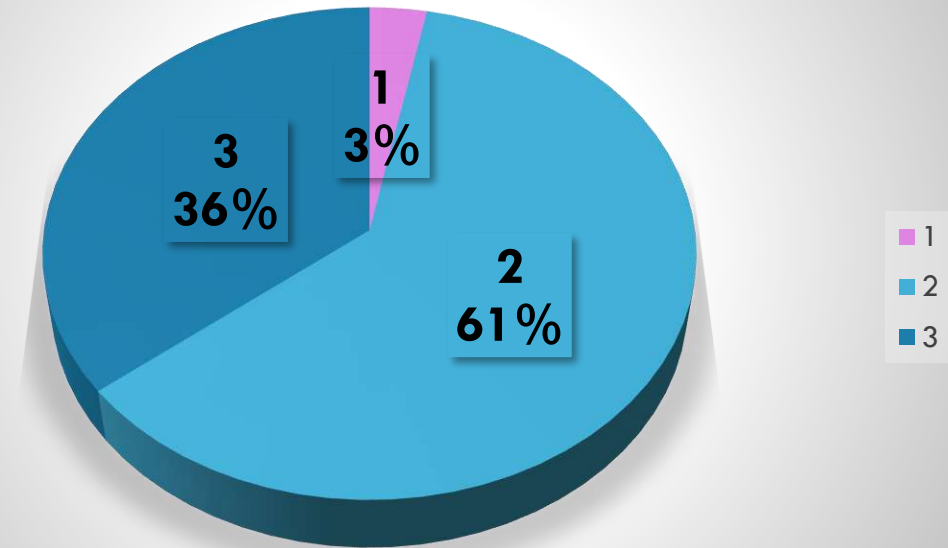
2 = Il/la paziente

3 = a volte io a volte il/la paziente

Medici 



Infermieri 



$p=0.002$

✓ Percezione da parte degli Operatori Sanitari

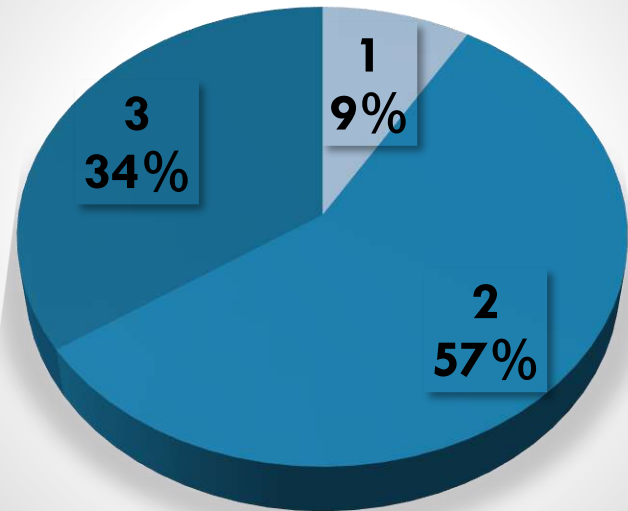
Quando capita, sei tu ad introdurre l'argomento o è il paziente/la paziente a parlarne?

