Sexual Health Resources for Those Affected by Cancer

| **Source** | **Topic** | **Sub-Topic** | **Description** | **Link** |
| --- | --- | --- | --- | --- |
| AC | Dating and Disclosure When Affected by Cancer | Navigating the Dating Scene | Practical tips on navigating dating with an empathetic voice | [Navigating the Dating Scene When Affected by Cancer](https://www.aftercancer.co/wp-content/uploads/2023/10/NAVIGATING-THE-DATING-SCENE-WHEN-AFFECTED-BY-CANCER.pdf) |
| Living Beyond Breast Cancer | Dating and Disclosure When Affected by Cancer | Navigating the Dating Scene | Practical tips on navigating dating | [Maintaining sexual life with breast cancer | LBBC](https://www.lbbc.org/about-breast-cancer/family-relationships/sex-and-intimacy/maintaining-sexual-life) |
| ACS | Dating and Disclosure When Affected by Cancer | Navigating the Dating Scene | Common dating concerns for males | [Cancer, Sex, and Dating | Single Adult Males with Cancer | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/sexuality-for-men-with-cancer/single-man.html) |
|  |  |  |  |  |
| ABCD- After Breast Cancer Diagnosis | Emotional Well-Being | Love Yourself  Self Esteem | FREE, personalized emotional support for anyone impacted by breast cancer, anywhere, at any stage | <https://abcdbreastcancersupport.org/> |
| Psychology Today | Emotional Well-being | Love Yourself | Love yourself no matter what | [A Lesson From My Cancer Journey: Love Yourself No Matter What | Psychology Today](https://www.psychologytoday.com/us/blog/my-cancer-journey/202301/lesson-from-my-cancer-journey-love-yourself-no-matter-what) |
| Living Beyond Breast Cancer | Emotional Well-being | Body image | Body image with breast loss | [Body image & sexuality with breast cancer | LBBC](https://www.lbbc.org/about-breast-cancer/family-relationships/sex-and-intimacy/body-image-and-sex) |
| ACS | Emotional Well-Being | Self-Esteem | The Importance of continuing to work | [Cancer, Sex, and the Male Body | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/sexuality-for-men-with-cancer/how-male-body-works-sexually.html) |
| ACS | Emotional Well-Being | Self-Image | Dealing with Changes in the Way You Look and Regaining a Positive Body Image | [Managing Female Sexual Problems Related to Cancer | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/sexuality-for-women-with-cancer/problems.html) |
| MSK | Emotional Well-Being | Self-Image | Strategies for Regaining confidence in one’s body after cancer | [How to Regain Body Confidence after Cancer | Memorial Sloan Kettering Cancer Center (mskcc.org)](https://www.mskcc.org/news/how-regain-body-confidence-after-cancer) |
| Face 2 Face Healing | Emotional Well-being | Self-Image | Support, outreach, resources, and education for those who have cancer which has impacted self-image | [Face2FaceHealing.org](https://face2facehealing.org/) |
| NCI | Emotional Well-being | Self-Image | How cancer impacts self-image and sexuality | [Self-Image, Sexuality, and Cancer - NCI](https://www.cancer.gov/about-cancer/coping/self-image) |
| TPS | Emotional Well-being | Counseling and Support Resources | A source of a wide range of support ideas and resources, patient stories across a spectrum of cancer types: Human Answers to Your Cancer Questions | [The Patient Story: Human Answers to Your Cancer Questions](https://thepatientstory.com/) |
| AC | Emotional Well-being | Body Image | A practical guide on gaining a positive body image after cancer | [Altered Body Image](https://www.aftercancer.co/wp-content/uploads/2024/04/ALTERED-BODY-IMAGE.pdf) |
| AC | Emotional Well-being | Anxiety | Read how Sensate Focus can make intimate contact a relaxing, warm, non-stressful, and enjoyable experience | [Senate Focus to Reestablish Intimacy](https://www.aftercancer.co/wp-content/uploads/2023/10/SENSATE-FOCUS-TOUCHING-EXERCISES-TO-REDEFINE-INTIMACY.pdf) |
| ABCD | Emotional Well-being | Breast Cancer | After Breast Cancer Diagnosis offers FREE, personalized emotional support for anyone impacted by breast cancer, anywhere, at any stage. As a complement to medical care, ABCD matches people with a trained volunteer Mentor who has a similar lived experience, providing compassionate support based on diagnosis, treatment, age, and lifestyle. | [After Breast Cancer Diagnosis](https://abcdbreastcancersupport.org/) |
|  |  |  |  |  |
| ACS | Fertility and Reproductive Health | Fertility Preservation in Females | Fertility preservation options for females in several cancer treatment situations are covered. | [Preserving Fertility in Females with Cancer | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/fertility-and-women-with-cancer/preserving-fertility-in-women.html) |
| ACS | Fertility and Reproductive Health | Fertility Preservation in Males | Fertility preservation options for males in several cancer treatment situations are covered. | [Preserving Fertility in Males with Cancer | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/fertility-and-men-with-cancer/preserving-fertility-in-men.html) |
