

CSCSNH

Certified Sexuality Counseling of Southern New Hampshire

www.cscsnh.com

SEXUALITY RESOURCES FOR CANCER

Finding a New Normal

National Cancer Institute: Self Image and Sexuality

You are more than just your cancer. Cancer treatment can change more than just your body. Emotional, physical, and relationship changes occur with any major life event. These resources help you to find a new normal. <http://www.cancer.gov/cancertopics/coping/self-image>

National Cancer Institute: Facing Forward

Cancer treatment impacts both physical and emotional health. This resource helps to support you and for family as your face life after cancer treatment. <http://www.cancer.gov/publications/patient-education/life-after-treatment.pdf>

National Coalition for Cancer Survivorship: Podcast on Intimacy and Sexuality with cancer.

Audio program that was created by leading cancer organizations to help people develop skills to better meet and understand the challenges of their illness. <http://www.canceradvocacy.org/resources/cancer-survival-toolbox>

Direct link to audio tutorial on Intimacy & Sexuality. Journey Forward: cancer Survivor Toolbox—> Special Topics—>Living Beyond Cancer —> Intimacy & Sexuality <https://www.youtube.com/watch?v=cffx5yHd7Dw>

American Cancer Society: Keeping Your Sex Life Going Despite Cancer Treatment

The American Cancer Society has many resources to help support cancer survivors and their families throughout all stages of cancer treatment and recovery. <http://www.cancer.org/treatment/treatmentsandsideeffects/physicalsideeffects/sexualsideeffectsinwomen/sexualityforthewoman/sexuality-for-women-with-cancer-keeping-sex-life-despite-cancer-treatment>

American Society for Clinical Oncology

There are multiple resources that help with understanding emotional and social impact of cancer on sex. Talking with loved ones, understanding fertility risks before treatment, and dating & Intimacy.

<http://www.cancer.net/coping-and-emotions/sexual-and-reproductive-health>

Direct link to Video on sexual health and impacts of cancer treatment. <https://www.youtube.com/watch?v=rUddd5y3tLM#t=435>

Care Giver Support

National Cancer Institute: When Someone You Love Has Completed Cancer Treatment

A helpful booklet for families and caregivers who are recovering from cancer treatments someone they love has experienced. <http://www.cancer.gov/publications/patient-education/someone-you-love-completed-cancer-treatment.pdf>

American Society for Clinical Oncology: Communicating with Loved Ones

<http://www.cancer.net/coping-and-emotions/communicating-loved-ones>

PUBLIC HEALTH RESOURCES

Female Sexual Satisfaction Questionnaires:

Association of Reproductive Health Professionals:

An interactive online tool to assess your satisfaction with your sexuality and relationships. There are also helpful tidbits of information about anatomy, sex, and your relationships with your partner or medical provider. "Size up your Sex Life: www.arhp.org/sexlife

Female Sexual Function Index (FSFI):

A tool to help you and your provider assess sexual concerns in the areas of Desire, Arousal, Lubrication, Orgasm, Satisfaction, and/or Sexual Pain, : www.fsfquestionnaire.com

Fertility Preservation before Cancer Treatments

Resolve: National Infertility Association

Non-profit organization that provides free support programs in communities nationwide, leads efforts to increase public education and reduce the stigma around infertility and promises to protect legal access to all family building options. www.resolve.org

Mayoclinic: Fertility Preservation

How fertility can be affected by cancer treatments and what you can do. <http://www.mayoclinic.org/healthy-living/getting-pregnant/in-depth/fertility-preservation/art-20047512>

Save My Fertility:

Online toolkit to help patients and their doctors plan for fertility options before cancer treatments.

<http://www.savemyfertility.org/pocket-guides/fertility-preservation-women-diagnosed-cancer>

http://www.cancer.net/sites/cancer.net/files/fertility_preservation_infographic.pdf