1 = Io

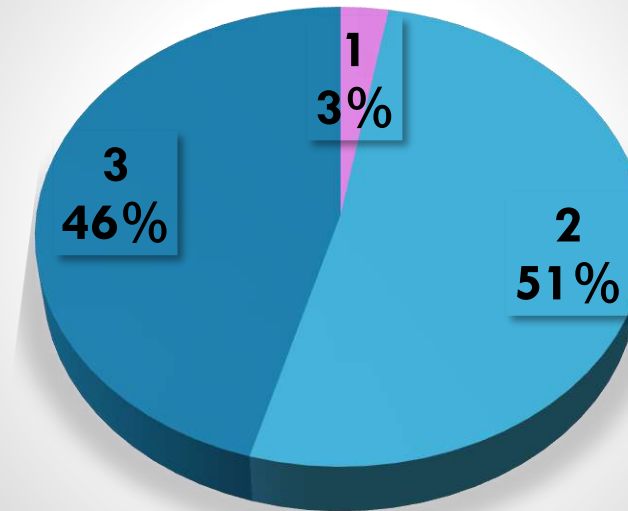
2 = Il/la paziente

3 = a volte io a volte il/la paziente

Età < 40



Età ≥ 40

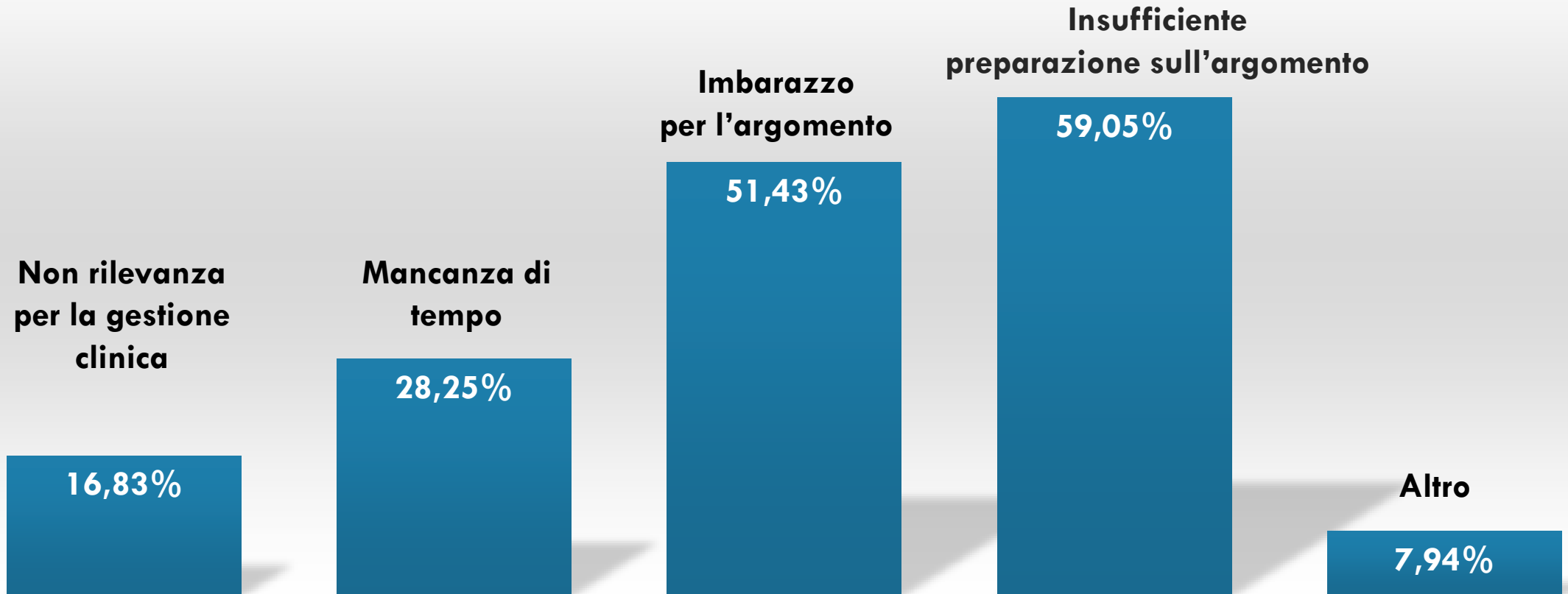


p=0.064

PERCEPTION OF SEXUALITY DISORDERS
IN CANCER PATIENTS: A SURVEY
FROM ITALIAN HEALTH PROVIDERS

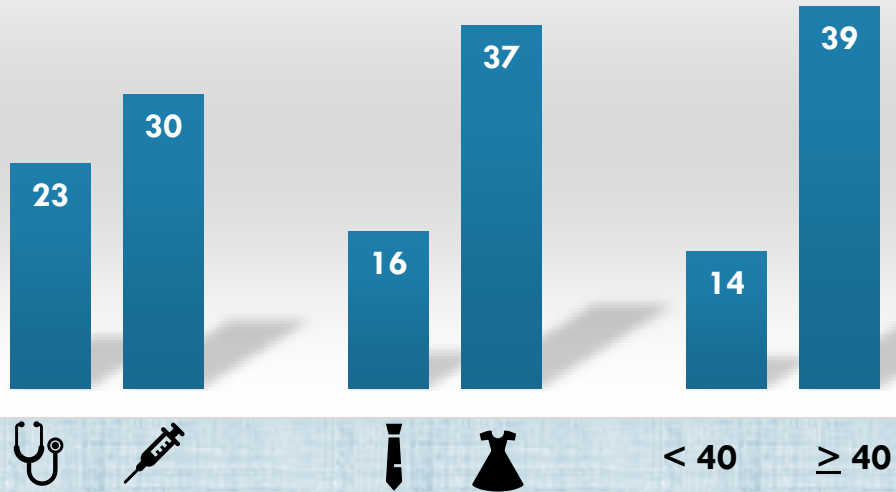
✓ Percezione da parte degli Operatori Sanitari

Quali pensi siano i principali ostacoli/le maggiori difficoltà ad affrontare tali problematiche con i pazienti:

