



Intimacy After Breast Cancer

by paula holland de long



osing my left breast, becoming single after my treatment ended, and rediscovering intimacy and passion with my soul mate of seven years changed my life forever.

I learned that love, intimacy and passion can take many different forms. Like many women, the intimate physical invasion of my body crushed my confidence, femininity and belief in my ability to ever have an intimate, loving relationship. Overcoming my fears and accepting beauty in the physically flawed but vitally alive woman I've become freed me to fully engage in a loving, intimate relationship for the first time in my life.

Like me, most women experience feelings of fear, loss, grief and anger as they come to terms with breast cancer's impact. A natural part of healing comes from exploring,

accepting and embracing intimacy and passion, along with sexuality that's appropriate for you as a survivor.

After breast cancer, it's normal to be anxious and unsure about how others will respond. It's normal to be hesitant to share your scars, to feel different about the way you look, or fearful about how others will respond to the changes in your body. It's normal to be afraid that the person who loves you will not anymore, or to be afraid that no one will want you or love you again.

Lynn Curry, Parkland resident and breast cancer advocate says, "For me, finding intimacy or moreover allowing intimacy back into my life after cancer was a profound experience that brought me back to who I was and intensified the love and commitment between my husband Brian and I. Through his touch and tenderness I

#1 in service and quality!

SINCE 1986

Ronnie's Clothing &...

Why shop at 10 stores when you can get it all at Ronnie's Clothing &...
#1 in service and quality
Jewelry · Scarves · Handbags · Gift Certificates

ANNIVERSARY SALE ALL CLEARANCE ITEMS
20% OFF on new merchandise
60% OFF

- Language
- Bordeaux
- Yogi
- Only Hearts
- Red Engine Jeans
- 1921 Jeans
- Cj by Cookie Johnson Jeans

NEW MERCHANDISE ARRIVING DAILY!

As seen in O Magazine Sept. 2009
"Women are going to love these jeans ... they hit in just the right spots!"

Mon-Sat
10am-5pm

954.755.4701 2139 N. University Dr., Coral Palm Plaza
ronniesclothing@bellsouth.net (Same center as Doris Market)

THERMOGRAPHY THE EARLIEST BREAST SCREENING TOOL!

When a woman finds a lump in her breast, it has likely been growing for 8 years or more!

90 Days	2 Cells	<p>Active Cancer Cells Double In Number Every 90 Days!</p> <p>Normally detectable by Thermography</p> <p>Normally detectable by Mammography</p>
1 Year	16 Cells	
2 Years	256 Cells	
3 Years	4,896 Cells	
4 Years	65,536 Cells	
5 Years	1,048,576 Cells	
6 Years	16,777,216 Cells	
7 Years	268,435,456 Cells	
8 Years	4,294,967,296 Cells	Normally detectable by Mammography

40 Doublings (approximately 10 years) is typically lethal.

- * No Radiation
- * No Compression
- * Newest Technology
- * Safe
- * Non-Invasive
- * 95% Accuracy
- * AFFORDABLE!

Using Thermography, find out **NOW**
BEFORE you can feel it
AND early enough to **DO** something!



954-673-2221

Broward
Palm Beach
Dade

Call Donna Tomlinson
Breast Cancer Survivor
Certified Clinical Thermographer

Thermography
First



learned to accept the changes to my body, to embrace the fact that I was alive and move beyond the pain. At a time in my life that I saw only what was missing — he saw what was saved."

Many women like Lynn and I find that the strength and courage they drew on ultimately fostered their *ability* to be intimate, loving, passionate people as survivors.

The following tips have helped me and other survivors grieve, and then grow.

Cancer doesn't ruin relationships – Statistics show that very few committed relationships end because of scars or other body changes. Divorce rates are the same for people with or without a cancer history. Talking openly about fears and concerns helps you both stay positive and avoid inaccurate assumptions or misconceptions. Often, partners have the same concerns, but avoid talking about it to protect each other. Intimacy begins with honest communication and it can strengthen the bond.

Intimacy, passion and love are not the same as sex – Intimacy comes from trust, courage and sharing who you really are. Trust fosters passion. Passion is shown with a glance, a touch, and caring. Trust and passion can create incredible intimacy, with or without sex.

The first time is the hardest – Whether telling someone you've had cancer, showing your scars, snuggling, or sharing physical intimacy, many worst case scenario fears have built up in *your* mind. Once you share, the fears begin to go away. Ease into sharing with someone you trust, over time.

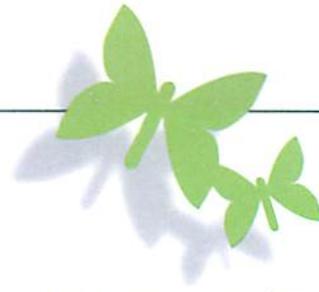
Change your perspective – For many survivors, the changes we see are insignificant to others. "Perfection," is in the eyes of the beholder. People, real people are not shallow, they love people for who they are, not for what possessions they have, not for physical perfection, but because of the way that person makes them feel about themselves.

Reconnect with your confidence – Confidence invites intimacy and makes you feel sexy. If you believe you're attractive, others will see you are beautiful too.

Don't let your fears rob you of intimacy – You're not alone. Sharing with your partner, another survivor, a friend, a counselor, or a coach is part of healing.

Whether single or in committed relationships, many survivors report feeling closer to their partners and have found the intimacy created by the experience has enriched their lives. ♦

Cancer survivor, life coach, and speaker Paula Holland De Long is an authority on how the lessons of survivorship can bring joy and purpose to anyone's life. Her survivor support programs are offered at cancer treatment centers and support organizations. Her women's teleconference action groups attract participants from around the country. For information, call 954.565.6894 or visit WhatsNextForMyLife.com.



WHAT'S NEXT FOR MY LIFE?™

Creating hope and empowerment for anyone touched by cancer, from time of diagnosis throughout life. Take a Life Balance Assessment at WhatsNextForMyLife.com.

Paula Holland De Long / Founder / Survivor Life Coach
Call 954.565.6894 or visit WhatsNextForMyLife.com

THE WOODHOUSE
day spa*

choose to MAKE A DIFFERENCE THIS October

The Woodhouse Day Spa is proud to be a part of the support to end domestic violence and find a cure.

*Join us this October for
"Spa For A Cause Days."*

Enjoy 10% off and we will donate 10% to support these great causes.

OCTOBER 21ST: 4th Annual Breast Cancer Event supporting our local Susan G. Komen Fund

OCTOBER 26-28: Hal Herman's Children's Fund at Women In Distress

PARKLAND.WOODHOUSESPAS.COM 954.753.2300

6991 N STATE ROAD 7, PARKLAND, FL 33073

(NW corner of Hillsboro & 441 in the Baker & Zimmerman building)

*This promotion is not valid on any services that are part of a package or special offer, and when redeeming with The Woodhouse Day Spa "Spa For A Cause Days" promotion. Offer good only on single services. Prices are subject to change without notice.