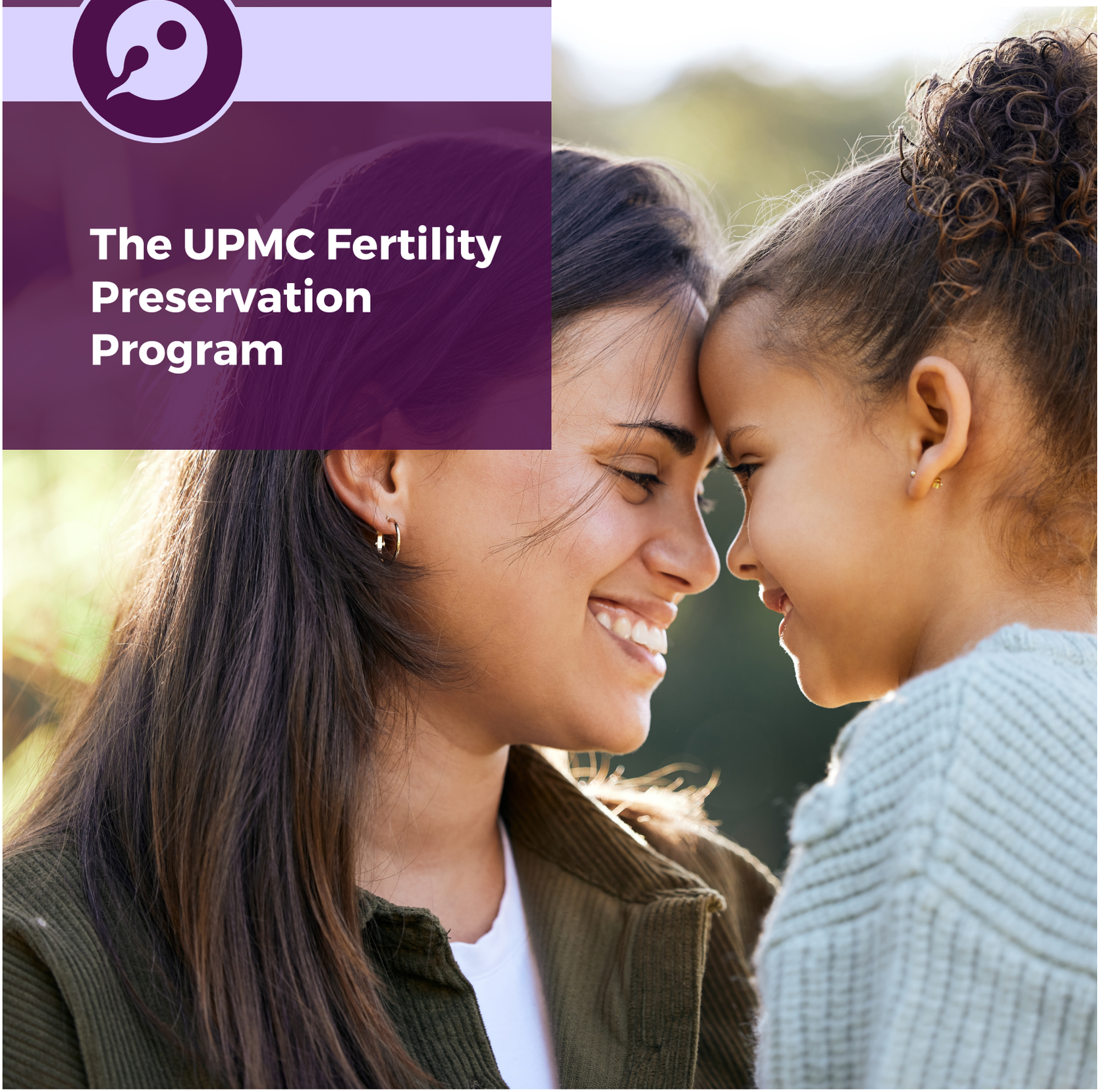
The UPMC Fertility Preservation Program



UPMC
LIFE CHANGING MEDICINE

Introduction

Fertility Preservation is saving or protecting eggs, sperm, embryos, and/or reproductive tissues so that people can use them in the future to have children.

