

Breast Cancer Now webinar series Sex, intimacy and breast cancer – useful resources

Breast Cancer Now resources:

- [Your body, intimacy and sex booklet](#)
- [Menopausal symptoms and breast cancer booklet](#)
- [Sex, intimacy and breast cancer web information](#)

Useful resources:

Breast Cancer Haven. (2021). Getting Curious: Breast Cancer and Sexual Intimacy webinar. Available at: breastcancerhaven.org.uk/News/getting-curious-breast-cancer-and-sexual-intimacy-webinar

Breast Cancer Now and Liz O’Riordan (2020). Instagram Live: Dealing with the side effects of hormone therapy. Available at: youtube.com/watch?v=lb1wnVZ5uOo&t=10s

COSRT. Factsheets. Available at: cosrt.org.uk/factsheets

COSRT. Factsheet: Cancer, Sex and Relationships. Available at: cosrt.org.uk/wp-content/uploads/2021/08/Cancer-Sex-and-Relationships.pdf

Institute of Psychosexual Medicine. Common Sexual Problems. Available at: ipm.org.uk/24/common-problems

NICE. (2015). Menopause: diagnosis and management. Available at: nice.org.uk/guidance/ng23/resources/menopause-diagnosis-and-management-pdf-1837330217413

Shine Cancer Support. Various videos and podcasts on sex and cancer. Available at: shinecancersupport.org/information/sex

Kate Moyle Sexual Wellness Sessions. (2021). Cancer & Sex. Available at: podcasts.apple.com/gb/podcast/talking-about-sex-lives-and-cancer-with-brian-lobel/id1527311547?i=1000523369663

Support:

[COSRT \(College of Sexual & Relationship Therapy\)](#)

[Institute of Psychosexual Medicine](#)

[Live Through This – LGBTQI Cancer Support UK Charity](#)

[Menopause matters](#)

[Perci Health](#) – telemedicine platform offering personalised holistic healthcare for people living with cancer, including psychosexual therapy.

[Relate](#)

[Sex with Cancer](#) – patient-led initiative established by Brian Lobel & June Lynn Goh. Developed in partnership with [Sh! Women's store](#).

[Tavistock Relationships – online psychosexual therapy](#)

Breast Cancer Now services:

- [Breast Cancer Now online support services](#)
- [Someone Like Me service](#)