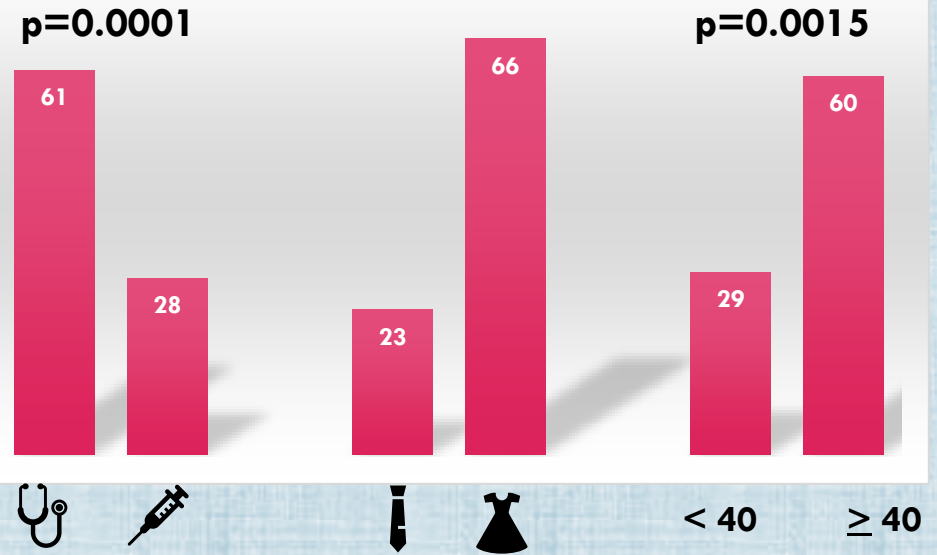


✓ Percezione da parte degli Operatori Sanitari

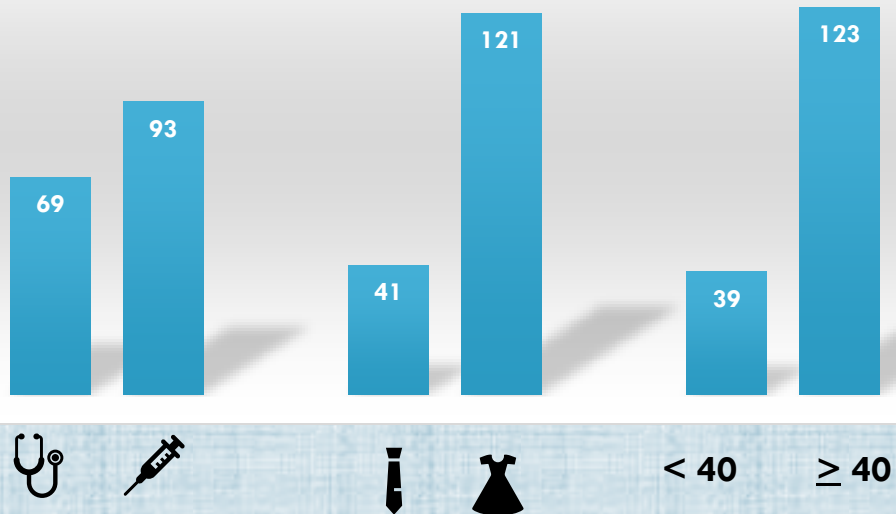
Non rilevanza per la gestione clinica



