

Resources

Canadian Cancer Society

<https://cancer.ca/en/treatments/side-effects/sexual-problems-female-sex-organs>

Canadian Cancer Society – Sex, Intimacy and Cancer book

cancer.ca/en/cancer-information/resources/publications/sex-intimacy-and-cancer

BC Cancer Sexual Health

www.bccancer.bc.ca/health-info/coping-with-cancer/managing-symptoms-side-effects/sexual-health

My Health Alberta Sexual Health Resources

<https://myhealth.alberta.ca/HealthTopics/cancer-and-sexuality>

Look Good Feel Better Program

lgfb.ca/en/

American Society of Clinical Oncology

<https://www.cancer.net/navigating-cancer-care/dating-sex-and-reproduction/sexual-health-and-cancer-treatment-women>

Common concerns addressed

- Vaginal dryness and irritation
- Vaginal pain or discomfort
- Questions or concerns with sexual function
- Diminished sexual desire
- Vaginal tightness

Contact information

Victoria Oncology Intimacy
& Sexual Health (VOIS) Clinic

Call 250.519.5503

Fax 250.519.5402

BC Cancer – Victoria
2410 Lee Avenue
Victoria, B.C. V8R 6V5



Provincial Health Services Authority

Victoria Oncology Intimacy & Sexual Health (VOIS) Clinic



Free, confidential support
for people with cancer &
their partners



What is the Victoria Oncology Intimacy & Sexual Health (VOIS) Clinic?

Victoria Oncology Intimacy & Sexual Health (VOIS) Clinic is a supportive care service for patients with gynecological malignancies.

Sexual health is an important part of your overall health. Cancer can affect many aspects of your life including sexual health and relationships. The goal of the clinic is to support you through any changes you experience.

The clinic:

- Meet with a Nurse Practitioner or Registered Nurse for assessment and discussion of your sexual health and intimacy concerns.
- Follow up visit with the Nurse Practitioner or Registered Nurse to reassess outcomes of recommendations made or review any concerns that may remain.

Who is the clinic for?

Patients with gynecological cancer:

- Single or partnered.

If you are interested in learning:

- How cancer and its treatment may impact your sexual health or intimacy.
- How to manage changes to your vagina that affect sexual function.
- How to adapt to other sexual impacts, such as body image changes, or loss of sexual desire.

Partners are welcome and encouraged to attend.

How do I get an appointment?

- Ask your doctor/provider to refer you.
- Complete the requested information tool before your appointment so that we may best tailor the appointment to your concerns.

What can I expect at my appointment?

- A health history including medication review will be completed.
- A sexual health history will be taken to better understand your needs.
- A focused gynecological examination may be completed.

Together, we will develop a personal care plan to support your sexual health goals. We will review information based on your interests.

The Nurse Practitioner may recommend a referral to other specialists based on your assessment and goals. Examples may include Pelvic Floor Physiotherapist, Sexual Medicine Physician, Gynecologist, and Psychologist.

All appointments are private and confidential.

Where will the appointment be?

You can attend the clinic:

- In-person at BC Cancer – Victoria.
- By telephone or by video conference (Zoom/Skype/Telehealth).