| ACS | Fertility and Reproductive Health | Fertility Preservation in Teens with Cancer | Talking about fertility preservation and ensuring this topic is brought up with your child’s oncologist is discussed | [Preserving Fertility in Children and Teens with Cancer | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/preserving-fertility-in-children-and-teens-with-cancer.html) |
| Livestrong | Fertility and Reproductive Health | Financial Support for Fertility Preservation | Financial support for fertility preservation | [Fertility Program for Cancer Patients and Survivors - Livestrong](https://livestrong.org/how-we-help/livestrong-fertility/) |
| ACS | Fertility and Reproductive Health | How Cancer and Cancer Treatment Affects Fertility in Females | A well-explained overview of how fertility is affected in females. | [How Cancer and Cancer Treatment Can Affect Fertility in Females | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/fertility-and-women-with-cancer/how-cancer-treatments-affect-fertility.html) |
| NCI | Fertility and Reproductive Health | How Cancer and Cancer Treatment Affects Fertility in Females | How Cancer and Cancer Treatment Affects Fertility in Females | [Female Fertility Issues and Cancer — Side Effects - NCI](https://www.cancer.gov/about-cancer/treatment/side-effects/fertility-women) |
| ACS | Fertility and Reproductive Health | How Cancer and Cancer Treatment Affects Fertility in Males | A well-explained overview of how fertility is affected in males | [How Cancer and Cancer Treatment Can Affect Fertility in Males | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/fertility-and-men-with-cancer/how-cancer-treatments-affect-fertility.html) |
| NCI | Fertility and Reproductive Health | How Cancer and Cancer Treatment Affects Fertility in Males | Article on fertility concerns for boys and men with cancer | [Male Fertility Issues and Cancer — Side Effects - NCI](https://www.cancer.gov/about-cancer/treatment/side-effects/fertility-men) |
| ACS | Fertility and Reproductive Health | How Fertility Is Affected by Cancer and Cancer Treatment | A summary discussion of how cancer and treatment can affect fertility for males and females, boys and girls. | [How Can Cancer and Cancer Treatment Affect Fertility? | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/how-cancer-treatment-affects-fertility.html) |
| Living Beyond Breast Cancer | Fertility and Reproductive Health in Those with a Female Body | Birth Control | Discussion regarding birth control during breast cancer treatment | [Birth control & breast cancer | LBBC](https://www.lbbc.org/about-breast-cancer/family-relationships/sex-and-intimacy/birth-control-and-breast-cancer) |
| AC | Fertility and Reproductive Health | Fertility and Reproductive Health Overview | An overview of fertility and reproductive health issues when affected by cancer. | [Fertility Considerations After a Cancer Diagnosis](https://www.aftercancer.co/wp-content/uploads/2023/10/FERTILITY-AND-REPRODUCTIVE-PLANNING-.pdf) |
|  |  |  |  |  |
| SMSNA | Intimacy and Relationships | Building and Maintaining Intimacy | Sensate Focus: works to rekindle intimacy and reduce performance anxiety | [SMSNA - What Is Sensate Focus and How Does It Work?](https://www.smsna.org/patients/did-you-know/what-is-sensate-focus-and-how-does-it-work) |
| Bright Spot Network | Intimacy and Relationships | Building and Maintaining Intimacy | A video educational program discussing maintaining intimacy and sexual connection for couples who are parents and have experienced a cancer diagnosis | [Parenting with Cancer Webinar Recordings — Bright Spot Network](https://www.brightspotnetwork.org/resource-center/parenting-with-cancer-webinar-recordings) |
| ACS | Intimacy and Relationships | How to Communicate with Intimate Partners | A cancer-related symptom or treatment side effect may affect spontaneity. Talk about concerns with your intimate partner | [Managing Female Sexual Problems Related to Cancer | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/sexuality-for-women-with-cancer/problems.html) |
| ACS | Intimacy and Relationships | How to Communicate with Intimate Partners | Males: Importance of Open Communication with Your Partner and Provider about Your Sexual Health Concerns | [Cancer, Sex, and the Male Body | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/sexuality-for-men-with-cancer/how-male-body-works-sexually.html) |
| Living Beyond Breast Cancer | Intimacy and Relationships | How to Communicate with Intimate Partners | Tips for Talking About Sexual Health with Your Partner | [Talking with your partner about sex after breast cancer | LBBC](https://www.lbbc.org/about-breast-cancer/family-relationships/sex-and-intimacy/talking-your-partner-about-sex-and-intimacy) |
