



We will provide you with the personalized care you need, close to home.

## Preparing for Cancer Treatment - **Young adult concerns**

### YOUNG ADULTS WITH CANCER

Coborn Cancer Center provides comprehensive care and an extensive range of treatment options to support young adult cancer patients (18-40 years old) and their families. Your life is changed by cancer. As you move through treatment or transition back to school, work and home, we are committed to offering you access to information and resources that can effectively enhance your life throughout the cancer experience.

### FERTILITY, INTIMACY AND SEXUAL HEALTH

#### Fertility Preservation Before Treatment

Many cancer treatments and some types of cancer can cause fertility-related side effects. There are several ways to preserve fertility before cancer treatments. Please ask your provider about options that might be appropriate for you.

Male options include:

- Sperm cryopreservation (freezing),
- Testicular tissue cryopreservation for prepubertal boys
- Gonadal shielding during radiation therapy. FMLA may give you the right to take time off due to illness.

Female options include:

- Embryo cryopreservation: mature eggs are removed through a surgical procedure and fertilized in the lab with sperm to create embryos. Embryos that develop successfully are then frozen.
- Oocyte cryopreservation (egg freezing): mature eggs are removed through a surgical procedure and frozen.
- Ovarian transposition: ovaries are surgically moved higher in the abdomen away from radiation therapy field.
- Ovarian tissue cryopreservation and transplantation: an experimental method of fertility preservation in which the outer layer of an ovary, which contains many immature eggs, is taken out of the body and frozen.
- Gonadal suppression: GnRH treatment or oral contraceptives, evidence currently insufficient.

### HELPFUL RESOURCES

#### Center for Reproductive Medicine

991 Sibley Memorial Highway #100, St. Paul, MN 55118 • 612-863-5390 • [ivfminnesota.com](http://ivfminnesota.com)

**Cryogenics** • [www.cryolab.com](http://www.cryolab.com)

**Livestrong Fertility** • [www.livestrong.org](http://www.livestrong.org)