The UPMC Fertility Preservation Program (FPP) provides fertility care services to those who may be at risk of infertility due to their age, disease, medical treatments, injury, genetics, and other conditions. We help patients preserve their fertility before having medical treatments such as chemotherapy and radiation that may affect their ability to have children in the future.

Contact Us

Phone: **412-641-7475, option 1**
Email: **fertilitypreservation@upmc.edu**



The Fertility Preservation Care Team

The UPMC Fertility Preservation care team includes:

- Surgeons (urologists, gynecologists, and general surgeons)
- Infertility doctors (reproductive endocrinologists and urologists)
- Cancer doctors (oncologists)
- Researchers
- Other medical professionals

Before starting any treatments that could affect your fertility, you will meet with a member of our care team.

Your fertility preservation care team will talk with you about:

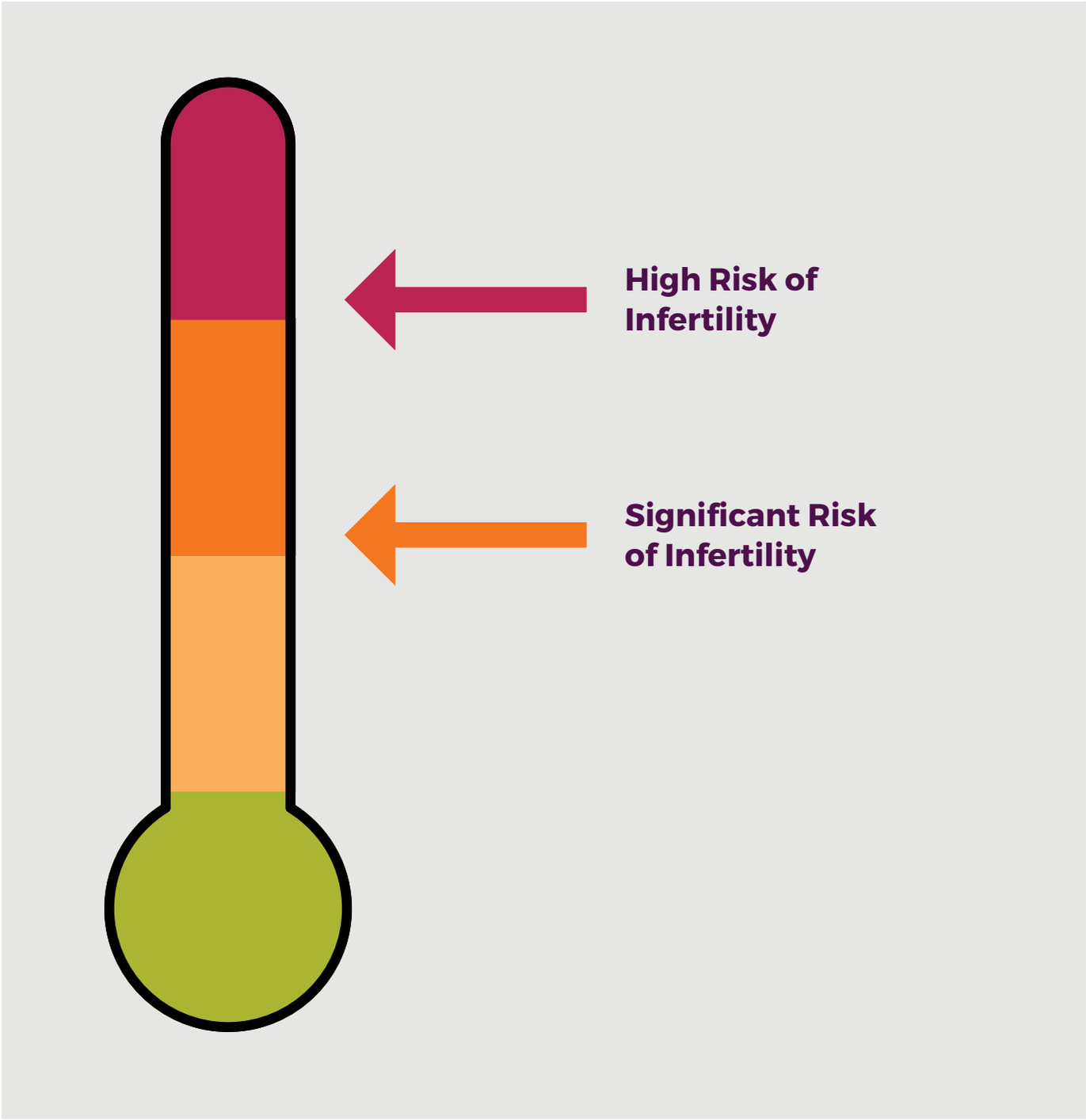
- Your risk of future infertility based on your current age, diagnosis, and treatment plan
- The fertility preservation option(s) available to you
- The fertility preservation process, expected timeline, and cost
- Future fertility/pregnancy options for when you are ready



