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New dimension of physical therapy for the oncology female patients with sexual dysfunction

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Medical research continues to extend the life of cancer patients beyond their initial diagnosis. One of the challenges for both cancer survivors and the health care professionals who care for them is to comprehensively address all the issues that impact their quality-of-life. Issues regarding mobility, return to work, cosmetics and self-care are readily identified and addressed. There are other activities of daily living that may be more hidden but should be included in a comprehensive rehabilitation program. Continence (urinary and fecal) and the ability to engage in sexual activity have been well documented to impact the quality-of-life scores for individuals with various types of cancer. The pelvic floor plays a role with both continence and sexual activity. To effectively address pelvic floor dysfunction, a thorough understanding of pelvic floor anatomy and physiology is essential. The women's health physical therapist will incorporate this knowledge with an appreciation of the impact of surgery, chemotherapy and radiation can have on the function of the pelvic floor. The therapist will evaluate the patient to determine the source of dysfunction, provide scientifically supported education regarding positioning to decrease pain, instructed the patient with certain exercise program and assist alleviating the symptoms to achieve optimal sexual function and treat the patient's dysfunction and improve their sexual intimacy limitations. There were few studies performed in that field and they found the pelvic floor muscle exercise, significantly improved pain with intercourse, sexual function and general quality of life in women with history of breast cancer. This study will find the impact of physical therapy in the treatment of sexual dysfunction in the Saudi oncology female patients.

Biography

Najwa Alfarra is currently working as an Assistant Head at King Faisal Specialist Hospital and Research Centre since 2015. She has experience in working as a Women's Health Specialist, Al-Riyadh Governorate, Saudi Arabia. She has her expertise in evaluation and passion in improving women's health sexual dysfunction as a Physical Therapist specialized in that field. She treats different types of urinary incontinence, chronic pelvic pain, design pre-post-natal exercise program and sexual dysfunction conditions by using different modalities of treatment.

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