

Signposting Sheet - Breast

The following resources can provide useful sexual wellbeing support for women and their partners living with cancer.

Referrals/signposting to discuss:

- Look Good, Feel Better**
Confidence boosting workshops for people undergoing cancer treatment, including make-up and skin care.
https://www.lookgoodfeelbetter.co.uk/support-advice/group-session/#find_location_area
- Bra Fitting Service**
Signpost to Breast Care Nurse or nearest shop offering this service.
- Psychological therapist or a counsellor**
Provide information on HSC and local community/voluntary support services.
- Physiotherapist**
Provide information on how to access support from HSC physiotherapist.

Useful weblinks:

Information and support for relationships, sexuality and cancer.

<https://www.cancer.gov/about-cancer/treatment/side-effects/sexuality-women>

<https://macmillan.org.uk/information-and-support/coping/relationships/your-sex-life-and-sexuality>

<https://breastcancernow.org/information-support/facing-breast-cancer/living-beyond-breast-cancer/your-body/sex-intimacy-breast-cancer>

Sexual Advice Association

Factsheets and resources written by expert sexual health professionals.

<https://sexualadviceassociation.co.uk/factsheets/>

Flatter Fashion

Helpful fashion/clothing tips for women who have a mastectomy without reconstruction

<http://flatterfashion.co.uk/>

Discussion Forums

Macmillan LGBT

A discussion forum for LGBT or any other minority sexuality/gender identity to share their experiences.

https://community.macmillan.org.uk/cancer_experiences/lgbt/discussions

Flat Friends

Support for women who have had a single or double mastectomy surgery without breast reconstruction.

<https://www.flatfriends.org.uk/>

Top tips to remember

- The journey is not a straight path - there will be ups and downs
- You will have to try new things.
- It is important to keep connected as a couple, talking and touching.
- Be patient, it will take time to adjust.
- Try not to compare yourself to how you were before.
- Research shows if you have patience and persistence you can still have a satisfying and pleasurable sex life.

For problems with vaginal dryness:

- Good vaginal skin care can help if you have problems with dryness. Regular use of non-hormonal vaginal moisturisers and vaginal lubricants can help to reduce pain and irritation during sexual intercourse.

Couples Communication Activity

Think about and write down one question to ask your partner about how cancer has affected him/her.

Share with each other and discuss each other's responses.

Think and write down one activity (that you already do) that makes you feel physically close.

Share with each other and discuss each other's responses.

Think about and write down one activity you would like to do to stay physically close.

Share with each other and discuss each other's responses.

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- **This activity can help to understand each other better.**
 - **It can be used as often as you decide.**
 - **Putting a date in your calendar can help make it happen.**