



*Suggested Resources

from presenters and participants... August 2024

The Loddon Mallee Integrated Cancer Service Annual Forum topic of “Sexuality and Cancer Care” was received with genuine enthusiasm and a desire for ongoing information. Each of the five presenters had recommended their preferred resources and these are collated below under various headings for your consideration. * A disclosure clause is noted at the end of this document.

Consulting / Clinics / Telehealth

- [Clinics & services | The Royal Women's Hospital \(thewomens.org.au\)](https://thewomens.org.au)
 - Psychosexual Medicine - integrates psychological support with medical care around sexual function- practised by doctors with training in counselling, psychotherapy and Sexual Medicine. Physical and psychosocial problems can be explored with the longer appointment time. [Sexual Counselling Clinic \(Psychosexual Medicine\) | The Royal Women's Hospital \(thewomens.org.au\)](https://thewomens.org.au)
 - Menopause Symptoms After Cancer Clinic - specialist team of gynaecologists, endocrinologists, psychiatrist, psychologist, sexual counsellors and specialist nurses to provide a multidisciplinary approach to care. [Menopause Symptoms After Cancer clinic | The Royal Women's Hospital \(thewomens.org.au\)](https://thewomens.org.au) Telehealth option [Menopause symptoms after cancer - telehealth | The Royal Women's Hospital \(thewomens.org.au\)](https://thewomens.org.au)
- 'Rubix Supports' sees people with intellectual impairments with complex support needs and offers individualised sexuality and relationship education covering a variety of topics such as; puberty, sexuality, relationships, cyber safety, consent etc General info [here](#). Online referral form, [here](#).
- 'Thrive Rehab' offers LGBTQIA+ inclusive and gender affirming sexuality occupational therapy services and supports for NDIS participants. Services include; neurodivergent affirming OT, psychosocial disability, accessing assistive technology, clinical supervision etc. [Thrive Rehab | Australia | Occupational Therapy + Sexual Health + Intimacy](https://www.thriverehab.com.au)
- Bendigo based psychosexual therapist working online and in person [lindakirkman.org](https://www.lindakirkman.org)
- [ConnectAble Therapies](#) - Melbourne-based occupational therapy and somatic sexology consulting service focusing on sexuality, intimacy, arousal, explorative intimacy, communication and partner dynamics. Founded by Tess Devèze.

Online Shops / Shop Front

- [Sex with Cancer](#) is an online shop, an artwork and a public campaign exploring how people living with and beyond cancer can take agency over their own health and wellbeing.
- Passionfruit Sensuality Shop – 414 Brunswick Street, Fitzroy Victoria 3065 – <https://www.passionfruitshop.com.au/>

Books / Journals / Booklets

- A Better Normal: Your Guide to Rediscovering Intimacy After Cancer - [Tess Devèze](#)
- F*ck with Cancer – a memoir by Patrice Capogreco - <https://fkwithcancer.com/>
- Sex and Cancer: Connect with your body and rekindle your spark – Dr Amanda Hordern <https://dramandahordern.com/resources/>
- Where did my libido go? - Dr Rosie King - <https://www.penguin.com.au/books/where-did-my-libido-go-9781864711561>

- Renegotiating Sex and Intimacy after Cancer. Resisting the coital imperative, (Ussher et al, 2012) - https://journals.lww.com/cancernursingonline/fulltext/2013/11000/renegotiating_sex_and_intimacy_after_cancer_6.aspx
- Cancer Council “Sexuality Intimacy and Cancer” guide for patients and partners - <https://cancer.org.au/assets/pdf/sexuality-intimacy-and-cancer-booklet>

Podcasts, YouTube, Questions

- [Ask - Sex with Cancer](#): 200 questions that people most wanted to ask about sex with cancer
- Dr Charlotte Tottman - various topics including sexual health and body image topics <http://www.drcharlottetottman.com.au/my-podcast.html>
- Intimacy and Cancer <https://www.youtube.com/@intimacyandcancerchannel>

Online Support Groups

- Cancer Chicks: a support community for young women between the ages of 18-35 <https://www.cancerchicks.org.au/>
- Intimacy and Cancer <https://www.facebook.com/groups/cancerandintimacy>

Courses

- ConnectAble courses <https://connectable.podia.com/>
- Libido Recovery <https://connectable.podia.com/libido-after-cancer>
- Vulvovaginal Functional Recovery <https://connectable.podia.com/vulva-masterclass>
- Penile Functional Recovery Program <https://connectable.podia.com/penis-pleasure>

