**Resources**

**REMEMBER, YOU ARE NOT ALONE.** Here is a list of organizations that are here to support you and your loved ones.

<table>
<thead>
<tr>
<th>Name</th>
<th>Services</th>
<th>Website</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Bar Association</td>
<td>Legal helpline</td>
<td><a href="http://www.americanbar.org">www.americanbar.org</a></td>
<td>1-800-285-2221</td>
</tr>
<tr>
<td>Association of Oncology Social Work</td>
<td>Resource list for patients and caregivers</td>
<td>bit.ly/AOSWResources</td>
<td>847-686-2233</td>
</tr>
<tr>
<td>CancerCare</td>
<td>Support groups, counseling, financial aid, helpline</td>
<td><a href="http://www.cancercare.org">www.cancercare.org</a></td>
<td>1-800-813-4673</td>
</tr>
<tr>
<td>CaringInfo</td>
<td>Advance directives, palliative and hospice care information, helpline</td>
<td><a href="http://www.caringinfo.org">www.caringinfo.org</a></td>
<td>1-800-658-8898</td>
</tr>
<tr>
<td>GLMA: Health Professionals</td>
<td>LGBTQI-friendly clinical directory</td>
<td><a href="http://www.glma.org">www.glma.org</a></td>
<td>202-600-8037</td>
</tr>
<tr>
<td>Lambda Legal</td>
<td>Advance directives, LGBTQI health care rights information</td>
<td><a href="http://www.lambdalegal.org">www.lambdalegal.org</a></td>
<td>212-809-8585</td>
</tr>
<tr>
<td>LGBT Cancer Project</td>
<td>Support groups, online forums, clinical directory</td>
<td><a href="http://www.lgbtcancer.org">www.lgbtcancer.org</a></td>
<td>N/A</td>
</tr>
<tr>
<td>National Center for Transgender Equality</td>
<td>Transgender health care rights information</td>
<td><a href="http://www.transequality.org">www.transequality.org</a></td>
<td>N/A</td>
</tr>
<tr>
<td>National Cancer Institute</td>
<td>Information about prostate cancer treatments, side effects and support</td>
<td>bit.ly/NCIPrCa</td>
<td>1-800-422-6237</td>
</tr>
<tr>
<td>National LGBT Cancer Network</td>
<td>LGBTQI-friendly clinical directory and support groups</td>
<td><a href="http://www.cancer-network.org">www.cancer-network.org</a></td>
<td>212-675-2633</td>
</tr>
<tr>
<td>The Patient Advocate Foundation</td>
<td>Financial aid, helpline</td>
<td><a href="http://www.patientadvocate.org">www.patientadvocate.org</a></td>
<td>1-800-532-5274</td>
</tr>
<tr>
<td>The Prostate Cancer Research Institute</td>
<td>Cancer treatment and clinical research information, helpline</td>
<td><a href="http://www.pcri.org">www.pcri.org</a></td>
<td>424-261-3727</td>
</tr>
<tr>
<td>University of California, San Francisco Center of Excellence for Transgender Health</td>
<td>Transgender health information, trans-friendly clinical directory</td>
<td><a href="http://www.transhealth.ucsf.edu">www.transhealth.ucsf.edu</a></td>
<td>N/A</td>
</tr>
<tr>
<td>Zero: The End of Prostate Cancer</td>
<td>Free testing center directory, screening and treatment information, financial aid</td>
<td><a href="http://www.zerocancer.org">www.zerocancer.org</a></td>
<td>1-844-244-1309</td>
</tr>
</tbody>
</table>

For more information, contact:

GW Cancer Center

This project is made possible through a grant from the Association of Oncology Social Work (AOSW). The GW Cancer Center is committed to improving care for the diverse people that make up the LGBTQI rainbow. If you have feedback on this fact sheet, email us at cancercenter@gwu.edu.
Talk with your partner about…

**YOUR CARE:** When your partner knows what you want, they can help you talk with your health care team. They can also provide support throughout your care.

**YOUR EMOTIONS:** Talk about what makes you sad, anxious, or fearful. Your partner may feel similarly. Try to work together to find ways to get support for both of you.

**YOUR BODY:** During sex, your partner may worry about hurting you. They may be unsure about how treatment has affected your body. Try to be open about what has changed. Talk about how you can enjoy sex together.