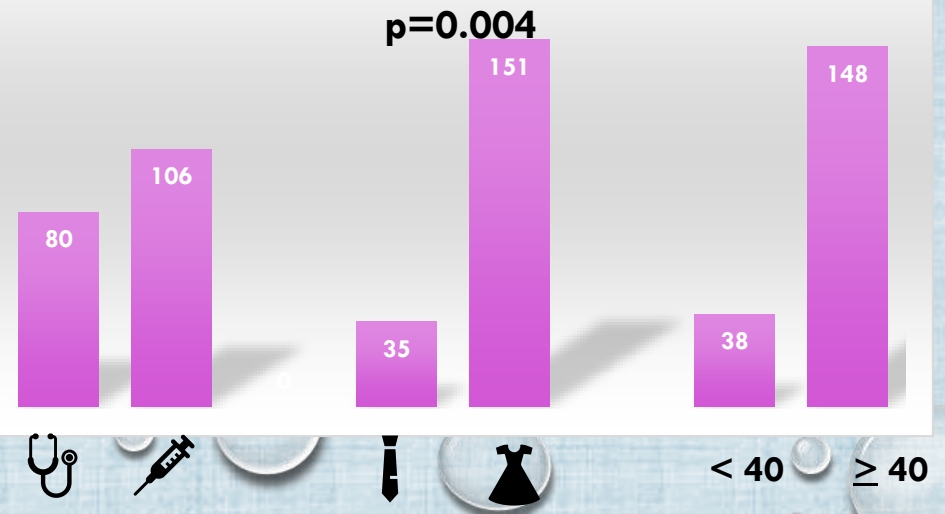
Mancanza di tempo



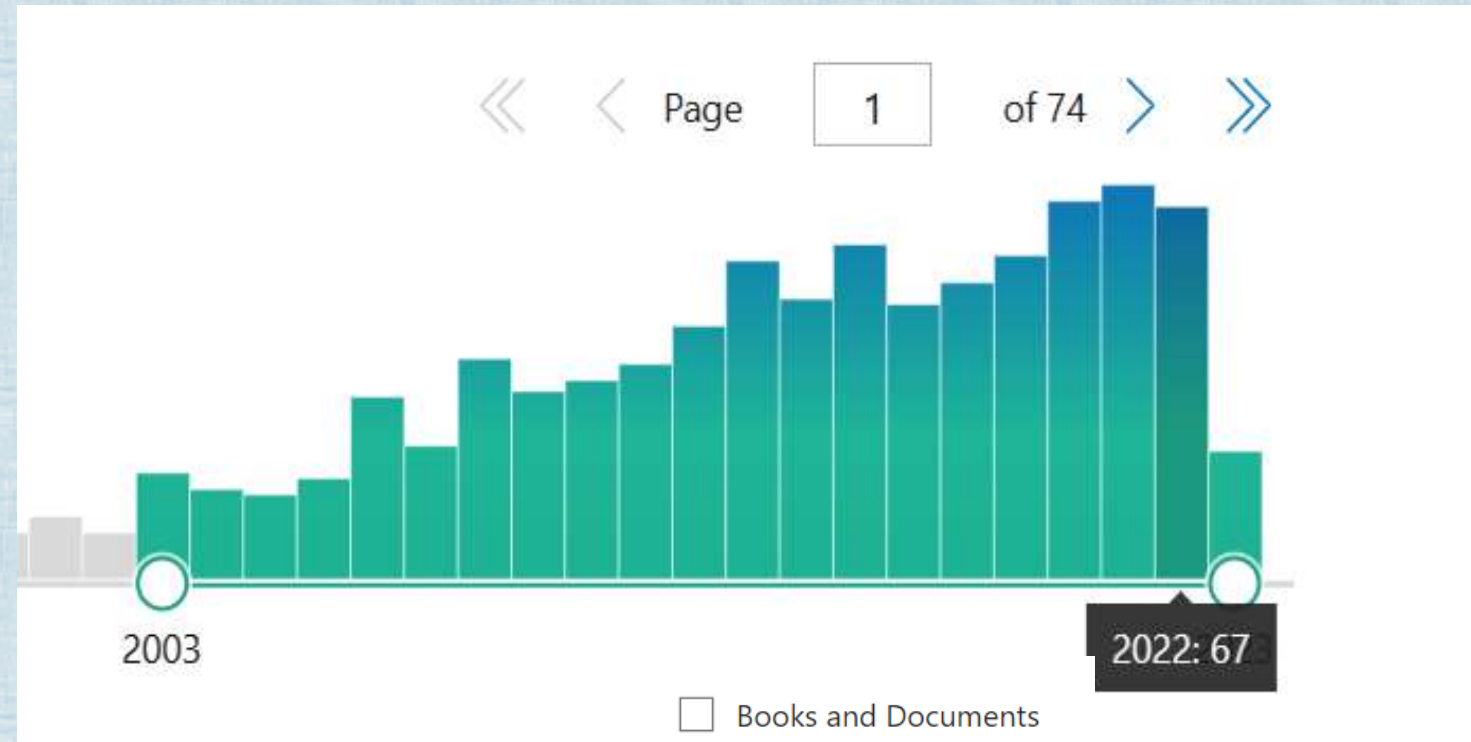
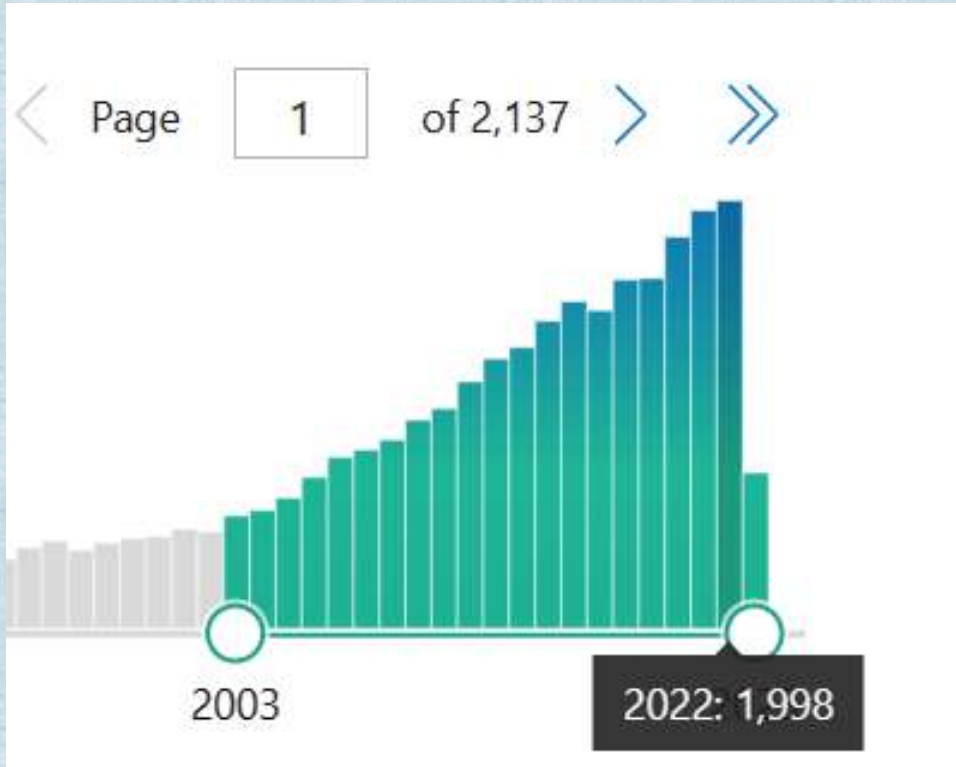
Imbarazzo per l'argomento



