

Online resources about sexual health



Cancer and cancer treatment can affect sexual health, intimacy and relationships. Changes in desire, body image, vaginal health and erectile function are common. Many people find these changes upsetting. **You are not alone.** Getting facts and information from trusted sources can help.

Open a digital copy of this resource by:

- Scanning the QR code with a smartphone camera.
- Typing into your trusted website browser:
 - bit.ly/cancer_side_effects, or
 - cancercarealberta.ca, select **Patients & Families**, then **In Treatment**, then **Managing Symptoms & Side Effects**, select **Sexual Health & Intimacy**

Visit trusted websites for sexual health by:

- **Clicking** on the links in [blue](#) below, or
- **Searching** for “sex” on the websites listed

Cancer Care Alberta resources

- Safe sex during cancer treatment
- Low sexual desire
- Changes in sensation and orgasm
- Non-penetrative intimacy
- Choosing a personal lubricant
- Vaginal health
- Using a dilator
- Erectile dysfunction
- Fertility and you
- Oncology and Sexuality, Intimacy and Survivorship (OASIS) support

Canadian Cancer Society

Provides national support for people with cancer, their loved ones, and caregivers.

- [Sex, intimacy and cancer](#)

My Health Alberta

- Cancer and sexuality

American Cancer Society

- Cancer, sex and sexuality
- Sexual side effects

Cancer Support Community

National Cancer Institute

- Self image
- Sexual health issues in women
- Sexual health issues in men

OncoLink - The Basics



Cancer Care Alberta

Alberta-specific information is available to support you, your family, friends and caregivers—no matter where you are in your cancer journey. Cancer Care Alberta resources can be found here:

- [Types of Cancer \(online resources\)](#)
- [Classes, Groups, or Events](#)

We encourage you to explore these web pages to find resources, education, classes, support groups and more.

Wellspring Alberta

Provides complementary programs for people with cancer and their loved ones.

- 1-866-682-3135

Library Services

Access to reliable, evidence-based resources and health information.

- [Patient and family resources](#)



Cancer Care Alberta Psychosocial Oncology

Psychosocial Oncology has many healthcare specialists who can help support your mental health and cancer-related concerns. They can help with things such as communication, stress, coping with treatment side effects, mood changes, quality of life, body image, loneliness, financial concerns, or practical supports.

Supportive Care and Living Well

For information about Rehabilitation Oncology and other wellness supports.

Supports for People with Cancer

A resource to help you find urgent and non-urgent help in Alberta.

Mental Health Helpline (ALBERTA)

A 24 hour, 7 days a week, 365 days a year confidential service for mental health concerns.

- 1-877-303-2642

Start the Talk (CANADA)

A resource for children and teens, to help support them when a family member has cancer.

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