| Bright Spot Network | Intimacy and Relationships | How to Communicate with Intimate Partners | A video educational program discussing maintaining intimacy and sexual connection for couples who are parents and have experienced a cancer diagnosis | [Parenting with Cancer Webinar Recordings — Bright Spot Network](https://www.brightspotnetwork.org/resource-center/parenting-with-cancer-webinar-recordings) |
| SMSNA | Intimacy and Relationships | How to Communicate with Your Intimate Partner | How to successfully discuss sexual health concerns with your intimate partner | [SMSNA - How Can I Approach a Conversation About Sex With My Partner?](https://www.smsna.org/patients/blog/how-can-i-approach-a-conversation-about-sex-with-my-partner) |
| Living Beyond Breast Cancer | Intimacy and Relationships | Intimacy | Sex and intimacy after breast cancer | [Sex & intimacy | LBBC](https://www.lbbc.org/about-breast-cancer/family-relationships/sex-and-intimacy) |
| Black Girl Bliss | Intimacy and Relationships | Reclaim pleasure | Classes and books available to help teach Black women and femmes how to cultivate power in pleasure | [Black Girl Bliss – Pleasure and Power for Wild Women of Color](https://blackgirlbliss.com/) |
| AC | Intimacy and Relationships | Dealing with Shifts in the Relationship | Addresses the challenges of the shifting, dynamic nature of the caregiver/romantic relationships and offers practical solutions | [For Partners of Those Affected by Cancer](https://www.aftercancer.co/wp-content/uploads/2023/10/FOR-PARTNER-OF-THOSE-AFFECTED-BY-CANCER.pdf) |
| AC | Intimacy and Relationships | Building and Maintaining Intimacy | Together and with warm intent, rewrite how your intimate encounters unfold— from the first scene to the last—so that they align with what now works well for both of you. | [Rewriting Your Sexual Script](https://www.aftercancer.co/wp-content/uploads/2024/04/REWRITING-SEXUAL-SCRIPTS.pdf) |
| NCSH | Intimacy and Relationships | Intellectual Side of Sexuality | The Brain is Our Most Important Sex Organ: Many who face sexual health challenges should look to their minds rather than their bodies | [Why The Brain Is Our Most Important Sex Organ | NCSH (nationalcoalitionforsexualhealth.org)](https://nationalcoalitionforsexualhealth.org/media-center/ncsh-in-the-news/why-the-brain-is-our-most-important-sex-organ) |
| AC | Intimacy and Relationships | Building and Maintaining Intimacy | Read how Sensate Focus can make intimate contact a relaxing, warm, non-stressful, and enjoyable experience | [Senate Focus to Reestablish Intimacy](https://www.aftercancer.co/wp-content/uploads/2023/10/SENSATE-FOCUS-TOUCHING-EXERCISES-TO-REDEFINE-INTIMACY.pdf) |
|  |  |  |  |  |
| AC | Intimacy with an Ostomy | Intimacy with an Ostomy | Navigating Intimacy with an Ostomy | [Intimacy with an Ostomy](https://www.aftercancer.co/wp-content/uploads/2023/10/NAVIGATING-INTIMACY-WITH-AN-OSTOMY.pdf) |
| SMSNA | Intimacy with an Ostomy | Intimacy with an ostomy | Strategies for intimacy with ostomies | [SMSNA - Exploring Intimacy for People with Ostomies](https://www.smsna.org/patients/news/exploring-intimacy-for-people-with-ostomies) |
| ACS | Intimacy with an Ostomy | Intimacy with a tracheostomy | Tips for enjoying intimacy with a tracheostomy | [Managing Female Sexual Problems Related to Cancer | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/sexuality-for-women-with-cancer/problems.html) |
| ACS | Intimacy with an Ostomy | Intimacy with an ostomy, urostomy, nephrostomy, | Tips for enjoying intimacy with an ostomy | [Managing Female Sexual Problems Related to Cancer | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/sexuality-for-women-with-cancer/problems.html) |
|  |  |  |  |  |
|  |  |  |  |  |
| AC | LGBTQ+ Specific Sexual Health | Unique Challenges for LGBTQ+ Survivors | How to approach anal intimacy safely during and after cancer | [Practical Considerations for Anal Intimacy](https://www.aftercancer.co/wp-content/uploads/2023/10/PRACTICAL-SUGGESTIONS-FOR-TACKLING-LOW-LIBIDO-AFTER-CANCER.pdf) |
|  | LGBTQ+ Specific Sexual Health | Reclaim pleasure | Classes and books available to help teach Black women and femmes how to cultivate power in pleasure | [Black Girl Bliss – Pleasure and Power for Wild Women of Color](https://blackgirlbliss.com/) |
| NLGBTCN | LGBTQ+ Specific Sexual Health Issues After Cancer | Unique Challenges for LGBTQ+ Survivors | Frankly: Conversations About Sex After the Cancer Journey: A blog from National LGBT Cancer Network on Sexual Issues After Cancer treatment | [Frankly - National LGBT Cancer Network (cancer-network.org)](https://cancer-network.org/sex-after-cancer-treatment/) |
| Escape | LGBTQ+ Specific Sexual Health | Affirming Healthcare Providers and Resources | Information and support for LGBTQIA+ AYA patients and caregivers. Provides a platform for healthcare organizations to share their work as well as information and support for LGBTQIA+ AYA patients and caregivers. | [Home | Escape - LGBTQIA+ Adolescent and Young Adult Cancer Support (escapeayac.org)](https://www.escapeayac.org/) |
