

In partnership with

MACMILLAN
CANCER SUPPORT

easy
read

Your sex life and cancer

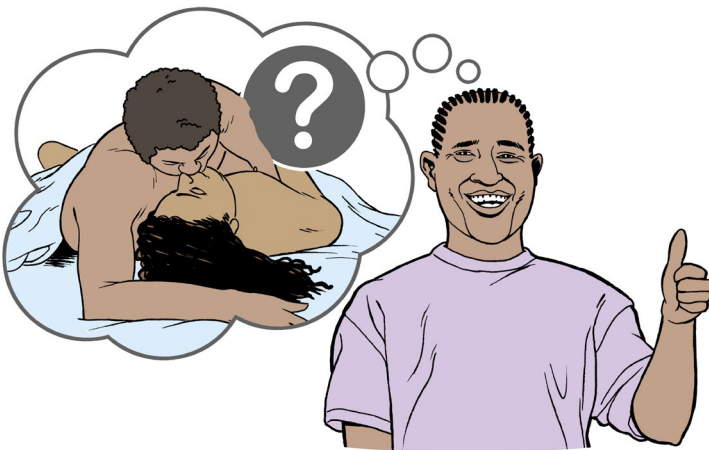




About this easy read booklet



This booklet is about your sex life when you have cancer.



You can learn how your sex life might change if you have cancer.



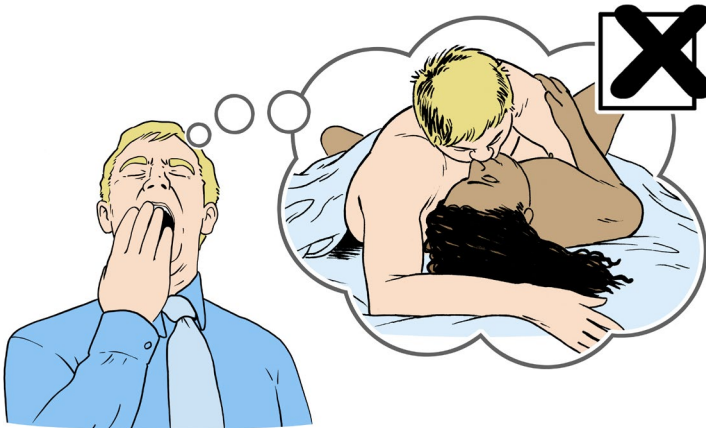
If you are worried about your health, you should talk to a doctor or nurse.



Your sex life and cancer



Your sex life may change because of cancer or the treatments you are having for cancer. This can change your relationship with your partner if you have one.

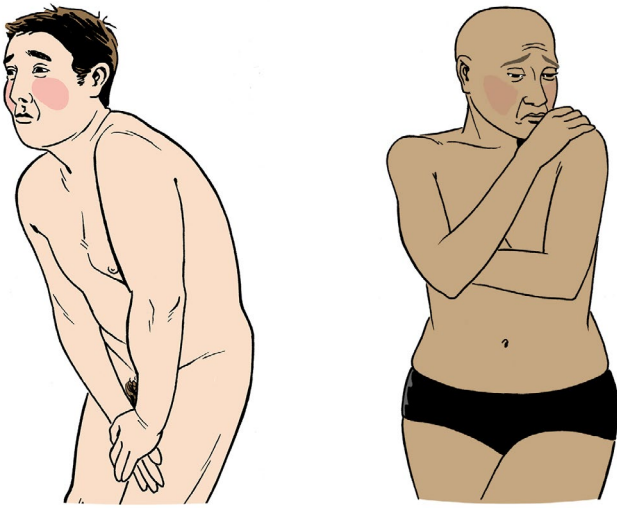


Some problems that can happen are:

