

## Resources

**Young Survival Coalition:** <https://www.youngsurvival.org>

**A Woman's Touch, Sexuality Resource Center:**

<https://sexualityresources.com/sites/default/files/documents/HealthySexAfterCancer13.pdf>

**American Cancer Society:** <http://www.cancer.org/acs/groups/cid/documents/webcontent/002912-pdf.pdf>

**Will 2 Love:** Empowering cancer survivors and their loved ones with expert guidance on the journey to sexual Wellness and Parenthood <https://will2love.com/>

**The Center:** The Lesbian, Gay, Bisexual and Transgender Community Center:

<https://gaycenter.org/wellness/health#cancer>

**Dr. Neil Cannon Ph.D, CST:** <http://doctorcannon.com/wp-content/uploads/2010/05/Cancer-and-Sex-March-31-20122.pdf>

**American Association for Sexuality Educators, Counselors and Therapists, AASECT:** [www.AASECT.org](http://www.AASECT.org)

**American Physical Therapy Association Women's Health Section:**

<http://www.womenshealthapta.org/>

### Vibrators/Toys:

Lelo: [www.Lelo.com](http://www.Lelo.com)

Babeland: <http://www.babeland.com>

Good Vibrations: <http://www.goodvibes.com/s>

As You Like It: Sex shop in Eugene. The owner is a cancer survivor and only sells none toxic products. <http://asyoulikeitshop.com>

### Recommended Lubricants and Moisturizers:

Good Clean Love: <https://goodcleanlove.com>

Desert Harvest: Reluveum is an aloe product that has 4% Lidocaine, good for vaginal pain from inflammation, scarring, irritation

Aloe Cadabra: You can find this at most sex shops

Slippery Stuff: Used in a lot of health care clinics for pelvic exams

What to look for in lubricants/moisturizers: no: parabens, glycerin, petroleum and ph <5.0 (ph balanced)

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