| AC | LGBTQ+ Specific Sexual Health | AYA Affected by Cancer: Meeting the Challenge | All things cancer for AYA: support, empathy, resources, insights, sexual health, dating, fertility preservation resources, LGBTQ+ resources | [AYA Affected by Cancer: Meeting the Challenge](https://www.aftercancer.co/wp-content/uploads/2024/04/AYA-AFFECTED-BY-CANCER-MEETING-THE-CHALLENGE.pdf) |
|  |  |  |  |  |
|  |  |  |  |  |
| Patty Brisben Foundation for Women’s Sexual Health | Resources and Support | Educational Materials and Tools | Providing education and supporting research for women’s sexual health impacted by cancer | [Facts and Resources - The Patty Brisben Foundation](https://pattybrisbenfoundation.org/sexual-health/resources/) |
| AASECT | Resources and Support | Finding Sexual Health Specialists | National association where you can find a sex therapist | [Referral Directory | AASECT:: American Association of Sexuality Educators, Counselors and Therapists](https://www.aasect.org/referral-directory) |
| SSTR | Resources and Support | Sex Therapists | National association where you can find a sex therapist | [Find a Therapist - Society for Sex Therapy and Research (SSTAR) (sstarnet.org)](https://sstarnet.org/find-a-therapist/) |
|  |  |  |  |  |
| AC | Sexual Health | Anal Intimacy | How to approach anal intimacy safely during and after cancer | [Practical Considerations for Anal Intimacy](https://www.aftercancer.co/wp-content/uploads/2023/10/PRACTICAL-SUGGESTIONS-FOR-TACKLING-LOW-LIBIDO-AFTER-CANCER.pdf) |
| AC | Sexual Health | Libido | Tackling low libido | [Practical Suggestions for Tackling Low Libido](https://www.aftercancer.co/wp-content/uploads/2023/10/PRACTICAL-SUGGESTIONS-FOR-TACKLING-LOW-LIBIDO-AFTER-CANCER.pdf) |
| AC | Sexual Health | Lubricants | The right lubricant for the right purpose is to increase pleasure and avoid irritation. | [Let's Slide Into Lubricants](https://www.aftercancer.co/wp-content/uploads/2023/10/LETS-SLIDE-INTO-LUBRICANTS-1.pdf) |
| ACS | Sexual Health | How Cancer and Cancer Treatment Can Affect Sexuality | How Cancer and Cancer Treatment Can Affect Sexuality | [How Cancer and Cancer Treatment Can Affect Sexuality | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/how-cancer-affects-sexuality.html) |
| ACS | Sexual Health | How to Communicate Issues with Healthcare Providers | An overview of the importance of and how to comfortably discuss sexual issues with your healthcare provider | [Cancer, Sex, and the Male Body | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/sexuality-for-men-with-cancer/how-male-body-works-sexually.html) |
| ACS | Sexual Health | How to Communicate with Providers | How to ask questions about sexual health | [Managing Female Sexual Problems Related to Cancer | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/sexuality-for-women-with-cancer/problems.html) |
| MSK | Sexual Health | Protecting Yourself and Your Intimate Partner During Cancer Treatment | Important information regarding protecting your and your partner from exposure to treatment agents or fertility under toxic circumstances. | [Sex and Your Cancer Treatment | Memorial Sloan Kettering Cancer Center (mskcc.org)](https://www.mskcc.org/cancer-care/patient-education/sex-cancer-treatment) |
| Living Beyond Breast Cancer | Sexual Health | Talking with the Healthcare Team about sex | Practical Tips for Talking with healthcare Team about sex | [Talking about sex with your breast cancer healthcare team | LBBC](https://www.lbbc.org/about-breast-cancer/family-relationships/sex-and-intimacy/talking-your-healthcare-team-about-sex-and-intimacy) |
| Living Beyond Breast Cancer | Sexual Health | Tips for Talking About Sexual Health with Your Partner | Tips for Talking About Sexual Health with Your Partner | [Talking with your partner about sex after breast cancer | LBBC](https://www.lbbc.org/about-breast-cancer/family-relationships/sex-and-intimacy/talking-your-partner-about-sex-and-intimacy) |
| NCSH | Sexual Health | Intellectual Side of Sexuality | The Brain is Our Most Important Sex Organ: Many who face sexual health challenges should look to their minds rather than their bodies | [Why The Brain Is Our Most Important Sex Organ | NCSH (nationalcoalitionforsexualhealth.org)](https://nationalcoalitionforsexualhealth.org/media-center/ncsh-in-the-news/why-the-brain-is-our-most-important-sex-organ) |
| NCI | Sexual Health | Managing Cancer-Related Fatigue | Although cancer fatigue can feel overwhelming, your healthcare team can help you find ways to manage, treat, and cope with fatigue that is tailored to you. | [Fatigue and Cancer Treatment - NCI](https://www.cancer.gov/about-cancer/treatment/side-effects/fatigue) |