LGBTIQA+

- Australian Cancer Plan - <https://www.australiancancerplan.gov.au/populations/lgbtqiqa-people>
- Victorian Government LGBTIQA+ inclusive language guide - <https://www.vic.gov.au/inclusive-language-guide>
- Rainbow Health, supporting LGBTIQ+ health and well-being <https://rainbowhealthaustralia.org.au/>
- Breast Cancer Trials Q&A - Breast Cancer in the LGBTIQ+ Community - <https://www.youtube.com/watch?v=aWgDQgApJVw&t=153s>
- Introducing Out with Cancer study and LGBTIQ+ People and Cancer resource <https://www.youtube.com/watch?v=AcfcToiAPzE>
- Prostate cancer information needs of Australian Gay and bi sexual men - https://www.pcfa.org.au/media/246179/4_wellbeing.pdf
- Joy Media-Joy 94.9- Australia's not for profit. JOY Media represents the people, stories, news, music, and lived experiences of Australia's LGBTIQA+ community and our allies - <https://joy.org.au/programs/recent-podcasts/>
- ABC iView – Celebrate Pride [Celebrate Pride : ABC iview](#)
- LGBTQ+ communities and cancer care - <https://education.eviq.org.au/courses/supportive-care/lgbtq-communities-and-cancer-care>
- NWMPHN - Primary Care Support for LGBTIQA+ community Training modules - <https://nwmphn.org.au/for-primary-care/clinical-support/lgbtq-support/>
- 'Thrive Rehab' offers LGBTIQA+ inclusive and gender affirming sexuality occupational therapy services and supports for NDIS participants. Services include; neurodivergent affirming OT, psychosocial disability, accessing assistive technology, clinical supervision etc. [Thrive Rehab | Australia | Occupational Therapy + Sexual Health + Intimacy](#)

Menopause

- Menopause – it's more than a hot flush! - Dr. Tonia Mezzini <https://www.bcna.org.au/resource-hub/webcasts/ask-the-expert-menopause-it-s-more-than-a-hot-flush-watch-the-video/>
- Menopause Symptoms After Cancer Clinic – [Menopause Symptoms After Cancer clinic | The Royal Women's Hospital \(thewomens.org.au\)](#) [Telehealth option Menopause symptoms after cancer - telehealth | The Royal Women's Hospital \(thewomens.org.au\)](#)

Adolescents and Young Adults

- Fertility, reproductive and sexual health (male): Health information after cancer treatment as a child or teenager https://www.vics.org.au/_files/ugd/88a3fb_577b7c6f6c93451182ef53da11ae680c.pdf

Prostate Cancer

- The Prostate Zone - This website is for men facing prostate issues – especially prostate cancer – and their loved ones <https://www.theprostatezone.com/>
- Understanding sexual issues following prostate cancer treatment – <https://www.pcfa.org.au/media/468674/understanding-sexual-issues.pdf>
- A psychosocial care model for men with prostate cancer - <https://www.pcfa.org.au/model-of-care/>
- Prostate Cancer Foundation of Australia: <https://www.pcfa.org.au/>

Bowel Cancer

- Bowel Babes Australia <https://www.facebook.com/groups/229674954237648/permalink/1690981721440290/>

Breast Cancer

- Sexual Health and Wellbeing Conference <https://www.bcna.org.au/resource-hub/webcasts/sexual-health-and-wellbeing-virtual-conference/>
- The impact of breast cancer on sexual health <https://www.bcna.org.au/resource-hub/podcasts/upfront-about-breast-cancer/upfront-about-breast-cancer/episode-35-the-impact-of-breast-cancer-on-sexual-health-physical-changes-lubrication-pleasure-and-libido/>
- Breast Cancer Trials <https://www.youtube.com/@breastcancertrials>

The resources provided herein have been collated from sources provided to LMICS by presenters during our LMICS Annual Forum and via participants post-event evaluation. Distribution has been made by LMICS to all Annual Forum Presenters and Forum attendees.

**LMICS does not purport to be the authors of nor endorse any of the resources provided in this document. LMICS does not suggest for them to be a holistic capture of available resources to support 'Sexuality and Cancer Care' and does not take responsibility for accuracy of information.*