Insufficiente preparazione circa l'argomento

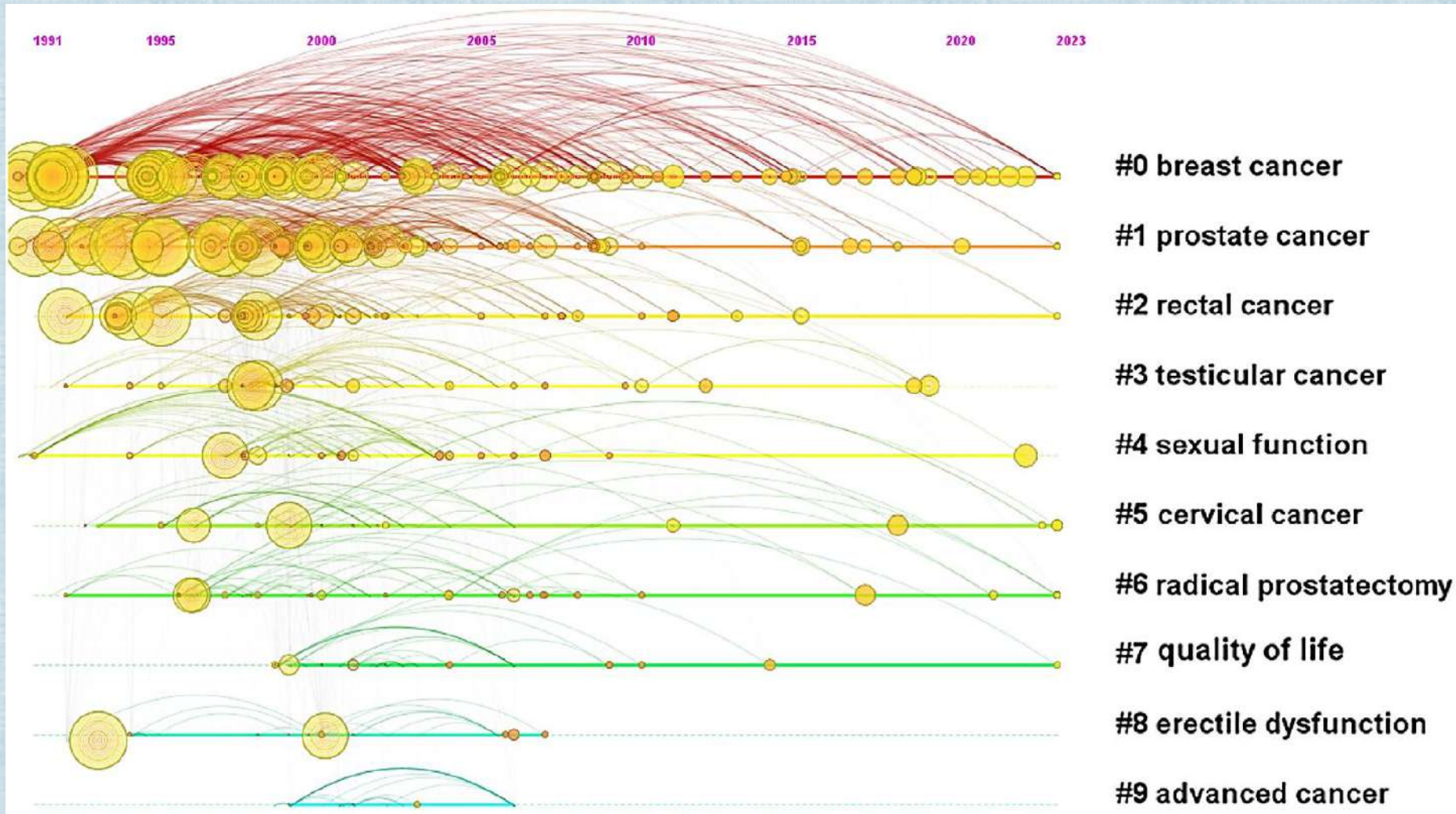


✓ Evidenze scientifiche circa la gestione di tali problematiche



- Books and Documents
- Clinical Trial
- Meta-Analysis
- Randomized Controlled Trial
- Review
- Systematic Review

