WHAT FERTILITY PRESERVATION OPTIONS ARE AVAILABLE?
Fertility preservation options for men, women, and children, in various stages of their diagnosis and treatment, are the following or learn more at https://www.letstakecharge.org/your-options/:

- Sperm Banking
- Testicular Tissue Cryopreservation
- Testicular sperm extraction
- Egg or Embryo Freezing
- Ovarian Tissue Freezing
- Ovarian Suppression
- Ovarian Transposition

HOW DO I TALK TO MY PATIENT/PROVIDER ABOUT FERTILITY PRESERVATION?

The Oncofertility Consortium has developed pocket guides for providers and patients to help start the conversation about fertility. These are available here: https://www.savemyfertility.org/

QUESTIONS FOR THE TALK WITH YOUR DOCTOR:
1. How will my cancer and my cancer treatment affect my fertility?
2. Based on my treatment plan, what is my risk for infertility?
3. Can you refer me to a fertility preservation specialist so I can learn more?
4. Do I have time to pursue fertility preservation?

LINK: www.savemyfertility.org/pocket-guides/patients/fertility-preservation-women-diagnosed-cancer

WHAT IS MY SPECIFIC RISK OF INFERTILITY BASED ON CANCER TYPE AND TREATMENT REGIMEN?

Unfortunately, oftentimes, this cannot yet be concretely answered. Irrespective of cancer diagnosis, fertility status varies greatly from one individual to the next and we often do not know what the patient’s ‘baseline’ fertility is before the cancer diagnosis. Because the risk of infertility due to cancer treatment can range from 20-80%, we all patients meet with a fertility preservation specialist to learn about their options and what is best for their individual treatment plan.

WHAT IS THE COST OF FERTILITY PRESERVATION PRIOR TO TREATMENT?

This is dependent on the patient’s insurance status, institution, and fertility preservation procedure. See your options at https://www.letstakecharge.org/your-options/

Some institutions offer discounted pricing for oncology patients. Patients should check with their treatment center to determine local costs and insurance coverage.

Check out resources here: https://www.letstakecharge.org/resources/

IS FINANCIAL ASSISTANCE AVAILABLE FOR FERTILITY PRESERVATION?

Livestrong provides discounted services at specific institutions and for women, free fertility medications in partnership with EMD Serono for those who qualify. https://www.livestrong.org/we-can-help/livestrong-fertility.

ReproTech has financial assistance available for long-term storage of reproductive tissues: https://www.reprotech.com/images/docs/vp_fa_application_semen.pdf. Team Maggie for a Cure offers grants to cover the cost of egg, embryo, and sperm cryopreservation: http://www.teammaggieforacure.org/grants

Walgreen’s HeartBeat program offers discounted fertility drugs for women undergoing stimulation for egg retrieval.
**Q6** HOW DELAYED WILL TREATMENT BE IF FERTILITY PRESERVATION PERFORMED?

Delay will depend on the type of fertility preservation procedure selected. Sperm banking can be done within 1-2 business days, ovarian and testicular tissue cryopreservation can be done within the week, and egg/embryo banking typically takes 10-15 days.

**Q7** DO I NEED TO WORRY ABOUT CONTRACEPTION IF CANCER TREATMENT IS LIKELY GOING TO MAKE ME INFERTILE?

YES! Because so much is unknown about exactly how much damage is done to your reproductive system, and risk varies so greatly between patients, it is recommended that you use contraception during your cancer treatment and afterward, as long as recommended by your provider. Discuss contraception options with your physician and ask whether hormonal-or barrier-type contraception is required due to your individual situation.

**Q8** RISK OF INFERTILITY WAS NEVER DISCUSSED WITH ME PRIOR TO TREATMENT AND I AM NOW INFERTILE. WHAT ARE MY OPTIONS TO HAVE A FAMILY?

Depending on your health status, options may include fertility treatments with donor sperm or egg, adoption, and/or use of a gestational carrier.

Speak to your physician or nurse about potential options for family building. Livestrong has also developed a Family Building Options Tool: https://www.livestrong.org/we-can-help/livestrong-fertility

**Q9** HOW CAN I FIND A HOSPITAL THAT OFFERS FERTILITY PRESERVATION FOR CANCER PATIENTS?

You can locate a geographically convenient location via the Oncofertility Consortium’s Clinic/Center map: https://oncofertility.northwestern.edu/find-a-clinic-or-center or the Alliance for Fertility Preservation’s Fertility Scout: https://locator.allianceforfertilitypreservation.org/clrt/map?serviceId&locationName=&locationLat=&locationLng=

**Q10** WHERE CAN I GET MORE INFORMATION ABOUT MY/MY PATIENT’S OPTIONS?

You can call the Oncofertility Consortium’s FERTline at (866)708-3378 to be connected with a fertility preservation patient navigator to discuss your options. You can also review information about your fertility preservation options at SaveMyFertility.org or go to letstakecharge.org for ALL options to empower yourself!

This Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read here!

If you think you may have a medical emergency, call your doctor or 911 immediately.

All images are from our Take Charge hero Lauren Turner. “It has been four years since being diagnosed with ovarian cancer. It’s crazy to think. I pictured myself dying and was the weakest I’ve ever been (despite what people thought at the time). Fast forward to now with my Sloane baby, whose name literally means WARRIOR. I’m feeling as strong as ever. I can’t even imagine having missed out on all of this beautiful life. I’m so thankful for great family and friends, especially my great love. Couldn’t have gotten through without all of you.”

To learn more go to: www.letstakecharge.org