

Pathfinder Series: Sexuality and Cancer

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

Books & Audiovisual

Man Cancer Sex / Anne Katz. 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.

Saving Your Sex Life: A Guide For Men With Prostate Cancer / John P. Mulhall. 7.20.23 2008

The author of this book, a physician, is a specialist in sexual and reproductive medicine. He provides detailed information on the sexual problems associated with the treatment of prostate cancer, and describes in plain English the possible impact of prostate cancer treatments on sexual function and includes practical information about how couples can avoid or overcome potentially devastating side effects.

Woman Cancer Sex / Anne Katz. 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.

Intimacy After Cancer: A Woman's Guide / Sally Kydd. 5.12.6 2006

This book discusses how to reclaim and regain your intimate life after a life-changing cancer diagnosis. It features the voices and wisdom of cancer experts and the shared personal and intimate stories of cancer survivors. The authors propose solutions for rekindling libido and facilitating open communication. It includes interactive material like self-questionnaires, checklists, and facts you should know.

Sex When You're Sick / Anne Katz. 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.

The Ultimate Guide to Sex and Disability: For All of Us Who Live With Disabilities, Chronic Pain, and Illness / Miriam Kaufman, et al. 5.12.3 2003

For everyone, men and women of all ages and sexual identities, this book covers the span of disabilities - from chronic fatigue and back pain to spinal cord injury, MS and more. Very detailed and candid, the Ultimate Guide is an excellent resource for anyone with a temporary or permanent disability.

Websites

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"

<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.

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"

<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.

Cancer Council Victoria – Sexuality & Cancer

http://www.cancervic.org.au/about-cancer/living-with-cancer/sexuality_and_cancer/

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 your healthcare team. The information can also be downloaded as a PDF booklet.