Treatments that Can Impact Fertility

- Whole body radiation or radiation to the pelvis (lower abdomen)
- Chemotherapy drugs (like Cytoxan®, Cisplatin, or Carboplatin)
- Bone marrow transplant
- Surgery on the ovaries or testes
- Gender-affirming therapy

Risk of Infertility Worksheet



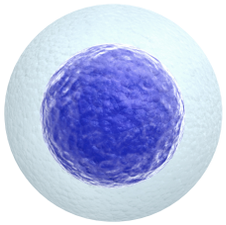
A fertility preservation expert will use this worksheet to talk with you about your specific risk of infertility based on your age, disease, or medical treatment. Contact the fertility preservation care team at 412-641-7475, option 1, or fertilitypreservation@upmc.edu to learn more.

Fertility Preservation Options

After you meet with a member of the FPP care team, you will be given personalized fertility preservation options. Your provider may suggest any of the following options.

For Those with Ovaries:

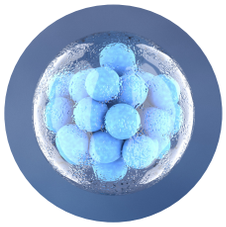
Egg Freezing



For adolescents (post-puberty) and adults.

- Hormonal therapy is used to help eggs start to develop and mature over 2 to 3 weeks.
- After the eggs have matured, an outpatient procedure called an egg retrieval is done under sedation to remove the eggs from the ovary.
- The eggs are then frozen and stored.
- When you are healthy and ready to start your family, the eggs can be thawed, fertilized with sperm from a partner or donor to make an embryo, and then placed into a uterus for pregnancy.

Embryo Freezing



For adults.

- Hormonal therapy is used to help eggs start to develop and mature over 2 to 3 weeks.
- After the eggs have matured, an outpatient procedure called an egg retrieval is done under sedation to remove the eggs from the ovary.
- Right after retrieval, the eggs are fertilized with sperm from a partner or a donor to form embryos, which are then frozen for future use.
- When you are healthy and ready to start your family, the embryos can be thawed and placed into a uterus for pregnancy.

Ovarian Suppression



For adolescents (post-puberty) and adults.

- Monthly injections are given during chemotherapy treatment to stop ovarian function and prevent eggs from maturing.
- This works best if started 2 weeks before chemotherapy.
- Studies are unclear if ovarian suppression is effective.

For Those with Ovaries (continued):

Ovarian Tissue Freezing



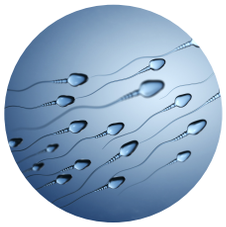
For children, adolescents, and adults under the age of 40.

