

# Sexual health in patients with malignant hematological disease: a Danish cross-sectional study

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## BACKGROUND

Patients who undergo treatment for hematologic malignancies may experience a decline in sexual health, alterations in sexual functioning and reproductive capacity during survivorship.

## AIM

This study investigated the prevalence of sexual dysfunction and factors influencing sexual activity and functioning in patients with hematologic malignancies, to identify potential targets for interventions in clinical practice.

## METHODS

This nationwide cross-sectional study included adult patients (n= 362) diagnosed with a hematologic malignant disease in Denmark .

## RESULTS

- 52.5% women and 73.2% men reported sexual dysfunction
- More females “40.9%” than men “34.1%” were sexually inactive
- **Sexual inactivity** was significantly associated with age (>65 years) and low quality of life.
- **Sexual dysfunction** was significantly associated with fatigue and sleep difficulties
- 40.3% reported sexually related personal distress
- 98.7% with sexual dysfunction had not discussed sexual issues with their health care professional.

## CLINICAL IMPLICATIONS

It is hoped that knowledge from this study will help healthcare professionals in clinical practice and encourage them to proactively address and discuss sexual health issues with their patients, irrespective of age.

