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# Honoring sexuality in women with SCI

4 September 2014, MECC,  
Maastricht, NL

13:05 - 14:05, Brussels Room 0.4  
on level 0



## Speaker biographies



### Stacy Elliott, MD

Stacy L. Elliott is the Director of the BC Center for Sexual Medicine (BCCSM), in Vancouver BC Canada and is a Clinical Professor in the Departments of Psychiatry and Urologic Sciences, Faculty of Medicine at the University of British Columbia (UBC). A physician and researcher, she is internationally recognized for her work in sexual

rehabilitation and fertility in persons with neurological conditions such as spinal cord injury. She has served on a number of prestigious advisory positions as well as received numerous awards including the Rick Hansen Difference Maker Award 2014, the Queen Elizabeth II Golden Jubilee Medal 2012, and the UBC Dept. of Psychiatry Continuing Medical Education and Professional Development Award in 2009. She sits on committees including recently being Board Member of the Sexual Medicine Society of North America. Dr. Elliott teaches at the UBC Medical School, is a PI with the International Collaboration of Repair Discoveries (ICORD), and has authored numerous papers and book chapters.



### John PFA Heesakkers, MD, PhD

John Heesakkers studied Medicine at the Catholic University of Nijmegen starting in 1979. After having been a resident in general surgery and data manager at the Department of Urology in Maastricht he started his training in Urology in 1993 at the University Hospital Maastricht. In 1997 he successfully defended

his thesis titled: Dynamic Urinary Graciloplasty at the University of Maastricht. He works as a full time staff urologist at the Department of Urology of the Radboud University MC Nijmegen, the Netherlands, where he is heading the Unit of Functional Urology and Neurourology. He chairs the Society of Functional and Reconstructive Urology, a body of the Dutch Association of Urology. He is an active member of the EAU, ICS and the AUA. He is a faculty member of the European School of Urology and the chairman of the European Section of Female and Functional Urology. He is reviewer and member of the editorial board of several major Urologic Scientific journals. He is the author of approximately 100 peer-reviewed papers on urological topics.

## Programme

**13:05 - 13:10 Welcome from the Chair**  
Stacy Elliott, MD

**13:10 - 13:35 Sexual Rehabilitation after SCI:  
What matters and how to help**  
Stacy Elliott, MD

**13: 35 - 14:00 Urinary incontinence in neurogenic patients:  
Causes, solutions and specific things to think about**  
John Heesakkers, MD PhD

**14:00 - 14:05 Concluding remarks**  
Stacy Elliott, MD

## Abstract

### Honoring Sexuality in Women with SCI

Female sexuality after SCI does matter, and urinary continence is part of sexuality.

Addressing female sexual rehabilitation and urological issues requires putting a great emphasis on quality of life and acquiring an understanding of patient wants, needs and expectations.

Predictors of sexual satisfaction with life circumstances after SCI include maximizing the physiological attributes that remain after SCI and minimizing the distractions that affect sexuality, including managing autonomic dysreflexia, skin, pain and urinary incontinence, and promoting openness and mental well - being. Utilizing the Sexual Health Rehabilitation Framework can guide health care professionals in their endeavor to support a patient's sexuality.

Avoiding incontinent episodes is a key step within sexual rehabilitation, and requires a thorough understanding of the pathophysiology of urological problems and potential therapies including specific issues that influence patient compliance. Health care knowledge and patient's open mindedness to both sexual and urological therapies will allow for improved sexual satisfaction after SCI.

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