| AC | Sexual Health | Pelvic Floor Physical Therapy | Working with a Pelvic Floor Physical Therapist Can help resolve or improve several issues: pelvic pain, pain with sex, vaginal stenosis, urinary and or bowel incontinence, erectile dysfunction | [Managing Sexual Dysfunction with Pelvic Floor Physical Therapy Patient Handout](https://www.aftercancer.co/wp-content/uploads/2023/10/MANAGING-SEXUAL-DYSFUNCTION-WITH-PELVIC-FLOOR-THERAPY.pdf) |
|  | Sexual Health | Pelvic Floor Physical Therapy | Locate a Pelvic Floor Physical Therapist Near You (Check with your health insurance that they are in-network and if you need a referral)  We suggest you start with your doctor and healthcare network. | Jessica Borkowski, ARNP (Unverified)  Herman and Wallace Pelvic Rehab  [www.pelvicrehab.com](http://www.pelvicrehab.com)  American PT Association Pelvic Health Academy  <https://aptapelvichealth.org/ptlocator/>  Pelvic Guru  <https://pelvicguru.com/community/> |
|  |  |  |  |  |
| Living Beyond Breast Cancer | Sexual Health for Those with a Female Body | Impact of Cancer and Treatment on Sexual Health | Articles about dealing with sex and intimacy after breast cancer  Sex and intimacy after breast cancer (additional links to maintaining sexual  life, birth control, body image and sexuality, feeling pain during sex, talking with a  partner about sex, talking with healthcare team about sex) | [Sex & intimacy | LBBC](https://www.lbbc.org/about-breast-cancer/family-relationships/sex-and-intimacy) |
| AC | Sexual Health for Those with a Female Body | Impact of Cancer and Treatment on Sexual Health | Working with a Pelvic Floor Physical Therapist Can help resolve or improve several issues: pelvic pain, pain with sex, vaginal stenosis, urinary and or bowel incontinence, erectile dysfunction | [Managing Sexual Dysfunction with Pelvic Floor Physical Therapy Patient Handout](https://www.aftercancer.co/wp-content/uploads/2023/10/MANAGING-SEXUAL-DYSFUNCTION-WITH-PELVIC-FLOOR-THERAPY.pdf) |
| Living Beyond Breast Cancer | Sexual Health for Those with a Female Body | Pain During Sex | Discussion regarding Pain during sex | [Pain during sex: Breast cancer side effects | LBBC](https://www.lbbc.org/about-breast-cancer/family-relationships/sex-and-intimacy/if-you-feel-pain-during-sex) |
|  | Sexual Health for Those with a Female Body | Comfortable Position for Sex | You and your partner can work together to find what’s best for you. | [Managing Female Sexual Problems Related to Cancer | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/sexuality-for-women-with-cancer/problems.html) |
| ACS | Sexual Health for Those with a Female Body | Hormonal Changes | Dealing with early menopause | [Managing Female Sexual Problems Related to Cancer | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/sexuality-for-women-with-cancer/problems.html) |
| ACS | Sexual Health for Those with a Female Body | How Hormone Therapy and Certain Types of Chemotherapy Can Affect the Sex Lives of Females with Cancer | A comprehensive guide to how cancer and cancer treatment can affect the sex life of adult females and interventions. | [Sexual Side Effects of Hormone Therapy & Chemo | Females | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/sexuality-for-women-with-cancer/chemo.html) |
| ACS | Sexual Health for Those with a Female Body | How Radiation Therapy Can Affect the Sex Lives of Females with Cancer | A comprehensive guide to how radiation therapy can affect the sex life of adult females and interventions. | [Sexual Side Effects of Radiation | Females with Cancer | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/sexuality-for-women-with-cancer/pelvic-radiation.html) |
| ACS | Sexual Health for Those with a Female Body | How Surgery Can Affect the Sex Lives of Females with Cancer | A comprehensive guide to how various cancer surgeries can affect the sex life of adult females and interventions. | [How Surgery Can Affect the Sex Life of Females with Cancer | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/sexuality-for-women-with-cancer/pelvic-surgery.html) |
| ACS | Sexual Health for Those with a Female Body | Intimacy with a tracheostomy | Tips for enjoying intimacy with a tracheostomy | [Managing Female Sexual Problems Related to Cancer | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/sexuality-for-women-with-cancer/problems.html) |
| ACS | Sexual Health for Those with a Female Body | Intimacy with an ostomy, urostomy, nephrostomy | Tips for enjoying intimacy with an ostomy | [Managing Female Sexual Problems Related to Cancer | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/sexuality-for-women-with-cancer/problems.html) |
| ACS | Sexual Health for Those with a Female Body | Orgasm | Anxiety-reducing approaches and suggestions to again enjoy an orgasm after cancer | [Managing Female Sexual Problems Related to Cancer | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/sexuality-for-women-with-cancer/problems.html) |