---

**About Prostate Cancer**

**WHAT IS THE PROSTATE?**

The prostate is a gland in your body that is located between your bladder and penis or neovagina. It gives many cisgender men and transgender women pleasure during anal sex.

**WHO GETS PROSTATE CANCER?**

All people with a prostate can get cancer. This includes transgender women and gender non-conforming individuals. The prostate is not usually removed during gender-affirming surgery. People who are Black or African American or those with a family history of prostate cancer are more at risk.

**Working with Your Health Care Team**

**HOW DO I CHOOSE MY HEALTH CARE TEAM?**

It helps to choose a doctor and health care team that you feel comfortable talking and working with. Here are some tips to help you choose:

- Visit the GLMA website to find LGBT-friendly doctors
- Call your local LGBT community center
- Reach out to a local or national prostate cancer support group
- Trust your instincts

---

**References**

HOW MUCH SHOULD I DISCLOSE TO MY HEALTH CARE TEAM?

Your health care team is made up of everyone involved in your care. This includes doctors, nurses, oncology social workers as well as others.

You may not have a choice about whether or not to come out to your team, based on your personal situation. Coming out to your health care team is very personal. It should be done on your own terms. You should not feel pressure to come out or hide your gender identity. If you do come out to your team and don’t feel your needs are being addressed, talk with them. If that doesn’t work, consider choosing a different team.

Whether or not you are out to your providers, let your health care team know who your important caregiver(s) are. Tell them who you want in the room and when. Talk about who you want involved in decisions about your care.

WHAT IS THE STAGE OF MY PROSTATE CANCER?

Stage is how far your cancer has spread to other parts of your body. Ask your doctor about the stage of your cancer and what it means for your care.

DO I GET A SECOND OPINION?

A second opinion can help confirm your diagnosis or treatment plan. Many people with cancer get a second opinion.
HOW DO I CHOOSE MY TREATMENT PLAN?

Before you visit your doctor, write down your thoughts or have someone help you do so. It can help to talk through your concerns and questions with others. When you go to your doctor’s visit, tell them what’s important to you. Share your concerns. Ask what they recommend and why.

If you don’t understand something, ask your doctor to explain it again. Nurses can also explain symptoms you should expect and steps you can take to manage them. A patient navigator or oncology social worker can answer questions about support services and logistics.

Your Body

Most people find their bodies change after treatment, but each person’s experience is different. Depending on the stage of your cancer and other factors, your doctor may recommend that you stop or reduce hormonal therapy for the cancer treatment to work. This can be very upsetting. If you are conflicted about what to do, tell your doctor about your concerns and talk with a social worker about your feelings.

Consider finding a sex therapist or a local or online prostate cancer support group for LGBT people if you experience any changes.

SEXUAL FUNCTION

Treatment for prostate cancer may change hormone levels, which can affect sexual function and desire. If you still have male sex organs, changes may include:
- Not having an erection
- Not having semen
- Not having an orgasm
- Shrinkage of the penis

If you experience changes, try to:
- Use sex toys with your partner
- If needed, talk to your doctor about ways to help you keep an erection

URINARY CONTROL

Some people find that after treatment they are unable to control when they urinate. People may also urinate when they orgasm. If this happens to you, try to:
- Use a bed cover
- Switch to a place where cleanup is easier
- See a pelvic floor specialist or discuss options with your doctor

CHANGES TO ANAL SEX

People may also have pain when bottoming during anal sex. This can be caused by burns from radiation or other treatment effects. Try to:
- Talk to your partner about switching roles
- Focus on oral sex or rimming

Common Feelings

Everyone’s experience is different. Some people may question their self-worth, especially when dealing with the effects of treatment on their sex lives. Some people may worry about the cancer coming back. Others may think a lot about death and dying. Emotional and mental stress is normal. You may feel:
- Angry
- Fearful
- Guilty
- Low self-esteem
- Lonely or isolated
- Overwhelmed
- Out of control
- Sad or depressed
- Shame or stigmatized
- Stressed or anxious

DEALING WITH EMOTIONS

While you may be dealing with many emotions, there are steps you can take to help you feel in control. Be open about how you feel—good or bad. Remember that others want to support you. Reach out to family, friends, and your health care team for help. All of these people can be a part of your support network:
- Partner or spouse
- Family of origin and choice
- Doctors
- Nurses
- Oncology social workers
- Patient navigators
- Therapists
- Friends
- Neighbors
- Support groups
- LGBTQ community members