



## 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 programs or supports in your community.
- Keep a daily journal throughout your treatment.

### Support groups and education programs

- Hearth Place Cancer Support Centre [hearthplace.org](http://hearthplace.org) or call 905-579-4833
- Look Good Feel Better Canada [lgfb.ca](http://lgfb.ca) or call 1-800-914-5665
- Virtual online programs
  - Accepting Your Body After Cancer Treatment: Offered virtually to persons who have had breast or chest cancer. For more information, go to: [rvh.on.ca/wp-content/uploads/2020/11/Accepting-Your-Body-After-Cancer-Group-Class.pdf](http://rvh.on.ca/wp-content/uploads/2020/11/Accepting-Your-Body-After-Cancer-Group-Class.pdf)

### Patient education resources available online

#### Alberta Health Services

- Cancer and Sexuality, Fertility, Body Image and Relationships at [myhealth.alberta.ca/HealthTopics/cancer-and-sexuality](http://myhealth.alberta.ca/HealthTopics/cancer-and-sexuality)
- Female Sexual Problems [myhealth.alberta.ca/Health/Pages/conditions.aspx?hwid=uh1854#uh1856](http://myhealth.alberta.ca/Health/Pages/conditions.aspx?hwid=uh1854#uh1856)
- Smoking: Sexual and Reproductive Problems [myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=aa152553](http://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=aa152553)
- Low Sexual Desire at [myhealth.alberta.ca/cancer-and-sexuality/sexual-relationships-and-cancer/low-sexual-desire](http://myhealth.alberta.ca/cancer-and-sexuality/sexual-relationships-and-cancer/low-sexual-desire)
- Talking to Your Partner About Sex at [myhealth.alberta.ca/HealthTopics/cancer-and-sexuality/Pages/talking-to-your-partner-about-sex.aspx](http://myhealth.alberta.ca/HealthTopics/cancer-and-sexuality/Pages/talking-to-your-partner-about-sex.aspx)

#### Canadian Breast Cancer Network

- Never Too Young: Psychosocial Information and Support for Young Women with Breast Cancer Care booklet found at: [cbcn.ca/en/never\\_too\\_young](http://cbcn.ca/en/never_too_young)

### Canadian Cancer Society

- Sex, Intimacy and Cancer booklet found at [cancer.ca/en/support-and-services/resources/publications](https://cancer.ca/en/support-and-services/resources/publications)

### Cancer Care Ontario

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

### Canadian Urological Association

- Erectile Dysfunction handout found at: [cua.org/system/files/PIB/PIB%2032\\_en\\_web2023\\_0.pdf](https://cua.org/system/files/PIB/PIB%2032_en_web2023_0.pdf)

### Durham Regional Cancer Centre

- Breast Cancer: Information and Supports handout found at: [lakeridgehealth.on.ca/en/ourservices/resources/Cancer/Breast-Cancer-Information-and-Supports.pdf](https://lakeridgehealth.on.ca/en/ourservices/resources/Cancer/Breast-Cancer-Information-and-Supports.pdf)
- Fertility Preservation for People Who Produce Eggs handout found at [lakeridgehealth.on.ca/en/ourservices/resources/Cancer/Fertility-Preservation-for-People-Who-Produce-Eggs.pdf](https://lakeridgehealth.on.ca/en/ourservices/resources/Cancer/Fertility-Preservation-for-People-Who-Produce-Eggs.pdf)
- Fertility Preservation for People Who Produce Sperm handout found at [lakeridgehealth.on.ca/en/ourservices/resources/Cancer/Fertility-Preservation-for-People-Who-Produce-Sperm.pdf](https://lakeridgehealth.on.ca/en/ourservices/resources/Cancer/Fertility-Preservation-for-People-Who-Produce-Sperm.pdf)
- Managing Your Vaginal Symptoms handout found at: [lakeridgehealth.on.ca/en/ourservices/resources/Cancer/Managing-Your-Vaginal-Symptoms.pdf](https://lakeridgehealth.on.ca/en/ourservices/resources/Cancer/Managing-Your-Vaginal-Symptoms.pdf)
- Progressive Muscle Exercise handout found at: [lakeridgehealth.on.ca/en/ourservices/resources/Cancer/Progressive-Muscle-Relaxation-Exercise.pdf](https://lakeridgehealth.on.ca/en/ourservices/resources/Cancer/Progressive-Muscle-Relaxation-Exercise.pdf)
- Self-Sensate Focus Exercise handout found at: [lakeridgehealth.on.ca/en/ourservices/resources/Cancer/Self-Sensate-Focus-Exercise.pdf](https://lakeridgehealth.on.ca/en/ourservices/resources/Cancer/Self-Sensate-Focus-Exercise.pdf)

