

## Sexual Health and Intimacy Resources

We know that navigating accurate advice on sex and intimacy can be tricky, so we have compiled a list of our favourites!

### Websites

#### Prostate Cancer Supportive Care (PCSC)

<https://pcscprogram.ca/module-2/>

Watch a taped information session for prostate cancer patients and their partners on strategies for managing sexual side effects titled “Managing the Impact of Prostate Cancer Treatments on Sexual Function and Intimacy”.

#### If I Were Tom

[www.ifiweretom.ca/living-with-prostate-cancer](http://www.ifiweretom.ca/living-with-prostate-cancer)

In this “Living with it” section on Sex and Erectile Dysfunction of “If I Were Tom”, Dr. Stacy Elliot discusses some common questions and myths about erections, orgasms and ejaculation for men with prostate cancer with some tips on how to deal with it.

#### Prostate Cancer UK

[www.prostatecanceruk.org/prostate-information/living-with-prostate-cancer/sex-and-relationships](http://www.prostatecanceruk.org/prostate-information/living-with-prostate-cancer/sex-and-relationships)

Prostate Cancer UK’s “Living with Cancer” under “Sex and Relationships” highlights the various sexual side effects of treatment and how these may affect your sexual function and relationship. You can watch videos of personal accounts highlighting real patient experiences and how they are managing and adapting to these changes.

#### Prostate Cancer Foundation of Australia (PCFA)

<https://www.pcfa.org.au/media/468674/understanding-sexual-issues.pdf>

In this booklet you can find concise information on sexual issues following prostate cancer treatment.

#### Cory Silverberg

<https://www.corysilverberg.com/>

Canadian sex educator Cory Silverberg has co-authored several books on the topic of sex, including “The Ultimate Guide to Sex and Disability”. They have facilitated workshops across North America on topics such as sexual pleasure and sexual communication.

#### Senior Planet

[www.seniorplanet.org](http://www.seniorplanet.org)

“We don’t lose interest in sex and connection as we age, and there are health reasons to keep seeking both. But we do have to adapt”. Award-winning author and advocate for ageless sexuality Joan Price gives sex and dating advice including articles, videos and Q&A’s.

## Support Groups

### Prostate Cancer BC Support Groups

[www.prostatecancerbc.ca/home/support-groups](http://www.prostatecancerbc.ca/home/support-groups)

### BC Cancer Support Groups

<http://www.bccancer.bc.ca/our-services/services/support-programs>

### Canadian Cancer Society

[www.cancerconnection.ca](http://www.cancerconnection.ca)

An online community for cancer patients, caregivers, friends, and family. A safe place to connect and find support. Regular webcasts are available on demand on a series of topics relevant to people with cancer including physical activity, relationships, and complementary therapies.

## Social Health

### HIM Health Initiative for Men

<https://checkhimout.ca/>

HIM is an initiative set out to strengthen and support gay men's health and well-being including clinics, counselling services and social events.

### Qmunity: BC's Queer, Trans and Two-Spirit Resource Centre: Older Adults Services

[www.qmunity.ca/get-support/olderadults](http://www.qmunity.ca/get-support/olderadults)

Qmunity program offers opportunities for LGBTQ community connection, social support, and personal development for folks 55 years and older.

## Mindfulness

Studies have shown that regular meditation or mindfulness practice can increase your attention or presence when being sexual, enhancing intimacy and pleasure. Mindfulness may also assist with managing anxiety, stress and depression. Here are some free guided mindfulness exercises:

[www.uclahealth.org/programs/marc/free-guided-meditations/guided-meditations](http://www.uclahealth.org/programs/marc/free-guided-meditations/guided-meditations)

[www.freemindfulness.org/download](http://www.freemindfulness.org/download)

[www.pocketmindfulness.com](http://www.pocketmindfulness.com)

[www.archive.org/details/MCullenBodyScanMeditation](http://www.archive.org/details/MCullenBodyScanMeditation)

[www.buddhanet.net/audio-meditation.htm](http://www.buddhanet.net/audio-meditation.htm)

## Book Recommendations

### Prostate Cancer Specific

- Saving Your Sex Life: A Guide for Men with Prostate Cancer *by John P. Mulhall*
- A Gay Man's Guide to Prostate Cancer *by Gerald Perlman and Jack Drescher*
- Prostate Cancer and the Man You Love: Supporting and Caring for Your Partner *by Anne Katz*
- What Every Gay Man Needs to Know About Prostate Cancer: The Essential Guide to Diagnosis, Treatment and Recovery *by Michael A. Hoyt*
- What Men Won't Talk About and What Women Need to Know: A Woman's Perspective on Prostate Cancer *by Glenda Standeven*

### Sex & Intimacy

- Intimacy & Desire: Awaken the Passion in Your Relationship *by David Schnarch*
- Intimacy with Impotence: The Couple's Guide to Better Sex After Prostate Disease *by Ralph Alterowitz and Barbara Alterowitz*
- Naked at Our Age: Talking Out Loud About Senior Sex *by Joan Price*
- Partners in Passion: A Guide to Great Sex, Emotional Intimacy and Long-term Love *by Mark A. Michaels and Patricia Johnson*
- Passionate Marriage: Keeping Love and Intimacy Alive in Committed Relationships *by David Schnarch*
- The Seven Principles for Making Marriage Work *by John Gottman*
- The Spirit of Intimacy: Ancient Teachings in The Ways of Relationships *by Sobonfu E. Somé*

### Mindfulness

- Journey of the Heart: The Path of Conscious Love *by John Welwood*
- Mindful Relationship Habits: 25 Practices for Couples to Enhance Intimacy, Nurture Closeness, and Grow a Deeper Connection *by S.J. Scott and Barrie Davenport*
- Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness *by Jon Kabat-Zinn and Thich Nhat Hanh*
- Mindfulness: A Practical Guide to Finding Peace in a Frantic World *by Mark Williams and Danny Penman*
- Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life *by Jon Kabat-Zinn*
- You Are Not Your Pain: Using Mindfulness to Relieve Pain, Reduce Stress and Restore Well-Being-An Eight-Week Program *by Vidyamala Burch and Danny Penman*

### Sexuality & Masculinity

- The New Male Sexuality *by Bernie Zibergeld*
- The Will to Change: Men, Masculinity, and Love *by Bell Hooks*

### Sex Advice & Techniques

- *The Joy of Sex: The Timeless Guide to Lovemaking by Alex Comfort and Susan Quilliam*
- *Nina Hartley's Guide to Total Sex by Nina Hartley and I.S. Levine*
- *The Multi-Orgasmic Man: Sexual Secrets Every Man Should Know by Mantak Chia and Douglas Abrams* (Other books by this author include: *The Multi-Orgasmic Couple* and *The Multi-Orgasmic Woman*)
- *The Ins and Outs of Gay Sex by Stephen E. Goldstone*
- *She Comes First: The Thinking Man's Guide to Pleasuring a Woman by Ian Kerner*
- *Ageless Erotica by Joan Price and Cheyenne Blue*
- *Mating in Captivity: Unlocking Erotic Intelligence by Esther Perel*

### Overcoming Other Sexual Challenges

- *How to Overcome Premature Ejaculation by Helen Singer Kaplan* (this book also applies to men who may no longer have ejaculation from their treatment but still face "premature orgasm")

### For Women

- *Better Sex Through Mindfulness: How Women Can Cultivate Desire by Lori Brotto and Emily Nagoski*
- *When Sex Hurts: A Woman's Guide to Banishing Sexual Pain by Andrew T. Goldstein, Caroline Pukall and Irwin Goldstein*