| E&T | Sexual Health for Those with a Female Body | Orgasms | Learning how our bodies change after cancer and adapting to that change can help us enjoy intimacy and orgasms. | [Orgasms After Cancer: Part I - Elephants and Tea](https://elephantsandtea.org/sexuality/orgasms-after-cancer-part-i/)  [Orgasms After Cancer: Part II - Elephants and Tea](https://elephantsandtea.org/sexuality/orgasms-after-cancer-part-ii/) |
| Living Beyond Breast Cancer | Sexual Health for Those with a Female Body | Pain with Sex | How to address pain with sex | [Pain during sex: Breast cancer side effects | LBBC](https://www.lbbc.org/about-breast-cancer/family-relationships/sex-and-intimacy/if-you-feel-pain-during-sex) |
| Living Beyond Breast Cancer | Sexual Health for Those with a Female Body | Reclaim Pleasure | Maintaining a sexual life during cancer treatment and after cancer. | [Maintaining sexual life with breast cancer | LBBC](https://www.lbbc.org/about-breast-cancer/family-relationships/sex-and-intimacy/maintaining-sexual-life) |
| ACS | Sexual Health for Those with a Female Body | Sex and the Adult Female with Cancer | A comprehensive guide for those with female bodies about cancer, sex, fertility, and sexuality when affected by cancer. | [Sex and the Adult Female with Cancer | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/sexuality-for-women-with-cancer.html) |
| BGB | Sexual Health for Those with Female Bodies | Reclaim pleasure | Classes and books available to help teach Black women and femmes how to cultivate power in pleasure | [Black Girl Bliss – Pleasure and Power for Wild Women of Color](https://blackgirlbliss.com/) |
| CC | Sexual Health for Those with a Female Body | Vaginal Dilators | All about how to use and why to use vaginal dilators | [Vaginal Dilators - Cleveland Clinic](https://my.clevelandclinic.org/health/treatments/24971-vaginal-dilators) |
| Intimate Rose | Sexual Health for Those with a Female Body | Vaginal Dilators | Vaginal dilator questions and answers, videos, use guides | [Vaginal Dilator Training Hub - Intimate Rose](https://www.intimaterose.com/pages/dilator-hub%23getstarted) |
| AC | Sexual Health for Those with a Female Body | Vaginal Dryness | How to reduce the impact of treatment on the vulva and vagina | [How to Reduce the Impact of Treatment on the Vulva and Vagina](https://www.aftercancer.co/wp-content/uploads/2024/04/Reducing-Impact-Of-Treatment-On-Vulva-Vagina.pdf) |
| Intimate Rose | Sexual Health for Those with a Female Body | Vaginal Stenosis | Vaginal dilator questions and answers, videos, use guides | [Vaginal Dilator Training Hub - Intimate Rose](https://www.intimaterose.com/pages/dilator-hub%23getstarted) |
|  |  |  |  |  |
| AC | Sexual Health for Those with a Male Body | Cancer and Treatment Effect on the Male Sex Drive | How to advocate for yourself and work with your provider to help minimize the effects of Androgen Deprivation Therapy for Prostate Cancer | [Minimize and Treat Androgen Deprivation Therapy Side Effects](https://www.aftercancer.co/wp-content/uploads/2023/10/MINIMIZE-AND-TREAT-ANDROGEN-DEPRIVATION-THERAPY.pdf) |
| AC | Sexual Health for Those with a Male Body | Hormonal Changes and Management | How to advocate for yourself and work with your provider to help minimize the effects of Androgen Deprivation Therapy for Prostate Cancer | [Minimize and Treat Androgen Deprivation Therapy Side Effects](https://www.aftercancer.co/wp-content/uploads/2023/10/MINIMIZE-AND-TREAT-ANDROGEN-DEPRIVATION-THERAPY.pdf) |
| ACS | Sexual Health for Those with a Male Body | Erections, Erectile Dysfunction and Solutions | Psychological Effects of Cancer Treatment on Erections | [How Cancer Can Affect Erections | Adult Males with Cancer | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/sexuality-for-men-with-cancer/erections-and-treatment.html) |
| ACS | Sexual Health for Those with a Male Body | Cancer and Treatment Effect on the Male Sex Drive | Strategies for changes in sexual desire and response linked to cancer and cancer treatment. | [How Does Cancer Affect Sexual Desire in Men? | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/sexuality-for-men-with-cancer/treatment-and-desire-and-response.html) |
| ACS | Sexual Health for Those with a Male Body | Cancer, Sex, and the Male Body | Understanding How the Male Body Works | [Cancer, Sex, and the Male Body | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/sexuality-for-men-with-cancer/how-male-body-works-sexually.html) |
| ACS | Sexual Health for Those with a Male Body | Ejaculation | How ejaculation may be affected by Cancer | [How Cancer Can Affect Erections | Adult Males with Cancer | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/sexuality-for-men-with-cancer/erections-and-treatment.html) |
|  | Sexual Health for Those with a Male Body | Ejaculation | Urine Leakage with Ejaculation | [How Cancer Can Affect Erections | Adult Males with Cancer | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/sexuality-for-men-with-cancer/erections-and-treatment.html) |
