



POWERED BY:

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EUROPEAN SCHOOL OF  
LIFESTYLE ONCOLOGY

**AIM**  
CANCER CENTER

# Oncosexuality Course

## Integrating Sexual Health into Cancer Care

18 hours | online | Recorded classes | Live mentoring  
Q&A session | Certified by the European School of  
Lifestyle Oncology.

12th September 2026

# MODULES

## MODULE 1

### Introduction to Oncosexuality

- Definition and scope;
- Impact of cancer and treatments on sexual health
- The importance of sexual health in cancer care
- The role of the multidisciplinary team.

## MODULE 2

### Effects of Cancer Treatments in Sexual Health

- Surgical impacts;
- Radiotherapy effects;
- Chemotherapy & targeted therapy;
- Hormone therapy;
- Psychological & relational impacts.

## MODULE 3

### Assessment and Communication

- How to bring up sexual health;
- Tools and validated questionnaires;
- Creating a safe environment;
- Cultural and gender considerations;
- Overcoming discomfort and stigma.

## MODULE 4

### Interventions and Management Strategies

- Pelvic floor
- Rehabilitation and physiotherapy
- Integrative approaches
- Lifestyle interventions

## MODULE 5

### Diversity and Inclusion in Oncosexuality

- LGBTQIA+ considerations;
- Young adults & fertility;
- Older adults & post-treatment intimacy;
- Advanced disease & palliative care

## MODULE 6

### Different diagnoses, different challenges

- Sexuality and Breast Cancer;
- Sexuality and Gynecological Cancers;
- Sexuality and Prostate Cancer;
- Sexuality in People Diagnosed with Colon/Rectal Cancer (Colostomized patients).

## MODULE 7

### Implementing Oncosexuality into Practice

- Building referral pathways;
- Integrating into survivorship plans;
- Patient education & workshops;
- Case studies & best-practice models.

# LECTURERS



## ANNA CATANIA

**Counsellor & Psychosexual Therapist | Visiting Lecturer | Cancer & Sexuality Specialist**

Visiting lecturer at the University of Malta, teaching undergraduate and post-graduate students in the field of Cancer and Sexuality. She currently holds memberships as a Senior Practising Member of the Malta Association for the Counselling Profession, a Registered member of the College of Sexual and Relationship Therapists (CORST), and a Registered member of the European Society for Sexual Medicine (ESSM).

Experience working as a nurse, counsellor, and psychosexual therapist within the Multidisciplinary Team at the Breast Cancer Clinic, Mater Dei Hospital. Additionally, she is part of the Cancer Survivorship Team at the Sir Anthony Mamo Oncological Centre in Malta.

Huge advocate for the importance of addressing sexual health and sexual rehabilitation as a core component of cancer care, Catania has dedicated most of her professional efforts to this cause. She emphasizes the need to view sexuality and cancer from a systemic perspective, as a cancer diagnosis and treatment affect not only the person concerned but also their loved ones.

To this end, she has conducted various presentations and workshops both locally and internationally as she firmly believes in the importance of continuous professional development and the dissemination of knowledge and research.



## CAROLYN SULTANA

**Women's & Men's Health Physiotherapist | Pilates Instructor | Visiting Lecturer at University of Malta**

Women's & Men's Health Physiotherapist and Pilates instructor, specializing in pelvic floor rehabilitation. She holds a master's degree in pelvic health from the University of Bradford and is a graduate of the University of Malta. Currently working in private practice, she is also a visiting lecturer at the University of Malta's Faculty of Health Sciences.

Ms. Sultana treats conditions such as incontinence, pelvic organ prolapse, obstructed defecation, and pelvic pain. She also supports women through pregnancy and postpartum recovery, helping them manage musculoskeletal pain and pelvic floor issues. In addition, she provides physiotherapy for women and men following oncological treatment, addressing the unique pelvic health challenges that may arise.

A member of the Malta Association of Physiotherapists and the UK's Pelvic Obstetric and Gynaecological Physiotherapy (POGP) Association.



## MAFALDA CRUZ

**Radiation Oncologist and Sexologist**

Medical Radiation Oncologist at IPO Porto, dedicated to the treatment of breast cancer. She has a Postgraduate Degree in Clinical Sexology since 2017 and is a Fellow of the European Committee of Sexual Medicine. She also holds the Competence in Sexology from the Portuguese Medical Association.

Currently, providing Sexual Medicine consultations in private practice, is part of the Multidisciplinary OncoSexology Group at IPO Porto, and is the author of the Instagram page Mafalda Cruz MedSex, where she discusses sexology in a straightforward way, always grounded in scientific evidence.

## GENERAL OBJECTIVES

To empower healthcare professionals with a compassionate, holistic and evidence-based understanding of sexuality in oncology, recognising the physical, emotional, relational and psychosocial impact of cancer and its treatments across the different stages of the cancer journey.

To promote the acquisition of knowledge and practical communication skills that enable professionals to address sexuality with sensitivity, confidence and person-centred care, while applying integrative strategies and multidisciplinary interventions that may improve quality of life, intimacy, relationships and overall well-being for individuals diagnosed with cancer.

## FREQUENTLY ASKED QUESTIONS

### **1. Do I need to attend the classes exactly as scheduled?**

No, all classes are recorded, and you can watch them at your own convenience.

### **2. How long will I have access to the course?**

Recordings and materials are available up to 3 months.

### **3. What is the evaluation method?**

A single multiple-choice test at the end of the course.

### **4. Are the classes online or in person?**

The course is 100% online.

### **5. Is the course only for healthcare professionals?**

No. While it is designed for healthcare professionals, anyone interested in the topic is welcome.

## CONTACT US TO RECEIVE ALL THE INFORMATION:



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**WWW.ESLONCOLOGY.COM**