Sexuality and Fertility After Cancer

Author: Leslie R. Schover, Ph.D.
Publisher: John Wiley and Sons, Inc.
Price: $15.95 (USA) / $22.50 (CAN)
OncoLink Rating:

Leslie R. Schover, Ph.D. is a clinical psychologist and sex therapist at the Cleveland Clinic Foundation. Dr. Schover has written this book based on years of clinical experience "to help you or a loved one to enjoy sex and make informed choices about pregnancy in spite of cancer treatment." She provides information on the causes and treatment of sexual dysfunction and fertility after cancer. She also provides techniques for the reader to try at home.

The book is divided into four sections. Part I discusses cancer and cancer treatments impact on sexuality. It gives recommendations on how to become sexually active again after cancer. Part II focuses on the most common sexual problems after cancer and how to treat them. Important topics such as loss of desire, impotence, and painful intercourse are addressed. Part III is devoted to fertility and pregnancy for those patient who are still interested in having children. Part IV is dedicated to specific sexual topics. Chapters in this section include "Gay and Lesbian Cancer Survivors" and "Sex and the Single Survivor". There are excellent chapters on resuming sex after cancer treatment, treatment of erectile dysfunction, enhancing sexual desire, and overcoming pain during sex.

There is an outstanding resource section at the end of the book. This includes recommended books, videos, and audiotapes. There is a listing of products such as lubricants and vaginal dilators to enhance sexual experiences. A listing of mail order outlets for sexual oriented material is also provided. There are also resource information networks organized by topics of interest at the conclusion of this section.

The book is easy to read and well organized. It is a wonderful resource for anyone interested in enhancing their sex life after cancer treatment. Dr. Schover addresses a wide range of issues affecting all ages and sexual orientations. This book is also an excellent resource for the health care provider. It is highly recommended by OncoLink.

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