



Sexual Wellness and Body Image: Where to Learn More

Additional Resources

- ☞ **Psycho-Oncology Clinic**
 - ☞ We can provide additional support and resource identification for patients seeking to enhance sexual wellness after cancer.
 - ☞ Contact Psycho-Oncology at 415-353-7019 to learn more or to schedule an appointment.

- ☞ Ask your UCSF doctor about potential referrals to **UCSF Gynecology, UCSF Urology, or pelvic floor PT**
 - https://www.ucsfhealth.org/programs/center_for_sexual_health/
 - <https://urology.ucsf.edu/patient-care/adult-non-cancer>
 - UCSF Outpatient Physical Therapy (including pelvic floor PT): 415-353-7598
 - <https://www.ucsfhealth.org/treatments/pelvic-floor-physical-therapy>
 - <https://www.ucsfhealth.org/clinics/womens-center-for-bladder-and-pelvic-health>

- ☞ **Erectile Dysfunction: Sexual Health for Cancer Survivors:**
<https://www.urologyhealth.org/Documents/Product%20Store/Erectile-Dysfunction-Sexual-Health-for-Cancer-Survivors.pdf>

- ☞ Good Vibrations stores sell lubricants, condoms, and devices. They tend to have knowledgeable staff as well.
<https://www.goodvibes.com/s/>

- ☞ Will2Love offers an option for cancer survivors and partners who are not patients at one of our partner health institutions (hospitals, clinics, etc.): A 6-month subscription to our online men's or women's self-help program for \$60. Visit the website <https://www.will2love.com/> or call for more information 832-644-0406



- ☞ Search for a sexuality educator, sexuality counselor or sex therapist in your area. <https://www.aasect.org/referral-directory>
- ☞ WomanLab is a platform where every woman – and everyone who loves and cares for women – can learn truths about sex. <https://womanlab.org/>

Books, Videos, and Pamphlets:

- ☞ *Saving Your Sex Life: A Guide for Men with Prostate Cancer* by John P. Mulhall, MD
- ☞ *Sex and the Man with Cancer*, available at the American Cancer Society website.
- ☞ *Sex and the Women with Cancer*, available at the American Cancer Society website
- ☞ *Sex Matters for Women* by Sallie Foley, MSW, Sally Kope, MSW, and Dennis Sugrue, PhD
- ☞ *Sexuality and Fertility after Cancer* by Leslie Schover, PhD
- ☞ *Sexy Ever After: Intimacy Post-Cancer* by Keri Peterson, MD and Patty Brisben
- ☞ *Man Cancer Sex* by Anne Katz, R.N., PhD
- ☞ *Woman Cancer Sex* by Anne Katz, R.N., PhD
- ☞ *Come As You Are* by Emily Nagowski
- ☞ *Why Pelvic Pain Hurts* by Adriaan Louw
- ☞ <https://www.mskcc.org/videos/woman-guide-sex-and-cancer>
- ☞ <https://www.mskcc.org/videos/mans-guide-sex-and-cancer>

Dating after Cancer

<https://www.mskcc.org/videos/dating-after-cancer-diagnosis>

Fertility Resources (from cancercare.org):

🔗 **LIVESTRONG Fertility**

www.livestrong.org/what-we-do/program/fertility

855-844-7777

LIVESTRONG Fertility helps cancers survivors access discounted rates on fertility preservation services. The **LIVESTRONG** Foundation offers donated fertility medications and discounted sperm, embryo and egg freezing services through a national network of reproductive clinics and sperm bank partners. These network members agree to directly discount their services for approved applicants.

🔗 **The Oncofertility Consortium**

www.oncofertility.northwestern.edu

866-708-3378

The Oncofertility Consortium provides a patient education website highlighting fertility issues and concerns, as well as maintaining additional website

www.SaveMyFertility.org.

🔗 **ReproTech and Verna's Purse**

www.reprotech.com

ReproTech offers safe and effective shipment and long term storage of reproductive tissue that has been originally cryopreserved at another laboratory or cryobank.

ReproTech offers a financial assistance program, Verna's Purse, for those who qualify at www.reprotech.com/vernas-purse.

🔗 **RESOLVE: The National Infertility Association**

www.resolve.org

RESOLVE is a non-profit organization with the only established, nationwide network mandated to promote reproductive health and to ensure equal access to all family building options for men and women experiencing infertility or other reproductive disorders.

