Pathfinder series: Sexuality and Cancer

Websites

**Canadian Cancer Encyclopedia from the Canadian Cancer Society: “Sexuality”**
Covers common concerns and issues cancer patients face, including body image, and offers sexual health tips for men and women dealing with a cancer diagnosis. The CCS also offers a helpful booklet called “Sexuality and Cancer” which is available in the Patient and Family Resources Centre.

**National Cancer Institute: “Sexuality and Reproductive Issues”**
http://www.cancer.gov/cancertopics/pdq/supportivecare/sexuality/patient
This overview from the NCI looks at the impact cancer and cancer treatment can have on all aspects of an individual’s sexuality including physical and psychological impacts. The site covers topics such as the effects of medicines on sexuality, treatment of problems and fertility issues.

**American Cancer Society: “Sexuality for the Woman with Cancer”**
This site is devoted to sexuality and sexual issues women and their partners may face. Information about the effects of surgery, radiation, hormone therapy, etc. as well as tips on keeping your sex life going is included. There is also a Frequently Asked Questions section, information about possible sexual problems and when to seek professional help.

**American Cancer Society: “Sexuality for the Man with Cancer”**
http://www.cancer.org/docroot/MIT/MIT_7_1x_SexualityforMenandTheirPartners.asp?sitearea=&level=/
This site offers information about healthy sexual response and what makes up a “normal” sex life, and also provides information about coping with sexual problems that may occur with a cancer diagnosis and the treatments that follow. There is also a Frequently Asked Questions section, additional resources for more information and advice on seeking professional intervention if necessary.

**Macmillan Cancer Support: “Sexuality”**
Information about surgery, radiation, hormonal and chemotherapy and their effect on sexuality is offered from this excellent site from the UK. Their aim is to help patients and their partners understand the changes that may occur so they can ask the questions that relate to their own condition about infertility, roles and relationships, and solutions to sexual problems are also covered.

This Australian organization provides a good overview of sexuality and sexual changes that can occur after a cancer diagnosis. Sections on “Potential Problems” for men, for women, and the problems that can face both sexes are particularly helpful, as is the list of questions to ask you healthcare team. The information can also be downloaded as a PDF booklet.
Livestrong.org – Cancer Support Topics – Sexuality
http://www.livestrong.org/search/?q=sexuality#search/?q=sexuality
The Livestrong organization has a section dedicated to the physical and emotional effects of cancer, including female and male sexual dysfunction issues. Tips for dealing with the various sexual difficulties that can occur are offered, as are resources for further information and advice. There are also video interviews with survivors who have dealt with these issues.

Books available from Central library, St. Catharines:

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<tr>
<td><strong>Woman cancer sex / by Anne Katz</strong>, Hygeia media, Pub date: c2009, Call No.: 362.196994 Kat</td>
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<td>Sexuality after a diagnosis of cancer is a real issue for women and their partners. The author explains the changes that many women with cancer experience in their sexuality and offers practical, sensitive and compassionate advice on how to handle these changes. Dr. Katz aims to help women reclaim their sexuality following a cancer diagnosis</td>
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Books/videos they may be able to help you find:

**Man cancer sex / Ann Katz**
Dr. Katz describes the changes and difficulties that many men with cancer experience in regard to their sexuality and sexual functioning, and offers practical and compassionate advice on how to deal with issues such as pain, loss of libido, fertility and erectile difficulties, and more.

**Sexuality and fertility after cancer / Leslie R. Shrover**
This book covers the kinds of sexual problems both men and women are likely to face after treatment, and offers advice and solutions. Topics discussed are body image, low sex drive, performance anxiety, medications, sex aids, reconstructive surgery and mor.

**Sex when you’re sick / Ann Katz**
This volume considers how illness and injury affect sexuality and offers strategies to overcome sexual difficulties after health challenges. Dr. Katz discusses sexual functioning challenges and solutions relating to specific life stages, conditions, treatment side effects, and surgical procedures: eg., young adulthood, cancer (in men and women), depression, and colonsurgery.

**Everyone’s guide to cancer supportive care / Ernest H. Rosenbaum**
While not entirely about cancer and sexual issues, this book does have a comprehensive chapter devoted to sexuality. Included is information about body image, sexual problems that can occur, common myths about sexuality and coping with various changes that cancer surgery and subsequent treatment may cause.

The materials recommended have been compiled and reviewed by the team at Juravinski Cancer Centre