

# Beyond Survival: The Silent Struggle of Living After Cancer Implications for Sexual Health, Identity, and Quality of Life in Survivorship

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## ABSTRACT

Advances in oncology have significantly improved cancer survival rates; however, survivorship is frequently accompanied by persistent physical, psychological, relational, and sexual health challenges that remain underrecognized and undertreated. This paper examines cancer survivorship through a narrative-informed and trauma-aware lens, emphasizing the long-term impact of cancer treatment on sexual health, identity, communication, and quality of life. Drawing on lived experience and supported by contemporary survivorship and sexual medicine research, the paper highlights gaps in post-treatment care, particularly regarding intimacy, embodiment, and psychosocial well-being. The findings underscore the need for integrated, trauma-informed survivorship models within sexual medicine that prioritize dignity, relational connection, and long-term quality of life rather than survival alone.

**Keywords:** Cancer Survivorship, Sexual Health, Quality of Life, Intimacy, Trauma-Informed Care, Identity

## Introduction

Cancer survivorship has emerged as a critical area of concern within modern healthcare. While advances in detection and treatment have increased survival rates, far less attention has been given to the lived experience of survivors after treatment completion. Survivorship is often portrayed as a return to normalcy, yet research consistently demonstrates that many survivors experience long-term physical, psychological, and sexual health consequences that profoundly affect quality of life [1,2].

Cultural narratives surrounding cancer emphasize resilience, strength, and victory. Survivors are encouraged to celebrate remission, often without acknowledgment of the persistent losses that follow treatment. This framing inadvertently silences survivors whose post-cancer lives are marked by pain, functional impairment, altered identity, and diminished intimacy [3,4]. As a result, survivorship is frequently equated with healing, rather than understood as a complex and ongoing process requiring comprehensive care.

This paper reframes survivorship as a multidimensional experience that extends beyond disease remission. Using

narrative context supported by empirical literature, it explores the impact of cancer survivorship on sexual health, identity, communication, and socioeconomic stability, with particular attention to gaps in current models of care.

## Survivorship Beyond Remission

Survivorship begins when treatment ends, yet this transition is rarely accompanied by adequate preparation or long-term support. Many survivors report feeling abandoned by healthcare systems once acute care concludes, despite ongoing symptoms and functional impairments [6,5].

Physical sequelae such as chronic fatigue, nerve damage, pain, swallowing difficulties, and speech impairment are common and often permanent [1,6]. These impairments interfere with daily functioning and social participation. Survivors of head and neck cancers are particularly vulnerable, as treatment can result in visible disfigurement and loss of speech, directly impacting communication, self-image, and relational engagement [6].

Emotionally, survivors experience elevated rates of depression, anxiety, and post-traumatic stress symptoms [6]. Fear of recurrence remains pervasive and can persist for years, contributing to hypervigilance and emotional exhaustion [2]. These factors collectively undermine a survivor's sense of safety and stability.

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Survivorship, therefore, is not a return to pre-cancer life, but the emergence into a new reality that is frequently unsupported.

### **Sexual Health and Intimacy After Cancer**

Sexual health is a central yet frequently neglected component of survivorship care. Research demonstrates that cancer survivors experience significantly poorer sexual health outcomes compared to cancer-free controls, including reduced desire, arousal difficulties, pain, and dissatisfaction [1,3].

Cancer treatments disrupt sexual functioning through hormonal changes, nerve damage, vascular injury, and pain. Equally impactful are the indirect effects of treatment on body image, identity, and self-esteem, which further complicate sexual expression and intimacy [7,4].

For survivors with speech or facial impairments, intimacy may be profoundly altered. The inability to speak clearly, swallow comfortably, or engage in physical affection such as kissing can lead to relational withdrawal and grief [6]. Sexual health in these contexts extends beyond function and encompasses communication, meaning, and connection.

Despite the prevalence of sexual concerns, survivors consistently report that sexual health is rarely addressed by clinicians [3,8]. When discussed, the focus is often limited to physiological function rather than relational or psychological dimensions [4]. This gap leaves survivors without guidance or validation.

Sexual medicine must recognize survivorship sexuality as an embodied, trauma-influenced experience requiring holistic and survivor-centered care [3,4].

### **Identity, Voice, and the Loss of Self**

Cancer survivorship frequently involves a disruption of identity. Survivors may struggle to reconcile their pre-cancer self with the physical and emotional changes that follow treatment [6,9]. Loss of voice, whether literal or metaphorical, is a recurring theme in survivorship narratives. Speech impairments can result in social withdrawal, marginalization, and invisibility. Survivors whose appearance or communication changes often experience diminished social engagement and support, further intensifying isolation [3,2].

This loss of recognition compounds grief. Survivors may be publicly celebrated for surviving while privately grieving the loss of their former identity. The dissonance between societal expectations of gratitude and the lived reality of loss contributes to shame and emotional distress [2].

Restoring identity requires more than physical rehabilitation. It necessitates psychological support, relational acknowledgment, and environments where survivors are seen and heard in their full complexity.

### **Socioeconomic Consequences of Survivorship**

The economic impact of cancer survivorship is substantial and often overlooked. Survivors may be unable to return to previous employment due to cognitive changes, fatigue, pain, or communication impairments [2,5].

Financial toxicity includes lost income, increased medical expenses, and inadequate insurance coverage for long-term rehabilitative services such as speech therapy, sexual health counseling, and mental health care [2]. These financial stressors exacerbate psychological distress and further compromise quality of life.

Survivorship care that ignores socioeconomic realities risks perpetuating inequity and prolonged suffering. Advocacy, policy reform, and integrated support services are essential components of ethical survivorship care.

### **Trauma-Informed Survivorship Care**

Cancer and its treatment constitute a potentially traumatic experience. Trauma-informed survivorship care recognizes the lasting impact of medical trauma and prioritizes safety, trust, collaboration, and empowerment [8].

Integrated care models that address physical rehabilitation, mental health, sexual health, and social support concurrently are associated with improved outcomes [3,9,8]. Mental health services should be normalized and accessible rather than treated as optional adjuncts.

Sexual medicine practitioners play a critical role by initiating conversations about intimacy and embodiment rather than waiting for survivors to raise concerns [3,4]. Training in trauma-informed communication is essential to creating safe clinical environments.

Survivorship is not time-limited. It is a lifelong process that evolves with age, relationships, and cumulative stressors. Care models must reflect this reality.

### **Discussion**

The narrative grounding this paper illustrates a broader systemic failure in survivorship care. Survival was achieved, yet quality of life steadily deteriorated due to unaddressed impairments, social isolation, and economic strain.

Current survivorship frameworks emphasize surveillance and recurrence monitoring while neglecting relational, sexual, and identity-based outcomes [5]. This imbalance leaves survivors alive but unsupported.

For sexual medicine, these findings underscore the necessity of holistic, survivor-centered frameworks that integrate lived experience with clinical expertise. Survivors are not merely patients. They are individuals rebuilding lives in altered bodies.

### **Conclusion**

Surviving cancer should not mean suffering in silence. Healing must be measured not only by years lived, but by dignity, connection, and quality of life.

This paper calls for a reframing of survivorship as a lifelong process requiring sustained medical, psychological, sexual, and socioeconomic support. Trauma-informed, integrated survivorship care models can restore not only function, but meaning and relational safety.

The true success of cancer care lies not solely in survival, but in how well survivors are supported in living fully beyond cancer.

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