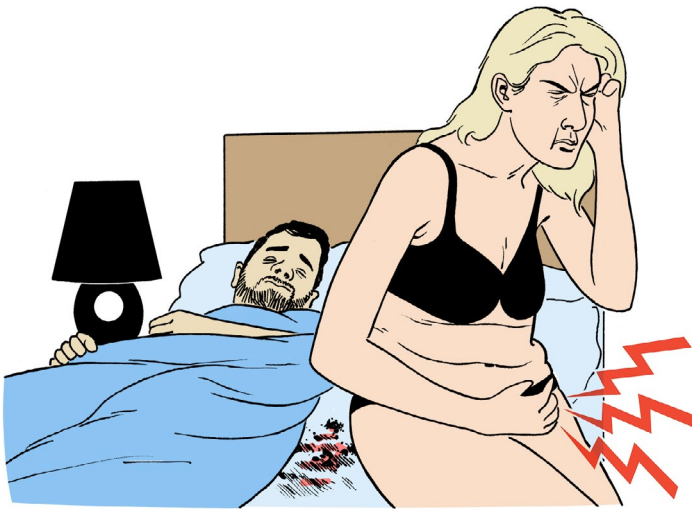
- feeling too tired for sex



- not wanting to have sex



- feeling bad or embarrassed about your body



- feeling too ill or having pain.



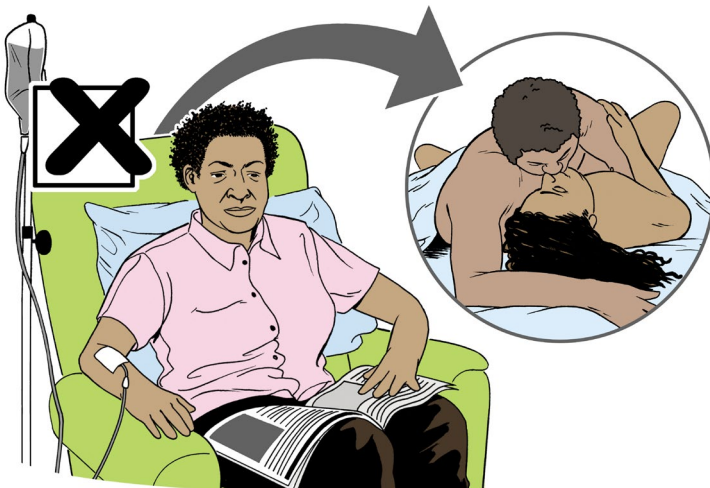
It is important to talk to your partner about how you both feel.



You can find other ways to be close with each other that are ok for both of you, like cuddling.



You can talk to your doctor, or someone who supports you, about any problems you have with sex or your relationship. They can give you advice.



Problems with your sex life can often get better after your treatment ends.



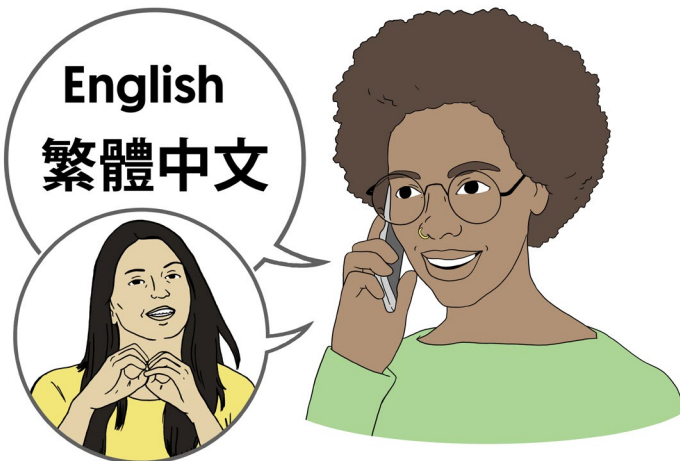
How Macmillan can help you



You can get support from:

The Macmillan Support Line

Call **0808 808 00 00** 7 days a week, 8am to 8pm.