- Involves removing 1 ovary through small incisions (cuts) in the belly. The ovarian tissue is then frozen and stored for future use.
- When you are healthy and ready to start your family, the ovarian tissue can be thawed and placed back into the pelvis (abdomen). Ovarian tissue transplantation is experimental.
- If you are not eligible for ovarian tissue transplantation, tissues can be matured in the laboratory to produce eggs. Methods to mature ovarian tissue in the laboratory are experimental and not yet available in the clinic.



For Those with Testicles:

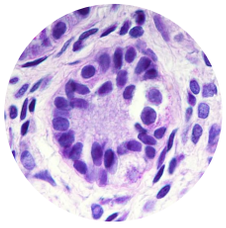
Sperm Freezing



For adolescents (post-puberty) and adults.

- Involves producing a semen sample and freezing the sperm for future use.
- The sperm can be thawed and placed into a uterus during intrauterine insemination (IUI), or the sperm may be thawed and combined with an egg from a partner or donor to make an embryo by in vitro fertilization (IVF). The resulting embryo is then placed into a uterus for pregnancy.

Testicular Tissue Freezing



For children, adolescents, and adults.

- A small amount of tissue containing sperm stem cells is removed from one testicle through a small incision (cut). The testicular tissue is then frozen and stored.
- When you are healthy and ready to use your sample, the tissue can be thawed to get sperm for patients who were adolescent or adult at the time of freezing.
- For children who had not yet started puberty when their tissue was frozen, immature testicular tissues or cells can be transplanted back into the patient and matured to produce sperm. The procedure of transplanting testicular tissues or cells to produce sperm is experimental.
- If you are not eligible for testicular tissue transplantation, tissue may be matured in the laboratory to produce sperm. Methods to mature sperm in the laboratory are experimental and not yet available in the clinic.



Financial Assistance

Below are some financial assistance resources that may be available for you.

UPMC Children's Hospital of Pittsburgh Adolescent and Young Adult (AYA) Oncology Program
This program offers specialized oncology and support services for adolescents and young adults. Financial assistance may be available with a doctor's referral. For more information, please call **412-692-5055**.

Verna's Purse Financial Aid - ReproTech
A program that strives to make fertility preservation services available to all individuals going through treatment that may impact fertility. Apply online at **Reprotech.com/Vernas-Purse**.

Livestrong Fertility
A program that provides reproductive information, resources, and financial support to survivors whose cancer and its treatment may affect their fertility. Apply online at **Livestrong.org/Fertility**.

Walgreens Heartbeat
A program that offers medicine at no cost. For more information, contact AllianceRx Walgreens Pharmacy at **888-347-3415**.



Other Resources

The Oncofertility Consortium
The Oncofertility Consortium is a group that explores and expands fertility preservation options for patients who are at risk of infertility. It addresses complex health care and quality-of-life issues of young patients whose fertility may be impacted by their disease or treatment. Visit **oncofertility.msu.edu** to learn more.

Alliance for Fertility Preservation
The Alliance for Fertility Preservation has all-inclusive education about treatment risks to fertility, all fertility preservation options, and options after treatment. It includes financial assistance information and many mentorship, advocacy, and support groups. Visit **allianceforfertilitypreservation.org** to learn more.

How to Make an Appointment

We are here to answer your questions and make this process as easy as possible. Our team offers in-person or virtual appointments to discuss your concerns and create a plan.

For general questions and to make an appointment, please contact our Fertility Preservation Program Coordinators at **412-641-7475**, option **1**, or fertilitypreservation@upmc.edu.

Hours: Monday through Friday 8:30 a.m. to 5 p.m.

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UPMC Magee Center for Reproduction and Transplantation

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Pittsburgh, PA 15213

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Email: fertilitypreservation@upmc.edu

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