

The purpose of this guide is to help you find information and support on sexuality and cancer. This guide provides links and references to reliable and current information sources for patients, families, and caregivers.

Many of these materials are available to purchase through online resources, or to borrow at your public library.

## Brochures and Fact Sheets

- American Cancer Society
  - **Sexuality for the Man with Cancer**
  - **Sexuality for the Woman with Cancer**

Copies available by calling the American Cancer Society at 1 (800) 227-2345.

## Books

- Alterowitz, Ralph and Alterowitz, Barbara. **Intimacy with Impotence: The Couple's Guide to Better Sex after Prostate Disease**. Cambridge, MA: Da Capo Lifelong Books, 2004.
- Alterowitz, Ralph and Alterowitz, Barbara. **The Lovin' Ain't Over for Women with Cancer**. Bethesda, MD: CFACT, Inc., 2011. (on order)
- Albaugh, Jeffrey. **Reclaiming Sex & Intimacy after Prostate Cancer**. Pitman, NJ: Jannetti Publications, Inc., 2012. (on order)
- Ellsworth, Pamela. **100 Questions & Answers about Erectile Dysfunction**. Sudbury, MA: Jones and Bartlett Publishers, 2003.

- Foley, Sallie et al. **Sex Matters for Women: A Complete Guide to Taking Care of Your Sexual Self.** 2<sup>nd</sup> Edition. New York, NY: The Guilford Press, 2011.
- Katz, Anne. **Man Cancer Sex.** Pittsburgh, Pa.: Hygeia Media, 2010.
- Katz, Anne. **Prostate Cancer and the Man You Love: Supporting and Caring for Your Partner.** Lanham, MD: Rowman & Littlefield Publishers, 2012.
- Katz, Anne. **Women Cancer Sex.** Pittsburgh, Pa.: Hygeia Media, 2009.
- Krychman, Michael et al. **100 Questions & Answers about Life after Breast Cancer Sensuality, Sexuality, and Intimacy.** Sudbury, MA: Jones and Bartlett Publishers, 2010.
- Maisano, Gina M. **Intimacy after Breast Cancer: Dealing with Your Body, Relationships, and Sex.** Garden City Park, NY: Square One Publishers, 2010.
- Mulhall, John P. **Saving Your Sex Life: A Guide for Men with Prostate Cancer.** Munster, IN: Hilton Publishing, 2008.

## Web Resources

- American Cancer Society - sections on Sexuality
  - Sex and the Woman With Cancer  
<https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/fertility-and-sexual-side-effects/sexuality-for-women-with-cancer.html>
  - Sex and the Man With Cancer  
<https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/fertility-and-sexual-side-effects/sexuality-for-men-with-cancer.html>

- Cancer.net sections on **Sexual Health and Cancer Treatment: Women** and **Sexual Health and Cancer Treatment: Men**. American Society of Clinical Oncology.  
<http://cancer.net>
  - Click “**Navigating Cancer Care.**”
  - Click “**Dating, Sex, and Reproduction.**”
  - Click “**Sexual Health and Cancer Treatment: Women**” or “**Sexual Health and Cancer Treatment: Men.**”
- **LiveStrong** section on **Sexual Health After Cancer**  
<http://livestrong.org> (From the menu at the upper right )
  - Click “*Cancer Support*”
  - Click “*Finishing Treatment*”
  - Click “*Sexual Health After Cancer*” for men or women
- **Self-Image and Sexuality**. National Cancer Institute.  
<https://www.cancer.gov/about-cancer/coping/self-image>

Information on body changes during and after treatment, changes in your sex life, and dating concerns.
- **Sexual Health Issues in Men with Cancer**. National Cancer Institute.  
<https://www.cancer.gov/about-cancer/treatment/side-effects/sexuality-men>

Information on cancer treatments that may cause sexual problems in men, ways to manage sexual health issues, and talking with your health care team about sexual health issues.
- **Sexual Health Issues in Women with Cancer**. National Cancer Institute.  
<https://www.cancer.gov/about-cancer/treatment/side-effects/sexuality-women>

Information on cancer treatments that may cause sexual problems in women, ways to manage sexual health issues, and talking with your health care team about sexual health issues.

- **Macmillan Cancer Support section on Cancer and Sexuality**

→ Go to <http://macmillan.org.uk>

→ Click “**Information & Support**”

→ Click “**Coping**”

→ Click “**Relationships and Sex**”

## University of Michigan Resources

- **University of Michigan Center for Sexual Health**

<https://www.uofmhealth.org/conditions-treatments/sexual-health>

This center is dedicated to advancing sexual health through treatment, community education, training, and research. The center, part of the University of Michigan Department of Social Work, is staffed by certified sex therapists who are mental health professionals specializing in the treatment of sexual difficulties.

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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