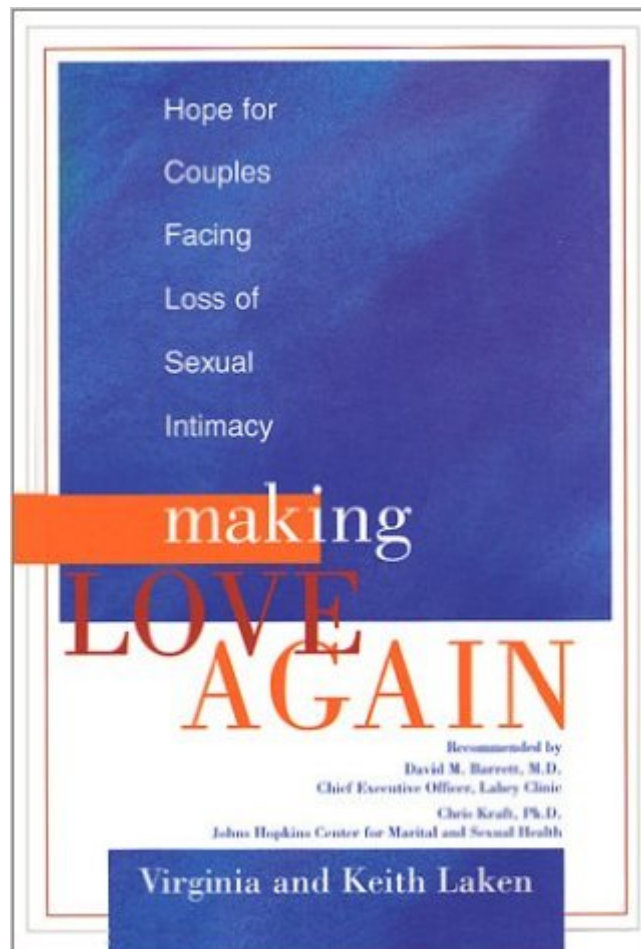


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# Making Love Again: Hope For Couples Facing Loss Of Sexual Intimacy



## Synopsis

Each year in this country, 30 million men and their partners are robbed of an essential part of their lives when they are faced with sexual dysfunction due to diabetes, prostate cancer, an injury or psychological reasons. Many desperately want advice, but are too embarrassed to broach the subject with a doctor or even with each other. In their timely and medically recognized book, *Making Love Again*, Virginia and Keith Laken give hope to these individuals who, like themselves, want to "feel normal" again. Virginia tells the story of how she and her husband have dealt with his sexual dysfunction, brought on by a radical prostatectomy at the age of forty-nine. She reveals the solutions that have brought them closer together, and offers further resources and support groups that can be found on both the Internet and through local and national organizations. *Making Love Again* proves that it is possible to break free of one's pre-conceived ideas about sex, and to overcome impotency by continuing to make love in whatever form lovemaking may take. With a foreword by Dr. David Barrett, CEO of the Lahey Clinic, readers will admire the medical community's acknowledgement of this book as an aid to couples seeking to regain physical intimacy.

## Book Information

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## Customer Reviews

14 years after my husband's first diagnosis of prostate cancer I learned several facts in this book, but, most important, for the first time it has made me begin to believe that things CAN be different for us if we both choose to work at it. Diagnosis. Treatment he chose and I said I'd support was radiation and we \*thought\* we'd been told about all the possible longterm effects. NOT SO! Six

years later I saw a vital, athletic, physical man feeling totally becoming afraid of, tense about, uninterested in our previously-fabulous sex life. Finally, this week when I read this book, we learned that some impotence develops much later from radiation than from surgery, but it *\*will\** develop! Then depression. Deep. Sullen. Withdrawal from interests and from me. Our physician prescribed medication and counseling. The counselor saw him *\*once\** and said, "Go home and don't be so passive!" Flat, flat affect. No joy. But he kept *\*trying\**, bless him! Then four years ago recurrence! It took my husband over 6 months to choose a treatment and he only did so then because our doctor and I insisted on it! Surgery. At our city's outstanding cancer center. SUCCESS. His PSA is undetectable. He does have some mild incontinence. The surgery team introduced us to Muse. It worked 90% for us and the team was very excited for us. We used it once. Once in 3 1/2 years! From then on my husband has just refused to act on sex, talk about sex. I've tried everything. I've begged my husband to return to the team and ask them for direction. He couldn't bring himself to do that. We grew farther and farther apart. My heart was breaking. I felt unattractive and sad and rejected. Last week I read this book. I finished it in two sittings.

This book is written by a husband and wife who continue to experience permanent impotence as a result of prostate cancer surgery. The book is structured like a "diary" with dated entries over a several-year period written separately by both husband and wife who are honest about their fears, disappointments and frustrations. It does not dwell on the surgery itself, but focuses on the post-surgical successes and disappointments as they try to engage in sexual relations using various options. It focuses on the loving relationship between the spouses, but it is also realistic about sexual needs -- from both partners' perspectives. My husband is a young 65 and I am 46; we read this book out loud together about 9 months post-prostatectomy surgery, and it was tremendously helpful to both of us. After the surgery, the doctor had told us that impotence was unlikely in our situation, so we were not prepared for it. The book was particularly helpful with dealing with the disappointment we both felt in this regard. The book also helped us to see that most couples have to struggle with several alternatives for intimacy over a lengthy period and that not every option works for every couple. The book was not at all preachy, but instead was subtly encouraging to my husband to be open to trying a wide variety of options that we probably would not have considered otherwise. (It does not suggest anything kinky). It gave us information that allowed us to resume [drug-induced] intercourse, which we believed was physically impossible. A big revelation for me was that impotency is not always an "all or nothing" concept. I had no idea how discouraging it can be for a male who simply doesn't know whether he can or cannot physically perform -- or whether he will

ever be able to.

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