✓ Evidenze scientifiche circa la gestione di tali problematiche



✓ Evidenze scientifiche circa la gestione di tali problematiche



S.S. FORMAZIONE E RAPPORTI CON L'UNIVERSITA'

Evento Formativo Residenziale

I DISTURBI DELLA SFERA SESSUALE

NEI PAZIENTI ONCOLOGICI



Associazione Italiana di Oncologia Medica

Linee guida

LUNGOVIVENTI

Edizione 2021

In collaborazione con



Associazione Italiana di Neuro-Oncologia



nicso




Sin




SINPE



9	I disturbi della sessualità.....	128
9.1	Introduzione e definizioni	128
9.2	Patogenesi ed entità del problema	129
9.3	Percezione del problema e gestione nella pratica clinica	131
9.4	Trattamento/Gestione dei disturbi della sessualità	132
9.4.1	Trattamento/Gestione dei disturbi della sessualità nelle donne lungoviventi.....	135



SISTEMA NAZIONALE LINEE GUIDA DELL'ISTITUTO SUPERIORE DI SANITÀ



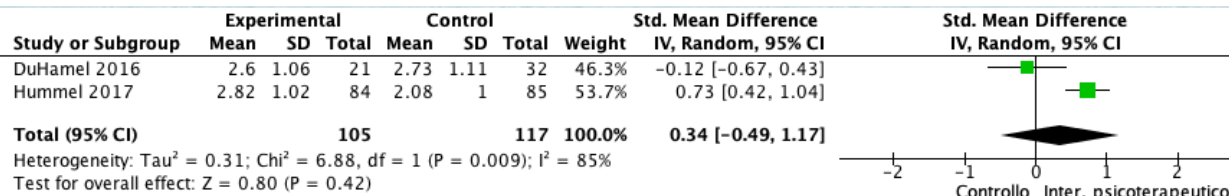
Addendum pubblicato 9 gennaio 2023

✓ Evidenze scientifiche circa la gestione di tali problematiche

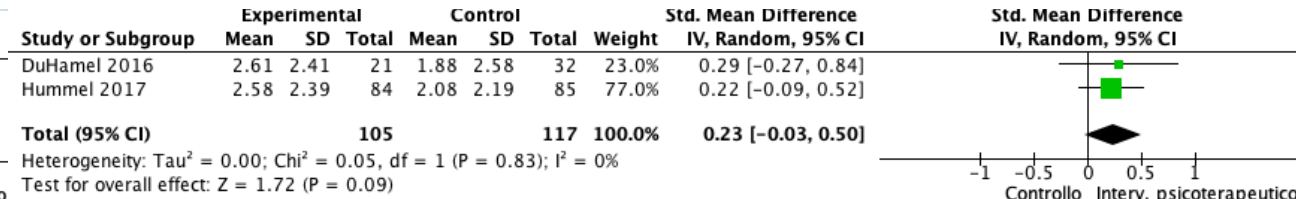
DOMANDA

Dovrebbero interventi psicoterapeutici vs usual care essere utilizzato per le donne lungoviventi con disturbi della sessualità (4 studi-828 pazienti)

