

Resource Guide – Web Resources

Topic	Resources	Link/information
Sexual Health	Breast Cancer.org	Sex and Intimacy: http://www.breastcancer.org/tips/intimacy
	Cancer.gov	Cancer with Spouse/ Partner: https://www.cancer.gov/about-cancer/coping/adjusting-to-cancer/spouse-or-partner
	Cancer.net	Dating and Intimacy: https://www.cancer.net/navigating-cancer-care/dating-sex-and-reproduction/dating-and-intimacy Sexual health and Cancer Treatment-Women: https://www.cancer.net/navigating-cancer-care/dating-sex-and-reproduction/sexual-health-and-cancer-treatment-women
	Cancer. org	Sex and the Adult Female With Cancer: https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/fertility-and-sexual-side-effects/sexuality-for-women-with-cancer.html
	Living Beyond Breast Cancer	Sexual side effects: http://www.lbbc.org/learn/side-effects/sexual-side-effects
	Susan G. Komen	Sexuality and Intimacy: https://ww5.komen.org/BreastCancer/SexandSexuality.html
Sexual Health/Body Image	Cancer.gov	Self-Image and Sexuality: https://www.cancer.gov/about-cancer/coping/self-image
Body Image	Cancer.org	Body Image and Sexuality After Breast Cancer: https://www.cancer.org/cancer/breast-cancer/living-as-a-breast-cancer-survivor/body-image-and-sexuality-after-breast-cancer.html
	Lookgoodfeel better.org	Beauty Guide: http://lookgoodfeelbetter.org/programs/beauty-guide/
Menopausal Health	Breast Cancer.org	Managing Menopausal Symptoms: http://www.breastcancer.org/tips/menopausal Vaginal Dryness: http://www.breastcancer.org/tips/menopausal/treat/vaginal-changes/dryness Vaginal Infections: http://www.breastcancer.org/tips/menopausal/treat/vaginal-changes/infections
	Living Beyond Breast Cancer	Menopausal Symptoms: http://www.lbbc.org/learn/side-effects/menopausal-symptoms
	Susan G. Komen	Treating Menopausal Symptoms: https://ww5.komen.org/BreastCancer/AlternativestoPostmenopausalHormones.html

Resource Guide – Fox Chase Cancer Center Resources

Resource	Summary of Content	Contact Information
Women’s Menopausal and Sexual Health Program	Provides clinical support for issues such as fertility and sexuality as well as menopausal changes; includes gynecologic examination and assessment; referrals can be made to therapists.	Call 888-FOX-CHASE (888-369-2427) to make an appointment: https://www.foxchase.org/womens-menopausal-and-sexual-health-program
Boo’s Boutique	Helps breast cancer patients through offering breast prosthetics, bra fittings, wigs, clothing, skincare products, etc; Located on the first floor of Young Pavilion (across from gift shop).	Call 215-728-2627 to make an appointment: https://www.foxchase.org/support/managing-your-care-and-side-effects/boos-boutique
Cancer Fatigue Program	A 12 week program to help with fatigue using both exercise and mindfulness. The program also includes advice on diet and lifestyle that can assist with improving fatigue.	Call 215-728-2592 to register: https://www.foxchase.org/support/managing-your-care-and-side-effects/physical-medicine-and-rehabilitation/cancer-fatigue
Pain and Palliative Care	Helps manage pain from cancer, provides support to patients and families; generally, you can ask your cancer provider for a referral.	Call 888-FOX-CHASE patient or family member must talk to provider to request consultation: https://www.foxchase.org/support/managing-your-care-and-side-effects/pain-palliative-care
Lymphedema Support Group	A support group with informational topics and expert speakers/educational programs; call to find out information and to register.	Call 215-728-2592 to register: https://www.foxchase.org/lymphedema-support-group