

October 2014 Newsletter

In honor of National Breast Cancer Awareness month, we are featuring our... **Menopause Minute** **Breast Exam Video**

Intimacy and the Breast Cancer Survivor

Early detection and directed treatments have led to improved outcomes for women with breast cancer. Nonetheless, the gynecologic impact of these treatments is significant. In one study, 42% of breast cancer survivors experienced vaginal dryness, 38% reported that intercourse was painful, and 64% felt loss of libido. For many women, these changes affect their relationship with their partner directly, thereby increasing their risk of depression. Furthermore, medical treatment for depression can accelerate loss of sexual interest and further endanger the relationship. In one series, when 610 breast cancer survivors with **normal** sexual activity were given antidepressants, 57% experienced loss of libido.

For menopausal women without breast cancer, systemic or vaginal estrogens have been the treatment of choice for vaginal dryness and pain during intercourse. The dilemma facing the breast cancer survivor is that in-vitro, animal, and human clinical studies document that long-term estrogen exposure is linked to the development, progression, and recurrence of breast cancer. In fact, aromatase inhibitors and tamoxifen, which block estrogen, often are used prophylactically for five to ten years after immediate breast cancer treatment. Consistent with this anti-estrogen approach, the medical community has been forced to adopt a "no hormone for you" stance for breast cancer survivors.

[Click here](#) to read the full article.

By James Woods, Jr., M.D.

The Breast Exam

Dr. Avice O'Connell walks us through the two types of breast exams (self and clinical), what happens when a lump is discovered, and other warning signs to be aware of with regard to overall breast health.

Remember - every lump needs to be checked out.



Click video to play in our YouTube channel.



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October Store Promotion

Attention ANCC National MAGNET Conference attendees! Visit us at Booth 1037 for special giveaways & discounts!



"Meet Our Staff"



Meet Becky Skovgaard and Dr. James Woods, our first of many staff profiles featured on our website. [Our Staff link](#)



Earn Nursing Contact Hours / CME Credits With This Month's New Course Topics:

Obstetrics Course Topic: **Prenatal Care**

[More info](#)

- Article 1: **Folic Acid in Women's Health**
- Article 2: **Perinatal Environmental Health Focusing on Lead**

Gynecology Course Topic: **Premenstrual Syndrome and Premenstrual Dysphoric Disorder**

[Register here to access this month's courses!](#)