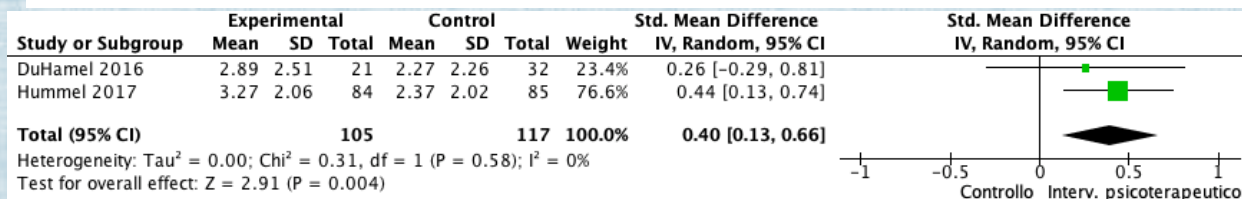
Aumento della libido



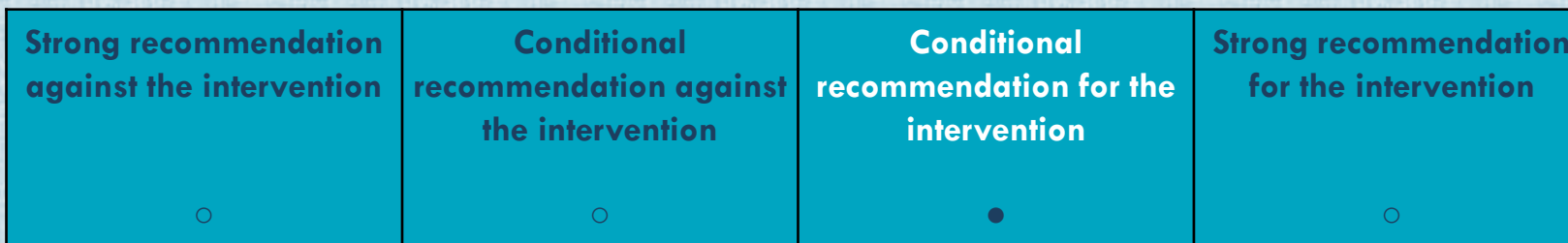
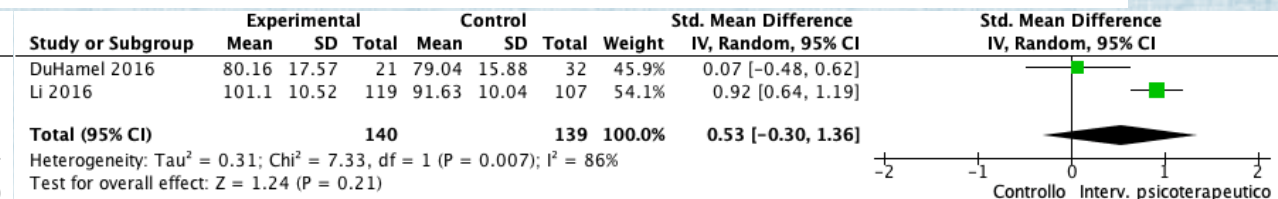
Miglioramento della dispareunia



Miglioramento della secchezza vaginale



Qualità di vita



La certezza nelle prove è stata giudicata complessivamente molto bassa per rischio di performance bias, eterogeneità tra gli studi e imprecisione.

✓ Evidenze scientifiche circa la gestione di tali problematiche

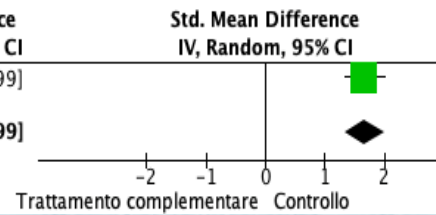
DOMANDA

Dovrebbe un trattamento complementare vs nessun trattamento essere utilizzato per le donne longoviventi con disturbi della sessualità (1 studio con Arginmax- 186 pazienti)

Aumento della libido

Study or Subgroup	Experimental			Control			Weight	Std. Mean Difference IV, Random, 95% CI
	Mean	SD	Total	Mean	SD	Total		
Greven 2015	2.53	0.12	94	2.33	0.12	92	100.0%	1.66 [1.33, 1.99]
Total (95% CI)			94			92	100.0%	1.66 [1.33, 1.99]

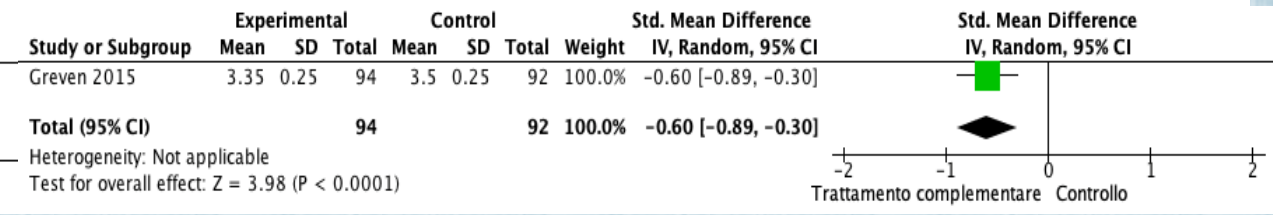
Heterogeneity: Not applicable
Test for overall effect: Z = 9.73 (P < 0.00001)



Miglioramento della dispareunia

Study or Subgroup	Experimental			Control			Weight	Std. Mean Difference IV, Random, 95% CI
	Mean	SD	Total	Mean	SD	Total		
Greven 2015	3.35	0.25	94	3.5	0.25	92	100.0%	-0.60 [-0.89, -0.30]
Total (95% CI)			94			92	100.0%	-0.60 [-0.89, -0.30]

