



## **Fertility Preservation for People Who Produce Eggs**

Fertility preservation is the process of saving or protecting eggs, sperm, or reproductive tissue so a person can use them to have biological children in the future. The ability to have biological children is often a concern for people starting cancer treatment. This may be a concern for you. This handout offers information on fertility preservation with egg or embryo freezing. Eggs are extracted (removed) from your ovaries and frozen. Embryos are eggs fertilized with sperm before they are frozen. Your frozen eggs or embryos can be thawed and used in the future if you decide to have children.

The success rates of egg and embryo freezing may vary. Freezing more eggs or embryos may increase your chances of a successful pregnancy in the future. A fertility specialist can offer information for your personal situation.

### **Why do I need to consider egg or embryo freezing?**

Cancer treatments (examples: systemic therapy\*, radiation, bone marrow transplant, surgery) can:

- Reduce the number of eggs you produce. This may cause you to enter menopause at an earlier age.
- Damage the quality of your eggs.

This can make it more difficult for you to get pregnant in the future. How your eggs are affected depends on the type of cancer treatment you receive. After treatment you may have:

- No treatment-related effects on your eggs, or
- Only a few healthy eggs left, or
- No healthy eggs left.

It is recommended you freeze your eggs or embryos before having cancer treatment. This allows you to preserve eggs not exposed to cancer treatment.

The choice you make may depend on your age, type of cancer treatment, and how soon you need to start cancer treatment. The process of preserving your eggs and embryos can take a few weeks depending on the time frame of the clinic. Ask your healthcare team about other options if you are not able to freeze your eggs or embryos before cancer treatment.

### **How do I get an appointment at a fertility clinic?**

Ask your oncologist about a referral to a fertility clinic before starting treatment. You can be referred to a fertility clinic after starting cancer treatment. Ask the fertility clinic what to expect and how you need to prepare for your appointments. See a list of fertility clinics at the end of this handout.

## What are the costs of egg or embryo freezing and fertility treatments?

The costs of egg or embryo freezing and fertility treatments will depend on your needs and the services provided. Some costs may be covered under the Ontario Fertility Program. For more information about government-funded fertility services go to: [ontario.ca/fertility](http://ontario.ca/fertility)

Service provided	Cost
Egg Freezing	1 cycle is covered by OHIP if you are under 43 years of age (embryo freezing may have additional costs)
Fertility Medications	\$2,000 to \$5,000 (your private insurance may cover some or all of this)
Annual Storage Fee	\$300 to \$500
In Vitro Fertilization	Some OHIP coverage is available

## Financial supports for fertility preservation

### 1. Fertile Future's Power of Hope Program

Offers fertility information and support services to people with cancer. For more information call 1-877-467-3066 or go to: [fertilefuture.ca](http://fertilefuture.ca)

### 2. Private Health Insurance

Talk to your private insurance provider.

## Are there risks associated with sex during cancer treatment?

You may have different thoughts, feelings or fears about sex during cancer treatment. You can still have sex if it is comfortable for you. Some cancers and cancer treatments may affect your sexual function or desire. Talk to a member of your healthcare team if you have questions or concerns.

### If you are receiving systemic therapy

You need to use a barrier method of contraception to avoid pregnancy and to protect your partner while you are on systemic therapy treatment. Systemic therapy medications leave your body through your body fluids such as urine, sweat, vomit, stool, or vaginal fluid. Talk to your healthcare team if you have questions about this. Read the handout on "Safety At Home When You Are On Systemic Therapy" you were given.

## **After finishing cancer treatment**

Ask your healthcare team about having an ovarian function assessment about 8 to 12 months after you finish cancer treatment. This will help determine the number and quality of your remaining eggs. You may be able to freeze eggs or embryos if your ovaries are still producing eggs.

Some treatments can damage the lining of your uterus where a baby is carried, or can affect the hormones you need to carry a pregnancy. Ask the fertility specialist if this applies to you.

## **A list of fertility clinics**

This is not a complete list of fertility clinics. The fertility clinics on this list will schedule your appointments before you start cancer treatment. Ask your oncologist for a referral to one of these clinics.

### CReATe Fertility Centre

790 Bay Street, Suite 1100, Toronto, M5G 1N8

Call: 416-323-7727

Fax: 416-323-7334

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

Email: [info@createivf.com](mailto:info@createivf.com)

### Markham Fertility Clinic

379 Church Street. 5th Floor, Markham, L6B 0T1

Call: 905-472-7128

Fax: 905-472-4994

Website: <https://markhamfertility.com/>

Email: [info@markhamfertility.com](mailto:info@markhamfertility.com)

LGBT2QIA+ friendly

### Mount Sinai Fertility

Mount Sinai Fertility has 4 locations:

1. Downtown: 250 Dundas Avenue West, Unit 700

2. North York: 2 Sheppard Ave East, Suite 430

3. Vaughan: 9600 Bathurst Street, Suite 300

4. Mississauga/Oakville: 800 Southdown Road, Mississauga Unit A4

Call: 416-586-4800 extension 2778

Fax: 416-586-4686

Website: <https://mountsinai fertility.com/>

E-mail: [MSF.Referral@sinaihealthsystem.ca](mailto:MSF.Referral@sinaihealthsystem.ca)

LGBT2QIA+ friendly

### New Life Fertility

1585 Markham Road, Scarborough, M1B 2W1 or 139 Lower Jarvis Street, Toronto, M5E 1Z6

Other locations include: Oakville, North York, Concord, Milton, Richmond Hill, Burlington, Brampton, Mississauga, Kitchener

Call: 905-896-7100 or toll free 1-877-507-5433

Fax: 1-888-248-1241

Email: [consultation@newlifefertility.com](mailto:consultation@newlifefertility.com)

LGBT2QIA+ friendly

### Anova Fertility & Reproductive Health

25 Sheppard Avenue West, Unit 650 North York, M2N 6S6

Telephone (416) 225-4440

Fax: (416) 640-9454

Website: <https://anovafertility.com/>

Email: [info@anovafertility.com](mailto:info@anovafertility.com)

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### **What if I have more questions or concerns?**

Talk to a member of your healthcare team if you have questions or concerns about any of the information in this handout. A cancer centre social worker can offer more information and support to you.

Watch this video found on YouTube for more information on fertility:

<https://youtu.be/wB9lfKIYReY>

**The BEFORE** (Begin Exploring Fertility Options, Risks & Expectations) **Decision Aid** is a tool for young adults with breast cancer to explore fertility options before and after treatment. This decision aid is for anyone born with ovaries and can be found at this link: <https://fertilityaid.rethinkbreastcancer.com>

\*Systemic therapy includes chemotherapy, immunotherapy or targeted therapy.

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