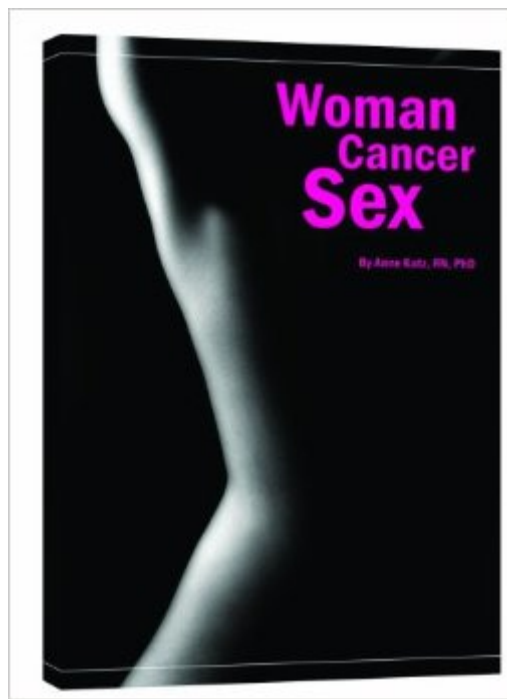


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# Woman Cancer Sex



## Synopsis

Sexuality after a diagnosis of cancer is a real issue for women and their partners. In her new book, *Woman Sex Cancer*, Dr. Anne Katz explains the changes that many women with cancer experience and offers practical and compassionate advice on how to handle these changes. Each chapter describes the experience of a woman with a particular kind of cancer and a variety of related problems, including loss of libido, physical pain, and struggles communicating with a partner. Dr. Katz tackles this sensitive and often unspoken topic in several ways: detailing the physical aspect of sexuality - how things work; highlighting the different feelings a woman might have during her experience, and, finally, presenting strategies women can really use in their daily life, including drugs and other therapies, tips on communicating, exercises, and more. There is also information specifically for the partner so you'll want to share this book. Modern medicine has increased the survival rate of the woman with cancer, and, for many patients, the memory of cancer and its treatments will fade. Sexuality, though, remains an important part of life and this book gives you the information and tools you need to reclaim your sex life after the challenges of cancer.

## Book Information

Paperback: 184 pages

Publisher: Hygeia Media; 1 edition (April 1, 2009)

Language: English

ISBN-10: 1890504807

ISBN-13: 978-1890504809

Product Dimensions: 5.9 x 0.6 x 9 inches

Shipping Weight: 1.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (8 customer reviews)

Best Sellers Rank: #502,419 in Books (See Top 100 in Books) #109 in [Books > Health, Fitness & Dieting > Sexual Health > Women's Sexual Health](#) #764 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer](#) #906 in [Books > Health, Fitness & Dieting > Sexual Health > General](#)

## Customer Reviews

I am the author of a book on sex that is now in its 6th edition and is assigned reading in college sex ed courses all over the country. I was on the *American Journal of Sexuality Education* for two years and I'm fairly well-versed with books on sex. For more than ten years I've been looking for an excellent book on sex for women who have cancer, and for ten years I've mostly drawn blanks. So it

was with trepidation that I started to read Anne Katz' latest effort "Women, Cancer, Sex." Given all that I've read on the subject and how disappointed I've been, I felt a reality check was in order after I finished the book. So I quietly handed "Women, Cancer, Sex" to my wife. She's an attorney and will usually tell me within the first fifteen minutes "Really boring!" or "It should have been a 5-page article and not a book." So I was particularly surprised when she called me immediately after she finished this 184-page book and said "This is incredible! Best book you've had me read in a long, long time. I hope you will strongly recommend this to women AND to their partners." Some of the things we both liked about the Katz book is that it is interesting, it flows well and it presents a great deal of information without overwhelming you. You feel a part of what's going on and the author helps you understand the various issues and how to cope with them. From offering help in how you might talk to people about your cancer to when you might tell a new partner about your situation--this book is invaluable. And good luck finding another resource that so clearly helps a sexual partner to understand the emotional scars that the various treatments can leave behind. This is the perfect book for healthcare providers as well. I can't strongly enough recommend that you keep the book in an obvious place. Even if a patient never talks to you about sex, seeing the book in your office will give them permission to go home and order it from . The only criticism that both my wife and I had about the book was the way the publisher did the "Dr. Katz Explains" text boxes. However, the book's many strengths more than overbalance this annoyance. If books were to get grades, this one would earn an A or an A+, and I'm not an easy grader. Paul Joannides, Psy.D. author: "The Guide to Getting It On, 6th Edition" Winner of the 2009 AASECT Book Award (American Association of Sex Educators, Counselors and Therapists)

I cannot recommend this book highly enough for women with cancer or who have completed cancer treatment, their partners, and outreach professionals with an interest in this area. It can be rough finding good books, or any books at all, on the overlap between sexuality and medical concerns. However, this one surpassed my expectations by also including essential information for partners and all in an easy-to-read and friendly manner. Of course, I would expect no less from this excellent author. As a sexuality educator, I am always watching for specialty books like this, both for myself and my clients. My clients most often appreciate a strong combination of education and real life examples, and that is exactly how this book presents its own information. It's easy to feel normal when reading this book, as it demonstrates how many communication and emotional concerns related to sex and intimacy can readily occur during this time. Additionally, there are fantastic tips for purchasing the right sexuality products, and some info on how to use them. Finally, the importance

of vaginal dilators is addressed, along with with common concerns that women express about using them. I also learned more about the importance of steering women away from stimulator creams at this time; products like menthol and mint are skin irritants and her body is too delicate when it is dealing with treatment. Thanks to the quality of writing and information, combined with a relational focus, this is one fantastic book! I will certainly recommend it to clients and fellow educators. Be sure to pick up a copy for yourself, or as a caring gift for a loved one. And yes, she has also written a companion version: Man Cancer Sex.

I was recently diagnosed with cervical cancer this book is great. It helped me understand the physical, emotional, and sexual changes that happen. I felt good reading because it reassured me that I am not the only one who has gone through these changes.

Â Dr. Katz has written a compassionate book about the impact of cancer on sex for women and their partners. The book is compassionate, informative and practical. Highly recommend.

A must for every couple who has gone through the trauma of cancer

Excellent and very readable.

it was very helpful

Thanks

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