



*Suggested Resources

from presenters and participants... updated Nov 2025

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 with recent additions by the CoP team. * A disclosure clause is noted at the end of this document.

Clinics attached to Health Services

- [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- practiced by doctors with training in counselling, psychotherapy and Sexual Medicine. Physical and psychosocial problems can be explored with the longer appointment time. Need to be acient at RWH. [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. Referral possible from LM region and prior treatment along menopause treatment uidelines need to have been offered without a positive outcome...[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)
 - Monash sexual health clinic- will take referral from out of catchment area but clients need to access their own transport there.
<https://monashhealth.org/services/sexual-medicine-and-therapy/>

- lindakirkman.org
 - Online sexologist/psychologist Laura Lee <https://www.lauralee.com.au/> -presented at November CoP
 - Accredited psychosexual therapists via society of Australian Sexologists. (SAS) <https://societyaustraliansexologists.org.au/directory>
- the two clinicians above are listed and online appointments are available for many clinicians.

Disability focussed

- '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](#)

Online courses and information

- [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.
- [Increase Male Sensitivity](#)
- [Female Pleasure Masterclass](#)
- [Libido Recovery for Couples \(6-week course\)](#)
- A Touchy Subject – Practical, evidence-based information to support men and partners navigating erectile recovery and sexual wellbeing after prostate cancer. <https://www.atouchysubject.com/>
- Free 6-Day Penile Rehabilitation Course – A short email series introducing the key steps and tools for safe penile rehabilitation after prostate cancer treatment. <https://www.atouchysubject.com/help-for-ed-post-prostate-surgery>

For clinicians- <https://www.canceraustralia.gov.au/cancer-types/gynaecological-cancers/health-professionals/psychosexual-care-women> an online course which is well put together and explains the models of response and arousal well.

Online Shops / Shop Front

- [Sex with Cancer](#) is an online shop, an artwork and a public campaign

The Loddon Mallee Integrated Cancer Service is supported by the Victorian State Government

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 – the site has good general cancer related information via blogs including which lubricants are suitable for use in association with cancer treatments and outcomes.

<https://www.passionfruitshop.com.au/collections/sex-with-cancer>

- <https://www.lbdo.com/>

A Melbourne based company with good products and blogs.

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>
- *Magnificent Sex: Lessons from extraordinary lovers* by Peggy Kleinplatz and A. Dana Menard. This lovely book is not a self-help book on sex but more a discussion around the qualities, attitudes and behaviours that make wonderful sex.
- Books By Dr Emily Nagoski – while not cancer specific they are well written and support further understanding of intimacy and sexual function.
<https://www.emilynagoski.com/>

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>

[“Sex and cancer”](#) (Episode 30 June, 2017) on the podcast “The Thing About Cancer”. This podcast is produced by the Cancer Council NSW, and it is hosted by Julie McCrossin.

[“Breast cancer”](#) (Episode 3 October, 2016) on “Foreplay: couples and sex therapy” podcast.

[“Sex and cancer”](#) (Episode 7 January, 2022) on the podcast “Not Your Grandma’s Cancer Show”. This podcast is aimed at people in their 20s, 30s and 40s who have a cancer diagnosis, but it is an interesting listen for people of any age.

[“Rediscovering life and manhood after prostate cancer”](#) (Episode 73, 20 January, 2022) on the podcast “Men, Sex and Pleasure with Cam Fraser”. Cam is an Australian sex therapist.

Ovarian cancer Australia.

Love in the time of cancer: self-esteem, intimacy and sexuality after an ovarian cancer diagnosis https://youtu.be/lrpzhGjqcG8?si=wo_ZY2oqHALlfyCd

Emotional Impact of caring for your partner with ovarian cancer and issues of Intimacy and Sexuality

<https://youtu.be/68boFluEkAg?si=tHdRp0jpCLY6vbHD>

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>
- The Hub Membership – A private online community offering forums, webinars, expert Q&As, and recovery courses for men and partners rebuilding confidence after treatment. <https://atouchysubject.podia.com/a-touchy-subject-community>

LGBTIQA+

- Australian Cancer Plan - <https://www.australiancancerplan.gov.au/populations/lgbtiqa-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=aWgDOgApJVw&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 LGBTIQ+ community
Training modules - <https://nwmpn.org.au/for-primary-care/clinical-support/lgbtiq-support/>

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 \(thewomens.org.au\)](https://www.thewomens.org.au) [Telehealth option Menopause symptoms after cancer - telehealth | The Royal Women's Hospital \(thewomens.org.au\)](https://www.thewomens.org.au/telehealth/telehealth)

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.*