

Pathfinders provide topic-specific lists of books, DVDs, pamphlets, websites and support programs related to cancer, as well as instructions on where to find each resource. There are unique Pathfinders for a wide range of topics, from coping with a recent diagnosis to life after cancer. Pathfinders can be found at [www.bccancer.bc.ca/library](http://www.bccancer.bc.ca/library).

Pathfinders are a starting point for your information-finding journey – many more resources can be found by visiting a BC Cancer Library, Patient and Family Counselling, or the BC Cancer website ([www.bccancer.bc.ca](http://www.bccancer.bc.ca)). While BC Cancer does recognize the information below as useful, Pathfinders are for educational purposes only and are not a substitute for the advice of your healthcare provider.

## SEXUALITY AND PARTNER SUPPORT

A cancer diagnosis may leave you with questions about how cancer will affect your sex life, sexuality or intimacy with your partner. This Pathfinder can guide you to support services and other resources to answer your questions and meet your needs around cancer and sexuality.

### LIBRARY/CANCER INFORMATION CENTRE RESOURCES

The names and call numbers of popular books/DVDs available for loan from the BC Cancer Library are listed below. Visit your local BC Cancer Library or go to [www.bccancer.bc.ca/library](http://www.bccancer.bc.ca/library) to view the complete library catalogue. Most library materials can be mailed to anywhere in BC or the Yukon.

<b>100 questions &amp; answers about cancer and fertility</b> (Book)	<b>QZ200 O41 2008</b>
<b>And in health: a guide for couples facing cancer together</b> (Book)	<b>QZ201 S529 2013</b>
<b>Better sex through mindfulness</b> (Book)	<b>WP610 B874 2018</b>
<b>Having children after cancer</b> (Book)	<b>WP570 S534 2011</b>
<b>Man cancer sex</b> (Book)	<b>QZ200 K19m 2010</b>
<b>Return to sex &amp; intimacy</b> (Book)	<b>QZ200 R968 2017</b>

## Cancer Site-Specific Resources

<b>100 questions &amp; answers about breast cancer sensuality, sexuality, and intimacy</b> (Book)	<b>WP870 K94 2010</b>
Also available online at <a href="http://site.ebrary.com/lib/bccancer/reader.action?docID=10530013">http://site.ebrary.com/lib/bccancer/reader.action?docID=10530013</a> . Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 7000 (toll-free) to obtain a username and password from the Library.	
<b>Intimacy after breast cancer</b> (Book)	<b>WP870 M231 2010</b>
<b>Prostate cancer and the man you love</b> (Book)	<b>WJ752 K19p 2012</b>
<b>Saving your sex life: a guide for men with prostate cancer</b> (Book)	<b>WJ752 M956 2008</b>
<b>Stand by her: a breast cancer guide for men</b> (Book)	<b>WP870 A547 2010</b>
<b>What every gay man needs to know about prostate cancer</b> (Book)	<b>WJ752 W555 2013</b>

## PAMPHLETS

This list provides the names of just a few of the many pamphlets that are available at BC Cancer centres or online.

**Cancer and fertility** (Fertile Future)

**Fertility preservation resources for cancer patients** (BC Cancer)

Go to [www.bccancer.bc.ca](http://www.bccancer.bc.ca) and click on Health Info→Coping with Cancer→Practical Support→Resources.

**Sex, intimacy and cancer** (Canadian Cancer Society)

Go to [www.cancer.ca](http://www.cancer.ca) and click on Support & Services→Publications or pick up a copy from the BC Cancer Library.

## Cancer Site-Specific Pamphlets

**My partner has breast cancer: how can I help?** (BC/Yukon Women's Cancer Alliance)

Go to [www.bccancer.bc.ca](http://www.bccancer.bc.ca) and click on Health Info→Types of Cancer→Breast Cancer→Breast→Information Kit.

## RECOMMENDED WEBSITES

This list of websites has been compiled and evaluated by the BC Cancer librarians. For more recommended websites, go to [www.bccancer.bc.ca](http://www.bccancer.bc.ca) and click on Our Services→Services→Library→Recommended Websites→Managing Symptoms and Side Effects Websites →Fertility and Sexuality Websites.

**BC Cancer**[www.bccancer.bc.ca](http://www.bccancer.bc.ca)

Go to Health Info→Coping with Cancer→Managing Symptoms & Side Effects→Sexual Problems.

Provides information about sexual problems as a result of cancer or its treatment.

**American Cancer Society**[www.cancer.org](http://www.cancer.org)

Go to Treatment & Support→Treatment & Side Effects→Managing Side Effects→Fertility and Sexual Side Effects

Information is provided on fertility and sexuality for men and women with cancer.

**Cancer.Net**[www.cancer.net](http://www.cancer.net)

Go to Navigating Cancer Care→Dating, Sex, and Reproduction.

Provides information about dating and intimacy, sexuality and cancer treatment, fertility concerns and cancer during pregnancy.

**Fertile Future**[fertilefuture.ca](http://fertilefuture.ca)

A Canadian website that provides fertility preservation information and support to cancer patients. Includes information about the Power of Hope Cost Reduction Program and a list of Power of Hope fertility centres in Canada.

**Myoncofertility.org**[myoncofertility.org](http://myoncofertility.org)

Provides information about fertility for cancer patients, parents and partners.

**SexualityandU.ca**[www.sexualityandu.ca](http://www.sexualityandu.ca)

Canadian web site that provides accurate, credible and up-to-date information and education on sexual health.

## SUPPORT PROGRAMS

This section provides a list of relevant support programs offered by community organizations or BC Cancer. BC Cancer centres generally offer monthly support groups, sometimes specific to particular types of cancer. Also offered are facilitated groups to help with stress reduction, including mindfulness based stress reduction, relaxation and stress management, and therapeutic touch. Availability varies by location. For a schedule of support groups offered, contact the Patient and Family Counselling Department at the closest BC Cancer regional centre.

**BC Cancer Patient & Family Counselling**

This service is available to anyone in BC who has received a diagnosis of cancer, as well as those supporting them. Counselling is available to individuals, couples, and families, either in person or over the phone. The services are solution-focused and are limited to addressing challenges related to cancer. Contact the Patient and Family Counselling Department at the closest BC Cancer regional centre.

*If you would like more information about these or other resources, please contact one of the BC Cancer Libraries.*

<b>Abbotsford</b>	604.851.4710, ext. 646825 or toll-free 1.877.547.3777
<b>Kelowna</b>	250.712.3900 ext. 686821 or toll-free 1.888.563.7773
<b>Prince George</b>	Toll-free 1.888.675.8001, ext. 8001
<b>Surrey</b>	604.930.2098 ext. 654576 or toll-free 1.800.523.2885
<b>Vancouver</b>	604.675.8001 or toll-free 1.888.675.8001, ext. 8001
<b>Victoria</b>	250.519.5517 or toll-free 1.800.670.3322