

# Pathfinder Series: Sex, Intimacy and Cancer

This pathfinder provides information about resources available in the  
JCC Patient & Family Resource Centre and on the internet.

## Books

*Intimacy after Breast Cancer: Dealing with Your Body, Relationships and Sex* / Gina M. Maisano  
Call number: 5.12.12 2010

This book addresses the effects of breast cancer diagnosis and treatment on a woman's sexuality. The author, a two-time breast cancer survivor herself, attempts to answer the question: How do you put cancer behind you and go back to being the woman you used to be? Part one examines ways to deal with the emotional and physical scars in order to regain confidence and self-esteem. Part two deals with how to rediscover sexuality after breast cancer.

*Man Cancer Sex* / Anne Katz

Call number: 5.12.11 2010

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.

*Sex and cancer: intimacy, romance, and love after diagnosis and treatment* / Saketh R. Guntapalli and Maryann Karinch

Call number: 5.12.1 2017

Many people worry about their sexual function when they get a cancer diagnosis. But women with gynecologic and breast cancers have special questions and concerns. This book, based on interviews, studies, and research, explores how sexual function may be affected by cancer and its treatment and helps women feel more in control of their sex lives.

*Sex When You're Sick* / Anne Katz

Call number: 5.12.2 2009

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: e.g., young adulthood, cancer (in men and women), depression, and colon surgery.

*Woman Cancer Sex* / Anne Katz

Call number: 5.12.10 2009

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.

## Websites

American Cancer Society – Sex and the Man with Cancer

<https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/fertility-and-sexual-side-effects/sexuality-for-men-with-cancer.html>

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.

American Cancer Society – Sex and the Woman with Cancer

<http://www.cancer.org/Treatment/TreatmentsandSideEffects/PhysicalSideEffects/SexualSideEffectsinWomen/SexualityfortheWoman/index>

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.

Canadian Cancer Society – Sexuality and Cancer

<http://www.cancer.ca/en/cancer-information/cancer-journey/living-with-cancer/sexuality-and-cancer/?region=bc>

This site offers information on various aspects of sexuality during cancer and its treatment. It discusses changes in sexual desire, sex and sexuality, and how to cope with these changes. The Canadian Cancer society also offers a printed booklet to answer any questions you may have about sex, intimacy, and cancer:

<http://www.cancer.ca/~media/cancer.ca/CW/publications/Sex%20intimacy%20and%20cancer/32061-1-NO.pdf>

Cancer Council Victoria – Sexuality, Intimacy & Cancer

<https://www.cancervic.org.au/downloads/resources/booklets/Sexuality-Intimacy-and-Cancer.pdf>

This Australian organization provides a good overview of sexuality and sexual changes that can occur after a cancer diagnosis.

Macmillan Cancer Support – Relationships and Sex

<http://www.macmillan.org.uk/Cancerinformation/Livingwithandaftercancer/Relationshipscommunication/Sexuality/Sexuality.aspx>

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.

National Cancer Institute – Side Effects of Cancer Treatment

<https://www.cancer.gov/about-cancer/treatment/side-effects>

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. Scroll down the list on the webpage and select either sexual health issues for men, or for women.