| SMSNA | Sexual Health for Those with a Male Body | Erections, Erectile Dysfunction and Solutions | How pelvic floor physical therapy can help alleviate male body sexual health issues | [SMSNA - Pelvic Floor Physical Therapy for Male Sexual Dysfunctions](https://www.smsna.org/news/smsna/pelvic-floor-physical-therapy-for-male-sexual-dysfunctions) |
| SMSNA | Sexual Health for Those with a Male Body | Erections, Erectile Dysfunction and Solutions | The positive effects of regular aerobic exercise on relieving erectile dysfunction | [SMSNA - The Effect of Regular Aerobic Exercise on Erectile Function](https://www.smsna.org/patients/news/the-effect-of-regular-aerobic-exercise-on-erectile-function) |
| ACS | Sexual Health for Those with a Male Body | Erections, Erectile Dysfunction and Solutions | Effect of Cancer, Surgery on Erections | [How Cancer Can Affect Erections | Adult Males with Cancer | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/sexuality-for-men-with-cancer/erections-and-treatment.html) |
| ACS | Sexual Health for Those with a Male Body | Erections, Erectile Dysfunction and Solutions | Effect of Cancer, Radiation Therapy on Erections | [How Cancer Can Affect Erections | Adult Males with Cancer | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/sexuality-for-men-with-cancer/erections-and-treatment.html) |
| ACS | Sexual Health for Those with a Male Body | Erections, Erectile Dysfunction and Solutions | Effect of Cancer, Chemotherapy, Targeted Therapy, and Immunotherapy on Erections | [How Cancer Can Affect Erections | Adult Males with Cancer | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/sexuality-for-men-with-cancer/erections-and-treatment.html) |
| ACS | Sexual Health for Those with a Male Body | Erections, Erectile Dysfunction and Solutions | Effect of Stem Cell Transplants on Erections | [How Cancer Can Affect Erections | Adult Males with Cancer | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/sexuality-for-men-with-cancer/erections-and-treatment.html) |
| E&T | Sexual Health for Those with a Male Body | Erections, Erectile Dysfunction and Solutions | Understanding why and how to deal with changes in erections when affected by cancer. | [Dude, Where's My Erection? Part I - Elephants and Tea](https://elephantsandtea.org/sexuality/dude-wheres-my-erection/)  [Dude, Where’s My Erection? (Part II) - Elephants and Tea](https://elephantsandtea.org/sexuality/dude-wheres-my-erection-part-ii/)  [Dude, Where's My Erection? Part III - Elephants and Tea](https://elephantsandtea.org/sexuality/dude-wheres-my-erection-part-iii/) |
| AC | Sexual Health for Those with a Male Body | Erections, Erectile Dysfunction and Solutions | Working with a Pelvic Floor Physical Therapist Can help resolve or improve several issues: pelvic pain, pain with sex, vaginal stenosis, urinary and or bowel incontinence, erectile dysfunction | [Managing Sexual Dysfunction with Pelvic Floor Physical Therapy Patient Handout](https://www.aftercancer.co/wp-content/uploads/2023/10/MANAGING-SEXUAL-DYSFUNCTION-WITH-PELVIC-FLOOR-THERAPY.pdf) |
| ACS | Sexual Health for Those with a Male Body | Hormonal Changes and Management | Hormone therapy can affect desire – an over of this and your options. | [How Does Cancer Affect Sexual Desire in Men? | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/sexuality-for-men-with-cancer/treatment-and-desire-and-response.html) |
| ACS | Sexual Health for Those with a Male Body | Libido and Desire Changes | Cancer and its treatment can impact libido – some strategies to address this. | [How Does Cancer Affect Sexual Desire in Men? | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/sexuality-for-men-with-cancer/treatment-and-desire-and-response.html) |
| ACS | Sexual Health for Those with a Male Body | Orgasm | How the male orgasm may be affected by cancer and its treatment and ways around this | [Cancer, Sex, and the Male Body | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/sexuality-for-men-with-cancer/how-male-body-works-sexually.html) |
| E&T | Sexual Health for Those with a Male Body | Orgasms | Learning how our bodies change after cancer and adapting to that change can help us enjoy intimacy and orgasms. | [Orgasms After Cancer: Part I - Elephants and Tea](https://elephantsandtea.org/sexuality/orgasms-after-cancer-part-i/)  [Orgasms After Cancer: Part II - Elephants and Tea](https://elephantsandtea.org/sexuality/orgasms-after-cancer-part-ii/) |
| ACS | Sexual Health for Those with a Male Body | Pain with Sex | Understanding and addressing pain with sexual intimacy | [How Does Cancer Affect Sexual Desire in Men? | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/sexuality-for-men-with-cancer/treatment-and-desire-and-response.html) |
| AC | Sexual Health for Those with a Male Body | Erections, Erectile Dysfunction and Solutions | Penile Rehabilitation with a Vacuum Erection Device | [Penile Rehabilitation with a Vacuum Erection Device](https://www.aftercancer.co/wp-content/uploads/2023/10/VACUUM-ERECTION-DEVICES.pdf) |