- Sensate Focus Exercises handout found at [lakeridgehealth.on.ca/en/ourservices/resources/Cancer/Self-Sensate-Focus-Exercise.pdf](http://lakeridgehealth.on.ca/en/ourservices/resources/Cancer/Self-Sensate-Focus-Exercise.pdf)
- The Mirror Exercise handout found at [lakeridgehealth.on.ca/en/ourservices/resources/Cancer/Mirror-Exercise.pdf](http://lakeridgehealth.on.ca/en/ourservices/resources/Cancer/Mirror-Exercise.pdf)
- Understanding Sexual Desire found at [lakeridgehealth.on.ca/en/ourservices/resources/Cancer/Sexual-Desire.pdf](http://lakeridgehealth.on.ca/en/ourservices/resources/Cancer/Sexual-Desire.pdf)
- Understanding Erectile Dysfunction found at [lakeridgehealth.on.ca/en/ourservices/resources/Cancer/Erectile-dysfunction.pdf](http://lakeridgehealth.on.ca/en/ourservices/resources/Cancer/Erectile-dysfunction.pdf)
- Using a Vaginal Dilator found at [lakeridgehealth.on.ca/en/ourservices/resources/Cancer/Using-a-Vaginal-Dilator-.pdf](http://lakeridgehealth.on.ca/en/ourservices/resources/Cancer/Using-a-Vaginal-Dilator-.pdf)
- Wigs and Other Head Coverings handout found at [lakeridgehealth.on.ca/en/ourservices/resources/Cancer/Wigs-and-other-head-coverings.pdf](http://lakeridgehealth.on.ca/en/ourservices/resources/Cancer/Wigs-and-other-head-coverings.pdf)

#### Fertile Future

- Cancer and Fertility: A Guide for Young Adults handout found at: [fertilefuture.ca/patient-resources](http://fertilefuture.ca/patient-resources)

#### Menopause Clinics

- Mount Sinai Hospital Menopause Clinic is a specialized clinic, caring for women experiencing menopausal symptoms such as hot flashes, night sweats, new sleep problems, mood changes, vaginal dryness, new joint pain, and abnormal uterine bleeding. A referral from your doctor is needed. For more information, go to the website found at: [mountsinai.on.ca/care/womens-unit/menopause-clinic](http://mountsinai.on.ca/care/womens-unit/menopause-clinic)
- The Gynecology Program at Women's College Hospital offers care for women experiencing menopausal symptoms. A referral from your doctor is needed. For more information, go to the website found at: [womenscollegehospital.ca/care-programs/gynecology](http://womenscollegehospital.ca/care-programs/gynecology)

#### Pelvic Health Solutions

- Pelvic exercises for women or persons with a vulva/vagina: : [pelvichealthsolutions.ca/knowledge-base/pelvic-floor-muscle-strengthening-kegels-for-females-or-if-you-have-a-vulva-vagina?seq\\_no=4](http://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 or persons with a penis: [pelvichealthsolutions.ca/knowledge-base/pelvic-floor-muscle-strengthening-kegels-for-males-or-if-you-have-a-penis?seq\\_no=3](http://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  
[pelvichealthsolutions.ca/find-a-health-care-professional](http://pelvichealthsolutions.ca/find-a-health-care-professional)

#### The Society of Obstetricians and Gynaecologists of Canada

- Concerns and Sexual Problems: [sexandu.ca/sexual-activity/concerns-sexual-problems](http://sexandu.ca/sexual-activity/concerns-sexual-problems)
- Menopause and Health Concerns: [menopauseandu.ca/health-concerns](http://menopauseandu.ca/health-concerns)

#### The North American Menopause Society

- Causes of Sexual Health Problems: [menopause.org/for-women/sexual-health-menopause-online/causes-of-sexual-problems](http://menopause.org/for-women/sexual-health-menopause-online/causes-of-sexual-problems)
- Effective Treatments for Sexual Health Problems: [menopause.org/for-women/sexual-health-menopause-online/effective-treatments-for-sexual-problems](http://menopause.org/for-women/sexual-health-menopause-online/effective-treatments-for-sexual-problems)

#### **Finding Sex Therapy and Counselling Supports**

- Association of Sex Therapy in Ontario (sex therapist directory): [bestco.info](http://bestco.info)
- Canadian Association for Marriage and Family Therapists: [camft.ca](http://camft.ca) or call 416-907-4620.
- Psychology Today (Canada): [psychologytoday.com/ca/therapists](http://psychologytoday.com/ca/therapists).
- Renewal Psychotherapy Durham: [cfsdurham.com/home/renewal-psychotherapy](http://cfsdurham.com/home/renewal-psychotherapy) or call 905-725-3513 (Oshawa office) or 905-428-1984 (Ajax office).
- Durham Family Services: [durham.ca/en/living-here/counselling.aspx](http://durham.ca/en/living-here/counselling.aspx) or call 905-666-6240.

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

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