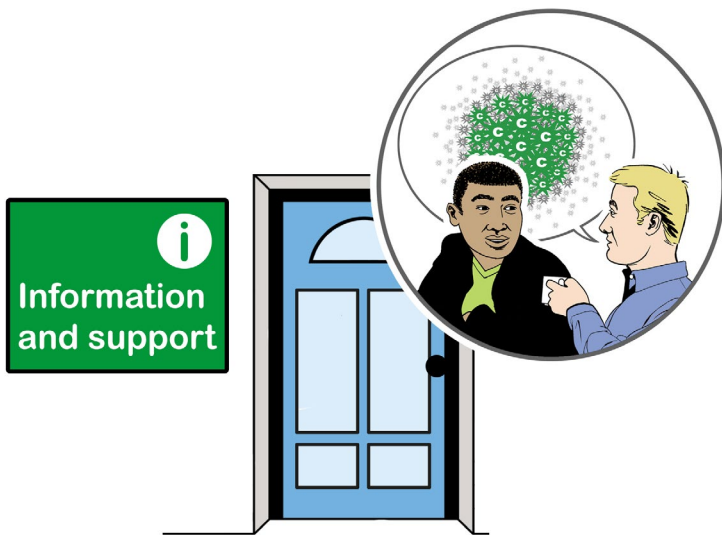


You can speak to us in your language, including British Sign Language (BSL). Just tell us what you need when you start the call.



The Macmillan website

Visit **macmillan.org.uk** for information about cancer. You can also use our web chat to ask questions at **macmillan.org.uk/talktous**



Information centres

You can talk to a cancer support specialist and get written information. Find your nearest centre at

macmillan.org.uk/informationcentres or call us.



Local support groups

Find a group near you at

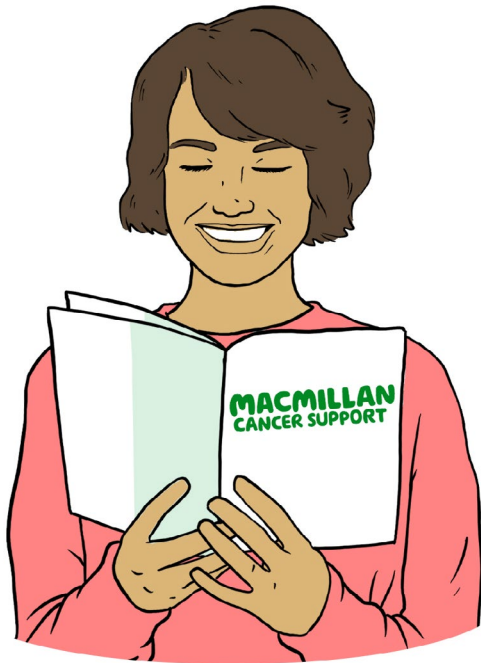
macmillan.org.uk/supportgroups or call us.



Macmillan Online Community

You can talk to other people in similar situations at

macmillan.org.uk/community



Macmillan can give you information in different ways:

