

Cancer and My Fertility

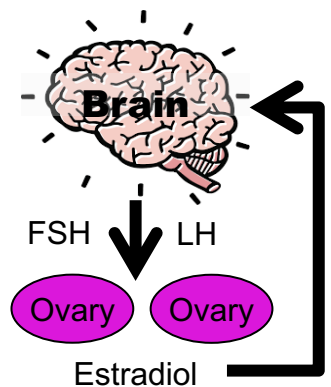
My risk for infertility is based on the treatment I received.

Level of Risk for Ovarian Failure and Infertility above that of the General Population

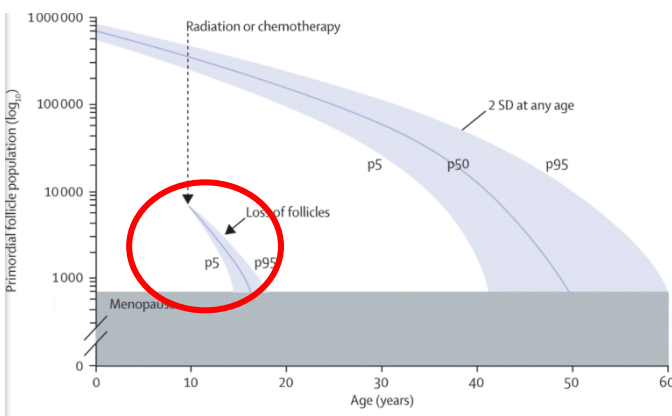
			Minimally Increased Risk	Significantly Increased risk	High level of Increased risk
Alkylators CED gm/m ²	Prepubertal		CED <8 gm	CED 8-12 gm	CED >12 gm
	Pubertal		CED <4 gm	CED 4-8 gm	CED >8 gm
Heavy Metal mg/m ²			Cisplatin Carboplatin		
Hematopoietic Stem Cell Transplant					Alkylator +/- Total body irradiation Myeloablative and Reduced intensity regimens
Radiation exposure	Ovary	Prepubertal		<15 Gy	≥15 Gy
		Pubertal		<10 Gy	≥10 Gy
	Hypothalamus		22-29.9 Gy	30-39.9 Gy	≥40 Gy

Brain – Ovary Communication

- **FSH** and **LH** are brain hormones that control the ovaries.
 - **High** levels of **FSH** signals a problem in the ovaries.
- **AMH** and **Estradiol** are ovarian hormones.
 - **AMH** is an estimation of number of eggs in ovaries.



My previous labs:



Year	FSH	AMH	On hormones?

BUT, If you don't want a baby **NOW**...



- Condoms!
- Additional contraception methods:
 - LARC (Long Acting Reversible Contraception)
 - IUD – intrauterine device
 - Progesterone only - Mirena, Skyla, Liletta, Kyleena
 - Copper (no hormones) - Paragard
 - Implant - Nexplanon
 - Combined oral contraceptive pills (estrogen and progesterone)
 - Many different options
 - Vaginal ring (estrogen and progesterone)
 - Nuva Ring (monthly), Annovera (yearly)
 - IM injection (progesterone only)
 - Depo Provera (shot every 3 months)

Further Evaluation for Infertility

- Referral to an infertility specialist (REI) for antral follicle count (AFC)

TAKE HOME POINTS

- | | | |
|---|--|----|
| • I am at risk for infertility due to my cancer treatment..... | Yes | No |
| • Above that of the general population, my risk for infertility is | <input type="checkbox"/> None
<input type="checkbox"/> Minimally increased risk
<input type="checkbox"/> Significantly increased risk
<input type="checkbox"/> High level of increased risk | |
| • I may have fewer years to have children, compared to my peers..... | Yes | No |
| • I need to use protection to prevent a pregnancy..... | Yes | No |
| • Children born to cancer survivors are more likely to have birth defects..... | Yes | No |