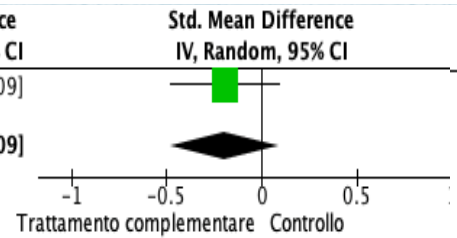
Heterogeneity: Not applicable
Test for overall effect: Z = 3.98 (P < 0.0001)



Miglioramento della secchezza vaginale

Study or Subgroup	Experimental			Control			Weight	Std. Mean Difference IV, Random, 95% CI
	Mean	SD	Total	Mean	SD	Total		
Greven 2015	3	0.2	94	3.04	0.21	92	100.0%	-0.19 [-0.48, 0.09]
Total (95% CI)			94			92	100.0%	-0.19 [-0.48, 0.09]

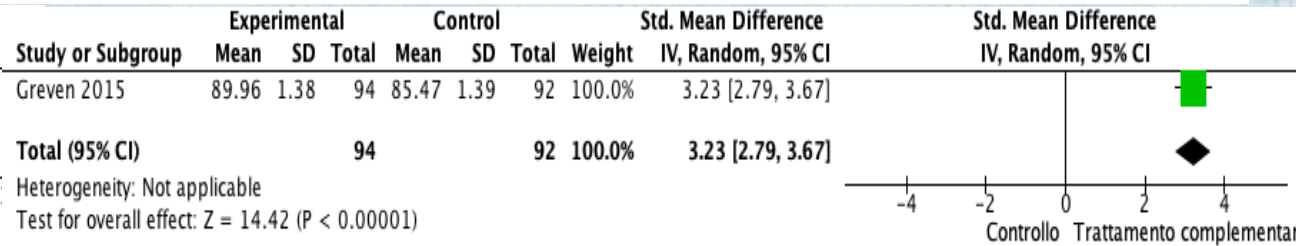
Heterogeneity: Not applicable
Test for overall effect: Z = 1.32 (P = 0.19)



Qualità di vita

Study or Subgroup	Experimental			Control			Weight	Std. Mean Difference IV, Random, 95% CI
	Mean	SD	Total	Mean	SD	Total		
Greven 2015	89.96	1.38	94	85.47	1.39	92	100.0%	3.23 [2.79, 3.67]
Total (95% CI)			94			92	100.0%	3.23 [2.79, 3.67]

Heterogeneity: Not applicable
Test for overall effect: Z = 14.42 (P < 0.00001)



Strong recommendation against the intervention	Conditional recommendation against the intervention	Conditional recommendation for the intervention	Strong recommendation for the intervention
○	○	●	○

La certezza nelle prove è stata giudicata complessivamente bassa per rischio di performance bias e di imprecisione.

Interventions to address sexual problems in people with cancer

- ✓ It is hoped that, by creating a comprehensive source for effective interventions, the barriers associated with discussing this important issue will begin to be dismantled.
- ✓ Medication or devices can be of help, but time spent educating, discussing, and supporting is vital.

Curr Oncol. 2017 June;24(3):192-200

PRATICA CLINICA

Randomized Controlled Phase II Evaluation of Two Dose Levels of Bupropion Versus Placebo for Sexual Desire in Female Cancer Survivors: NRG-CC004

Debra L. Barton, RN, PhD¹; Stephanie L. Pugh, PhD²; Patricia A. Ganz, MD³; Steven C. Plaxe, MD⁴; Bridget F. Koontz, MD⁵; Jeanne Carter, PhD⁶; Natalya Greyz-Yusupov, MD⁷; Seth J. Page, MD⁸; Kendrith M. Rowland Jr, MD⁹; Ernie P. Balcueva, MD¹⁰; Sobia Nabeel, MD¹¹; Jack B. Basil, MD¹²; Matthew L. Hill, DO¹³; Carolyn Y. Muller, MD¹⁴; Maria C. Bell, MD¹⁵; Snehal Deshmukh, MS²; and Lisa A. Kachnic, MD¹⁶

“In conclusion, it is clear from the results of this study that sexual function remains an unmet need in female cancer survivors. More research is needed concerning the underlying mechanisms for loss of sexual desire in cancer survivors, so effective treatments can be developed and evaluated”

J Clin Oncol 40:324-334.

RICERCA CLINICA



S.S. FORMAZIONE E RAPPORTI CON L'UNIVERSITA'

Evento Formativo Residenziale

**I DISTURBI DELLA SFERA SESSUALE
NEI PAZIENTI ONCOLOGICI**



Grazie per
l'attenzione e
buon corso ..

esperti@mauriziano.it