| ACS | Sexual Health for Those with a Male Body | Navigating the Dating Scene | Common dating concerns for males | [Cancer, Sex, and Dating | Single Adult Males with Cancer | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/sexuality-for-men-with-cancer/single-man.html) |
|  |  |  |  |  |
| E&T | Sexual Health for AYA | Orgasms | Learning how our bodies change after cancer and adapting to that change can help us enjoy intimacy and orgasms. | [Orgasms After Cancer: Part I - Elephants and Tea](https://elephantsandtea.org/sexuality/orgasms-after-cancer-part-i/)  [Orgasms After Cancer: Part II - Elephants and Tea](https://elephantsandtea.org/sexuality/orgasms-after-cancer-part-ii/) |
| Elephants & Tea | Sexual Health for AYA | Erections, Erectile Dysfunction and Solutions | Understanding why and how to deal with changes in erections when affected by cancer. | [Dude, Where's My Erection? Part I - Elephants and Tea](https://elephantsandtea.org/sexuality/dude-wheres-my-erection/)  [Dude, Where’s My Erection? (Part II) - Elephants and Tea](https://elephantsandtea.org/sexuality/dude-wheres-my-erection-part-ii/)  [Dude, Where's My Erection? Part III - Elephants and Tea](https://elephantsandtea.org/sexuality/dude-wheres-my-erection-part-iii/) |
| ACS | Sexual Health for AYA | Fertility Preservation for AYA | Talking about fertility preservation and ensuring this topic is brought up with your child’s oncologist is discussed | [Preserving Fertility in Children and Teens with Cancer | American Cancer Society](https://www.cancer.org/cancer/managing-cancer/side-effects/fertility-and-sexual-side-effects/preserving-fertility-in-children-and-teens-with-cancer.html) |
| St. Jude’s | Sexual Health for the AYA | Sexual Health for AYA | Article discussing sex during cancer treatment | [Sexual Health During Cancer Treatment - Together by St. Jude™ (stjude.org)](https://together.stjude.org/en-us/patient-education-resources/support-daily-living/sex-and-treatment.html) |
| Escape | Sexual Health for AYA | Affirming Healthcare Providers and Resources | Information and support for LGBTQIA+ AYA patients and caregivers. Provides a platform for healthcare organizations to share about their work as well as information and support for LGBTQIA+ AYA patients and caregivers | [Home | Escape - LGBTQIA+ Adolescent and Young Adult Cancer Support (escapeayac.org)](https://www.escapeayac.org/) |
| AC | Sexual Health for AYA | AYA Affected by Cancer: Meeting the Challenge | All things cancer for AYA: support, empathy, resources, insights, sexual health, dating, fertility preservation resources, LGBTQ+ resources | [AYA Affected by Cancer: Meeting the Challenge](https://www.aftercancer.co/wp-content/uploads/2024/04/AYA-AFFECTED-BY-CANCER-MEETING-THE-CHALLENGE.pdf) |
| Stupid Cancer | Sexual Health for AYA | Intimacy for AYA | AYA information and educational videos about sexual health during and after cancer | [Sex & Intimacy - Stupid Cancer](https://stupidcancer.org/sex-intimacy/) |
| CC | Sexual Health for AYA | Navigating the Dating Scene | Strategies for Dating When Affected by Cancer | [How to Navigate Dating When You Have Cancer (clevelandclinic.org)](https://health.clevelandclinic.org/6-things-to-do-when-you-start-dating-while-battling-cancer) |
| Patient Empowerment Network | Women living with cancer | Overall health, fertility, hormones, and sexual wellbeing for women | Enabling informed conversations with their healthcare team about potential options and support | <https://powerfulpatients.org/flourish/> |
| Patient Empowerment Network | Empowering providers | Empowering patients | Providing information to empower providers so they can empower patients | [empowering-providers-to-empower-patients-epep](https://powerfulpatients.org/empowering-providers-to-empower-patients-epep/) |
|  |  |  |  |  |
| Recommended Books | | | | |
| * Better Sex Through Mindfulness by L. Brotto * The Better Sex Through Mindfulness Workbook by L. Brotto * Sex Matters for Women: A Complete Guide to Taking Care of Your Sexual Self by S. Foley, S. Kope, and P. Sugrue * The Vagina Bible: Separating the Myth from the Medicine by J. Gunter * Getting the Love You Want: A Guide for Couples by H. Hendrix and H. LaKelly Hunt * No Less a Woman: Femininity, Sexuality, and Breast Cancer by D.H. Kahane * Woman Cancer Sex by A. Katz * Man Cancer Sex by A. Katz * Becoming Cliterate: Why Orgasm Equality Matters – And How to Get It by L. Mintz * The Erotic Mind: Unlocking the Inner Sources of Passion and Fulfillment by J. Morin * Come As You Are: The Surprising New Science That Will Transform Your Sex Life by E. Nagoski * Come Together: The Science (And Art!) of Creating Lasting Sexual Connections by E. Nagoski * Sexuality and Fertility After Cancer by L.R. Schover * And in Health: A Guide for Couples Facing Cancer Together by D. Shapiro * A Better Normal: Your Guide to Rediscovering Intimacy After Cancer by T. Devèze | | | | |