

Where to Start...Sexuality

The cancer and the treatments you get may change how your body works, and how you feel about your body. It is common to have questions about:

- How changes to your body may affect how you feel about your body and your sex life
- How to talk about these changes with your partner or any future partners

Below is a list of resources to help you learn about the effects that cancer can have on your sexuality, and how to cope with those effects.

Trusted Websites:

To learn more about how cancer treatment can affect your sexuality, visit the websites below.

1. [How Cancer and Cancer Treatment Can Affect Sexuality – American Cancer Society](#)

- **Visit:** <https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects.html>
- Click on **Fertility and Sexual Concerns**
- Under “Cancer and Sexuality”, click **How Cancer and Cancer Treatment can affect Sexuality**

This webpage has information about how cancer and cancer treatment can affect your sexuality. It also has information about how to talk about sexuality with your health care team.

2. [Cancer and your sex life – Macmillan Cancer Support](#)

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

This webpage has a lot of information on how cancer and cancer treatment can affect your sex life.

3. [Female Sexual Health After Cancer](#)

- **Visit:** <https://www.livestrong.org/we-can-help/finishing-treatment/female-sexual-health-after-cancer>

This webpage has a video and information for people with a vagina. The webpage explains how cancer and treatment can change your ability to have or enjoy sex. In the video, someone who had cancer talks about their experience.

4. [Male Sexual Health After Cancer](#)

Visit: <https://www.livestrong.org/we-can-help/finishing-treatment/male-sexual-health-after-cancer>

This webpage has a video and information for people with a penis. The webpage explains how cancer and treatment can change your ability to have or enjoy sex. In the video, someone who had cancer talks about their experience.

5. [OMGYes: The Science of Women's Pleasure](#)

- **Visit:** www.omgyes.com

Content Warning: This website has adult content that may not be comfortable for everyone.

This website shares the latest science-based ways to enjoy sexual pleasure. The information on this website is for people with a vagina and their partners. You will need to pay a one-time fee to get the information on this website.

Telephone Information Service:

Canadian Cancer Society's Cancer Information Service

- Call this service at 1-888-939-3333
- Visit the [Canadian Cancer Society website](http://www.cancer.ca): www.cancer.ca

Books and Pamphlets:

Pamphlets:

1. **Sex, Intimacy and Cancer** (by the Canadian Cancer Society)
 - To look at a copy of this book online:
 - Visit the [Canadian Cancer Society's Publications page](#):

<https://action.cancer.ca/en/cancer-information/resources/publications>

- Look for **Sex, Intimacy and Cancer**
- To order your own copy of this book:
 - Call 1-888-939-3333, or
 - [E-mail](mailto:info@cancer.ca): info@cancer.ca

2. **Life After Cancer Treatment** (by the Canadian Cancer Society)

- To look at a copy of this book online:
 - Visit the [Canadian Cancer Society's Publications Page](https://action.cancer.ca/en/cancer-information/resources/publications):
<https://action.cancer.ca/en/cancer-information/resources/publications>
 - Look for **Life After Cancer Treatment**
- To order your own copy of this book:
 - Call 1-888-939-3333, or
 - [E-mail](mailto:info@cancer.ca): info@cancer.ca

Books:

Title	Author
I'm Too Young to Have Breast Cancer! : Regain Control of Your Life, Career, Family, Sexuality and Faith This book is helpful for people who are under age 40.	Beth Leibson-Hawkins
Intimacy After Breast Cancer: Dealing with your Body, Relationships and Sex	Gina M. Maisano
Man, Cancer, Sex	Anne Katz
Saving Your Sex Life: A Guide for Men with Prostate Cancer	John P. Mulhall
Women, Cancer, Sex	Anne Katz
Prostate Cancer and the Man You Love	Anne Katz
Erectile Dysfunction: What is it? What can you do? Ask your health care team for a copy.	Trillium Health Partners' Oncology Program

Community Programs or Supports:

There are many programs in the community that can support you. These include:

1. **Wellspring**

This community organization has many centres across Canada. They offer free services to anyone who has cancer. To learn more about their services:

- Call: 1-877-499-9904
- Visit [Wellspring's website](http://www.wellspring.ca/): www.wellspring.ca/

2. **Canadian Cancer Society (formerly Prostate Cancer Canada)**

Prostate Cancer Canada has joined the Canadian Cancer Society. Together, they can help you connect with other people who have prostate cancer through support groups. To learn more about how they can help you:

- Call: 1-888-939-3333
- Visit the [Prostate Cancer Canada website](https://www.prostatecancer.ca/Supporting-You/Services/Support-Groups):
<https://www.prostatecancer.ca/Supporting-You/Services/Support-Groups>

3. **Low Down on Down There**

This is a vaginal health workshop by the Simcoe Muskoka Regional Cancer Centre. The workshop is **free** and **online**. In this workshop, you can learn how to prevent or manage common vaginal and sexual health changes from cancer treatment.

- **Date:** 4th Tuesday of every month
- **Time:** 1:00 pm – 3:00 pm
- **To register, call** 705-728-9090 ext. 43520

Important Note: Trillium Health Partners made this document to provide patients, families and caregivers with resources to help them find resources about sexuality. Trillium Health Partners does not endorse any community services or resources mentioned in this document. The information in this document does not replace medical advice. Every effort has been made to ensure information in this document is complete, correct and up-to-date but no guarantee is made to that effect. By using this document, you agree to use any of the resources mentioned at your own risk. If you have any questions or concerns about the information in this document, please talk to your healthcare team.

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