

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

- addresses the effects of breast cancer diagnosis and treatment on a woman's sexuality.
- examines ways to deal with the emotional and physical scars in order to regain confidence and self-esteem and 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

- based on interviews, studies, and research, this book 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: Reclaiming Sexual Health After Illness or Injury / Anne Katz

Call number: 5.12.2 2009

- considers how illness and injury affect sexuality and offers strategies to overcome sexual difficulties after health challenges.

Woman Cancer Sex / Anne Katz

Call number: 5.12.10 2009

- 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.

Websites

American Cancer Society – Sex and the Adult Female with Cancer

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

- sexuality and sexual issues women and their partners may face.
- effects of surgery, radiation, hormone therapy, etc. as well as a section about cancer, sex, and the single female.
- sexual problems and when to seek professional help.



American Cancer Society – Sex and the Adult Male 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>

- information about healthy sexual response and coping with sexual problems that may occur with a cancer diagnosis and the treatments that follow.



Canadian Cancer Society – Sex and Intimacy

<https://cancer.ca/en/cancer-information/resources/publications/sex-intimacy-and-cancer>

- information on various aspects of sexuality during cancer and its treatment.
- changes in sexual desire, sex and sexuality, and how to cope with these changes.



Cancer Council Victoria – Sexuality, Intimacy and Cancer

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

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



Macmillan Cancer Support – Cancer and Your Sex Life

<https://www.macmillan.org.uk/cancer-information-and-support/treatment/coping-with-treatment/your-sex-life>

- surgery, radiation, hormonal and chemotherapy and their effect on sexuality.
- helps patients and their partners understand the changes that may occur so they can ask questions about infertility, roles and relationships, and solutions to sexual problems that relate to their own condition.



National Cancer Institute – Side Effects of Cancer Treatment

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

- looks at the impact cancer and cancer treatment can have on all aspects of an individual's sexuality including physical and psychological impacts.
- effects of medicines on sexuality, treatment of problems and fertility issues.
- scroll down the list on the webpage and select either sexual health issues in men or in women.

