



Your Sexual Health

Cancer and cancer treatments can affect your relationships, body image and intimacy. It may change the way you feel about sex. It is also common to have fears and worries that may affect your relationships with others. This can cause changes in your stress level and emotions.

What you can do to help:

- Talk to a member of your healthcare team about your fears and worries.
- Talk to your family and friends about your fears and worries.
- Ask a member of your healthcare team about community programs that can help support you such as Hearth Place, Canadian Cancer Society, and the Look Good Feel Better Program.
- Keep a daily journal throughout your treatment.

Patient education resources available online

Canadian Breast Cancer Network

- Never Too Young: Psychosocial Information and Support for Young Women with Breast Cancer Care booklet found at: www.cbcn.ca/en/never_too_young

Canadian Cancer Society

- Sex, Intimacy and Cancer booklet found at www.cancer.ca/en/support-and-services/resources/publications

Cancer Care Ontario

- Intimacy and Sex: For People with Cancer and their Partners handout found at: www.cancercareontario.ca/en/symptom-management/35051
- Prostate Cancer Patient Guide: How to Manage Sexual Health Problems handout found at: www.cancercareontario.ca/en/symptom-management/35051
- Prostate Cancer Guide: How to Manage Hormonal Symptoms handout found at: www.cancercareontario.ca/en/symptom-management/35046

Canadian Urological Association

- Erectile Dysfunction handout found at: https://www.cua.org/sites/default/files/Flipbooks/PIB/PIB32_en/mobile/index.html

Durham Regional Cancer Centre

- Wigs, Scarves and Turbans handout found at:
www.lakeridgehealth.on.ca/en/ourservices/systemic-therapy-patient-education.asp
- Breast Cancer: Information and Supports handout found at:
www.lakeridgehealth.on.ca/en/ourservices/breastassessment.asp
- Understanding Erectile Dysfunction found at:
<https://www.lakeridgehealth.on.ca/en/ourservices/resources/Cancer/Erectile-dysfunction.pdf>
- Using a Vaginal Dilator handout found at:
<https://www.lakeridgehealth.on.ca/en/ourservices/resources/Cancer/Using-a-Vaginal-Dilator-.pdf>

Fertile Future

- Cancer and Fertility: A Guide for Young Adults handout found at:
www.fertilefuture.ca/patient-resources

Pelvic Health Solutions

- Pelvic exercises for women https://pelvichealthsolutions.ca/knowledge-base/pelvic-floor-muscle-strengthening-kegels-for-females-or-if-you-have-a-vulva-vagina?seq_no=4
- Pelvic exercises for men https://pelvichealthsolutions.ca/knowledge-base/pelvic-floor-muscle-strengthening-kegels-for-males-or-if-you-have-a-penis?seq_no=3
- Finding a physiotherapist who specializes in pelvic health
<https://pelvichealthsolutions.ca/find-a-health-care-professional>

Support groups and education programs in your community

- Hearth Place Cancer Support Centre www.hearthplace.org or call 905-579-4833
- Look Good Feel Better Canada www.lgfb.ca or call 1-800-914-5665

Finding Sex Therapy and Counselling Supports

- BESTCO: Board of Examiners in Sex Therapy & Counselling in Ontario (sex therapist directory) <https://bestco.info/sex-therapists-near-you>
- Canadian Association for Marriage and Family Therapists www.camft.ca or call 416-907-4620
- Psychology Today (Canada) www.psychologytoday.com/ca/therapists

Talk to a member of your healthcare team if you have questions or do not understand any of the information in this handout.

Last reviewed: March 2022