Sexual Health and Cancer **Roadmap for Referrals**

Mental Health Providers

* Specifically welcome individuals and couples with sexual health problems who have been impacted by cancer.

| **Organization (alphabetical)** | **For appointments call** | **Contact info** | **Accepts insurance?** | **Serve**  **un-insured?** | **Welcome LGBTQ clients: Official non- discrimination policy/word of**  **mouth?** | **Religious affiliation?** | **Notes** |
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SW=Social Worker

# Pelvic Floor Physical Therapists

* Some PTs have additional education and/or certification in pelvic floor physical therapy.

| **Organization** | **For appointments call** | **Contact, type of pelvic health certification be- yond PT** | **Welcome LGBTQ clients: Official non- discrimination policy/word of**  **mouth?** | **Treat pelvic pain: females**  **only/ males only/ both** | **Prostatectomy pre- habilitation?** | **Vaginal dilator instruction/ support** | **Notes** |
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PT=Physical Therapist DPT=Doctor of Physical Therapy

# Physical Therapists

* Some PTs do not have a focus on pelvic floor/pelvic pain/sexual health, but welcome people impacted by cancer who have other post-treatment problems that limit function, range of motion, or ability to exercise. These can affect health, energy level, and body image.

| **Organization** | **For appointments call** | **Contact** | **Focus on cancer and rehabilitation?** (eg: lymphedema treatment) | **Welcome LGBTQ clients:**  **Official non- discrimination policy/word of**  **mouth?** | **Notes** |
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# Ostomy Experts

* Some ostomy experts are more comfortable than others in providing sexual health advise.

| **Organization** | **For appointments call** | **Contact** | **Welcomes couples?** | **Welcomes sexual health concerns?** | **Welcome LGBTQ clients?** | **Notes** |
| --- | --- | --- | --- | --- | --- | --- |
| **Regional Hospital** |  |  |  |  |  |  |



# Gynecologists, Family Practice, and Advanced Practice Professionals (APPs)

* Not all providers perform pain-focused pelvic exams.
* A pain-focused pelvic exam is recommended before referral to PT for pelvic floor and/or sexual health problems.

| **Organization** | **For appointments call** | **Contact** | **Performs pain-focused pelvic exam?** | **Performs wet mount?** | **Welcome LGBTQ clients?** | **Notes** |
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# Gynecologic Oncologist

* Some gyn-oncologists have a special interest or additional training in sexual health.

| **Organization** | **For appointments call** | **Contact** | **Welcomes couples?** | **Welcomes sexual health concerns?** | **Welcome LGBTQ clients?** | **Surgical treatment of vaginal stenosis?** | **Notes** |
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# Urogynecologist

* Do they accept referrals for surgical management of post Radiation Therapy vaginal stenosis?

| **Organization** | **For appointments call** | **Contact** | **Surgical treatment of vaginal stenosis?** | **Welcome LGBTQ clients?** | **Notes** |
| --- | --- | --- | --- | --- | --- |
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# Urologists

| **Organization** | **For appointments call** | **Contact** | **Prostatectomy Pre-habilitation?** | **Radical prostatectomy?** | **Notes** |
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**Spiritual Services**

* Some providers of spiritual services are particularly welcoming of people or couples impacted by cancer who have sexual health problems.

| **Organization** | **For appointments call** | **Contact** | **Will visit patient in the hospital?** | **Will see outpatients?** | **Notes** |
| --- | --- | --- | --- | --- | --- |
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# Cancer Support Groups

* Some cancer support groups routinely include sexual health content.

| **Organization** | **For Register** | **Contact** | **Name/topic** (eg: breast cancer) | **Males only/ Females only/ Both welcome** | **Partner welcome?** | **Professionally led?** | **Notes** |
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This list is a work in progress and will need to be updated regularly.