

Cancer Treatment and Fertility Preservation

Information for Patients

Some cancer treatments can affect fertility (ability to have a child) for both men and women. Your cancer doctor (oncologist) should talk to you about the risk of treatment affecting your fertility before treatment begins.

There may be options to help preserve your fertility before treatment starts. Making these decisions before treatment starts is often stressful. If you are interested in talking about fertility preservation options, your cancer doctor and nurse can help you. We have put together this package to help you make decisions.

The information in this package includes:

- Questions to ask your oncologist and a reproductive specialist
- Where to find financial and emotional support
- List of fertility preservation centres near Southeastern Ontario
- List of websites for more information
- Brochures from Fertile Future

Questions to ask your oncologist and a reproductive specialist

Consider asking your oncologist these questions:

- Based on my age, health, cancer type, and cancer treatment plan, what are my risks of infertility?
- What are the risks of delaying treatment to pursue fertility preservation?
- Can you recommend a reproductive specialist with experience in fertility preservation for people with cancer?
- For parents of children with cancer: will this cancer treatment affect my child's future fertility?

Consider asking a reproductive specialist at a preservation centre these questions:

- What are my options for preserving fertility?
- Will using one of these options mean that I need to delay cancer treatment? If so, for how long?
- How much will it cost right now (what are the initial fees)?
- How much will it cost in the future for storage and retrieval?
- Are there financial assistance programs available to me?
- Are there any experimental fertility preservation options available?

Financial and emotional support

- **Social workers** at the Cancer Centre can offer support and guidance with emotional, practical or financial concerns related to fertility preservation. To speak with a social worker, call 613-549-6666 extension 7305 or ask your doctor or nurse for a referral.
- **Fertile Future** is an organization that provides fertility information and support services to cancer patients. Fertile Future's Power of Hope Cost Reduction Program offers financial assistance to qualifying patients who wish to pursue fertility preservation. For more information, see brochure 'Power of Hope Cost Reduction Program' in this package.

Fertility preservation centres

Here are a few fertility preservation centres near Southeastern Ontario. Consultation fees at fertility preservation centres are covered by public health insurance. This is not a complete list but includes centres that are known to work with people who receive cancer treatment. For a complete list of fertility preservation centres in Canada visit the **Oncofertility Referral Network** at www.cancerkn.com/oncofertility-referral-network.

If you want to be referred to a fertility preservation centre, you can call your oncologist's office for help. You do not need a referral from your oncologist but they can help you arrange an appointment.

Ottawa Fertility Centre

Ottawa, ON

Phone: (613) 686-3378

Website: <http://www.conceive.ca/>

Mount Sinai Centre

Toronto, ON

Phone: 416-586-4748

Website: <http://www.mountsinai.ca/fertility>

Create Fertility Centre

Toronto, ON

Phone: (416) 323-7727

Website: <http://www.createivf.com>

Sperm banking by mail

For men, providing a sperm sample in-person at the fertility preservation centre is preferred. However, if you are unable to travel, sperm banking by mail is an option. A kit with instructions is mailed to your home or the hospital. It is important to talk about any advantages or disadvantages of this method with the service provider. Below are two services in Ontario that offer sperm collection by mail:

Can-Am Cryoservices

Phone: 1-888-245-3471

Website: www.canamcryo.com

Repro Med

(416) 233-8111

Website: www.repromed.ca

Websites

For more information, these websites have general information about cancer treatment and fertility.

Oncofertility Referral Network (Canadian)

Has a complete list of fertility preservation centres in Canada.

www.cancerkn.com/oncofertility-referral-network

Fertile Future (Canadian)

Information and support (including financial) for cancer patients.

www.fertilefuture.ca

Livestrong Fertility: Information (American)

www.livestrong.org/we-can-help/fertility-services

Canadian Cancer Society (Canadian)

Contains information about fertility issues and cancer.

<http://www.cancer.ca>- search 'fertility problems'.