Booklets about cancer

You can order booklets about cancer from

orders.macmillan.org.uk



Videos

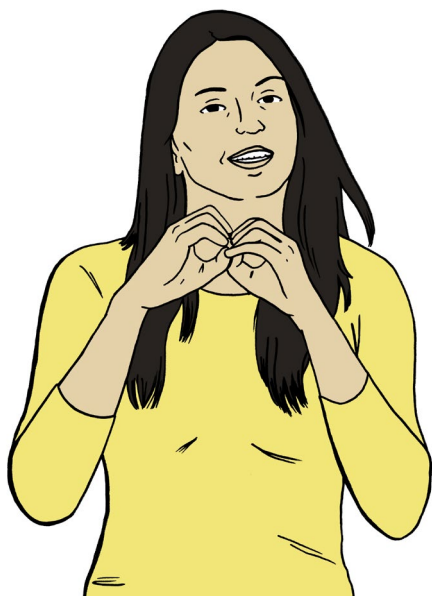
You can watch videos about cancer at

macmillan.org.uk/videos



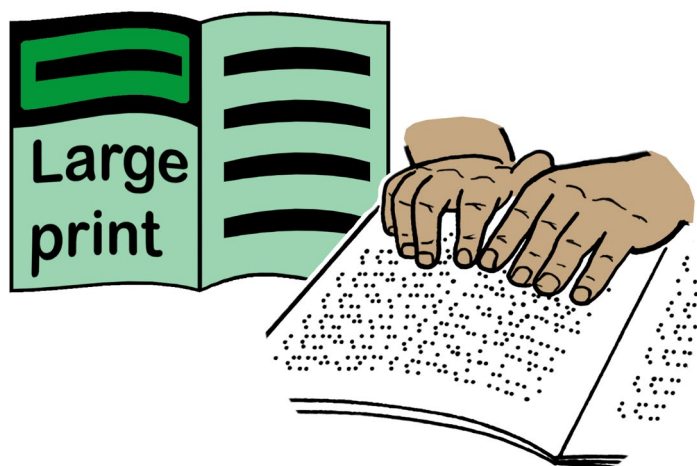
Audio

You can listen to information about cancer and order CDs from macmillan.org.uk/audio



British Sign Language (BSL)

You can watch information in BSL at macmillan.org.uk/bsl



Large print or Braille

Tell us if you need information in large print or Braille.

Email: informationproductionteam@macmillan.org.uk



Translations

Tell us if you need information in another language.

Email: informationproductionteam@macmillan.org.uk



More easy read booklets



Order more easy read booklets from macmillan.org.uk/easyread

There are booklets on lots of topics:

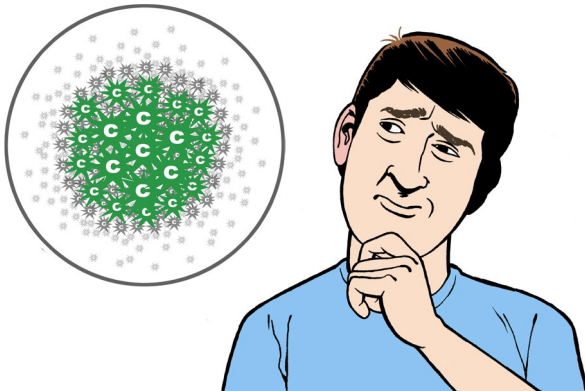
About Macmillan

- How Macmillan Cancer Support can help you
- Holistic Needs Assessment (HNA)



About cancer

- Lung cancer
- What is cancer?



Signs and symptoms

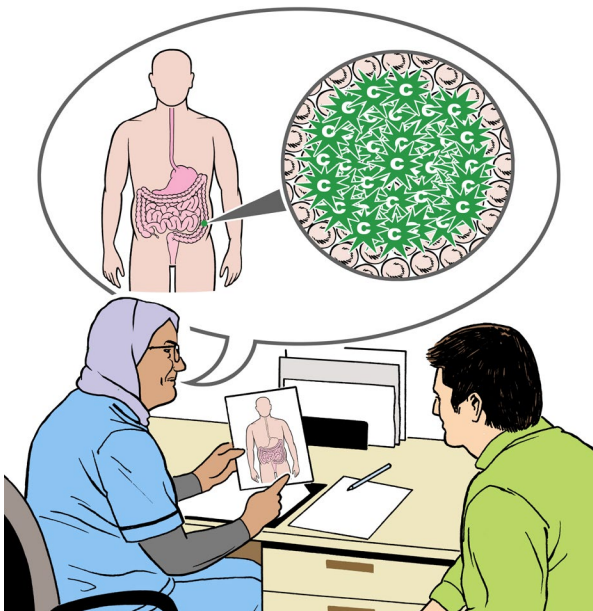
- Breast care and screening
- Cervical screening (smear test)
- How to check your balls (testicles)
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer





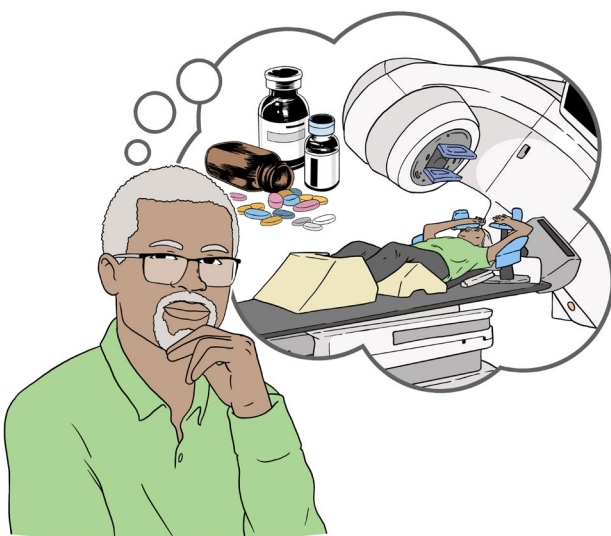
Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray



Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor



Deciding on your treatment

- All about me – notes for my healthcare team
- Deciding about treatment
- How to get equal healthcare
- If you are unhappy with your care



Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer



Living a healthy life

- Alcohol and your health
- Be safe in the sun
- Eat a healthy diet
- Exercise
- Have safer sex



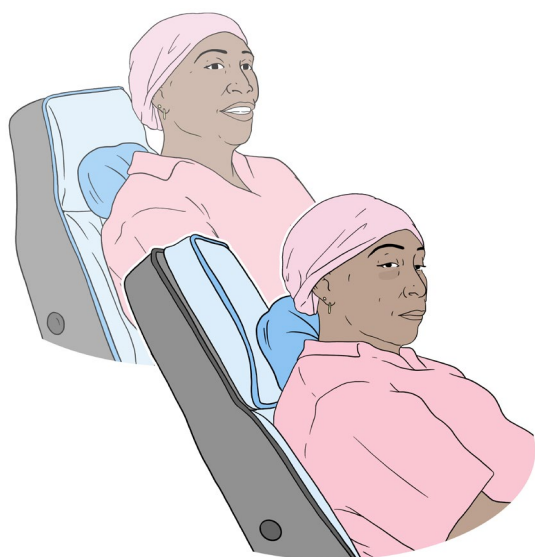
Living with cancer

- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- LGBTQ+ people and cancer
- Talking about cancer and your feelings



Living with cancer

- What happens after cancer treatment ends
- Work and cancer
- Your sex life and cancer
- Your social life and cancer



End of life

- Changes that can happen at the end of life
- Choosing where to die
- Things you can do when getting ready to die
- Thinking about your funeral
- Who can help if you are dying
- Your feelings when you are dying



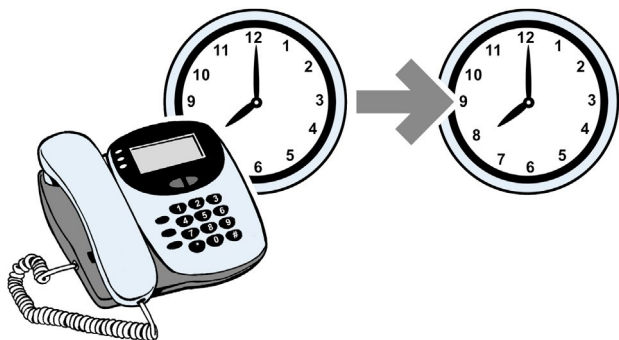
After someone dies

- Going to a funeral when someone dies
- Your feelings when someone dies and what can help

To order easy read booklets like this one go to the website macmillan.org.uk/easyread or call us on **0808 808 00 00**

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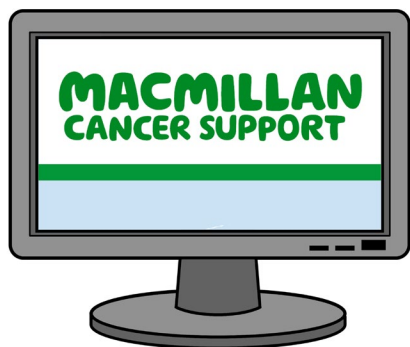
It is for anyone who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:
0808 808 00 00
7 days a week from 8am to 8pm.



- If you use a textphone, you can call:
18001 0808 808 00 00



- Or go to the website:
[macmillan.org.uk](https://www.macmillan.org.uk)

This easy read booklet has been produced by Macmillan Cancer Support working with CHANGE.

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