

Fertility Preservation Resource Guide

Fertility Preservation Options, Financial Assistance, Educational Resources, Online Support and Mentorship



Fertility Preservation and Reproductive Late Effects Program
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS



Children's Hospital Colorado



CUFertilityPreservation.com



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01. INTRODUCTION

About Us

The Fertility Preservation and Reproductive Late Effects (FPRLE) Team consists of Reproductive Health Specialists who are here to protect your future fertility when it is threatened by various diseases or necessary medical treatments. We are also here to assist you with any unwanted side effects from those diseases and/or medical treatments, that are affecting your reproductive health.

Our specialties include:

Gynecology (including Pediatric, Adolescent, and Adult services), Urology, Internal Medicine, Oncology and Reproductive Endocrinology & Infertility (REI)

What to Expect from your FPRLE Consultation?

Fertility Preservation

Prior to beginning any treatment that could potentially result in decreased fertility, you will meet with a member of our FPRLE team, either in person or virtually. We will discuss:

- Risk level of future fertility loss based on your age, gender, diagnosis, and treatment plan.
- Available Fertility Preservation Options.
- Your specific Fertility Preservation process and expected timeline.
- Plan for contraception during treatment.
- Future pregnancy options when you're ready.

Reproductive Late Effects

Any time you are in treatment or are post treatment (aka survivorship), and you are experiencing unwanted side effects from treatment, you may schedule an appointment with our team for further evaluation.

- We will conduct an appointment either in person or virtually to discuss next steps and create a plan.

Examples may include: menopausal symptoms, sexual dysfunction, radiation injury to reproductive system and need for hormone replacement therapy.

02. RISK STRATIFICATION TABLES FOR FERTILITY LOSS

Males

		Minimally Increased Risk	Significantly Increased Risk	High Level of Increased Risk
Alkylators CED gm/m²		CED <4 gm		CED ≥4 gm
Hematopoietic Stem Cell Transplant				Alkylator +/- total body irradiation Myeloablative and reduced intensity regimens
Heavy Metal mg/m²		Cisplatin Carboplatin	Cisplatin >500mg	
Radiation Exposure	Testicular	0.2-0.6 Gy	0.7-3.9 Gy	≥4.0 Gy
	Hypothalamus	26-29.99 Gy	30-39.9 Gy	≥40 Gy
Surgery			RPLND	

Females

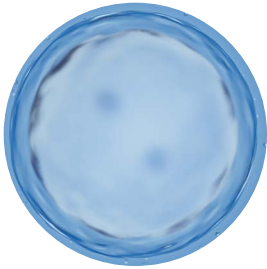
		Minimally Increased Risk	Significantly Increased Risk	High Level of Increased Risk
Alkylators CED gm/m²	Prepubertal	CED <8 gm	CED 8-12 gm	CED >12 gm
	Pubertal	CED <4 gm	CED 4-8 gm	CED >8 gm
Heavy Metal mg/m²		Cisplatin Carboplatin		
Hematopoietic Stem Cell Transplant				Alkylator +/- total body irradiation 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

Source: Meacham LR, Burns K, Orwig KE, Levine J. Standardizing Risk Assessment for Treatment-Related Gonadal Insufficiency and Infertility in Childhood Adolescent and Young Adult Cancer: The Pediatric Initiative Network Risk Stratification System [published online ahead of print, 2020 May 26]. *J Adolesc Young Adult Oncol.* 2020;10.1089/jayao.2020.0012. doi:10.1089/jayao.2020.0012

03. FERTILITY PRESERVATION OPTIONS

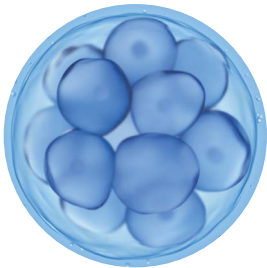
The University of Colorado (CU) Fertility Preservation and Reproductive Late Effects Program helps men, women and children of all ages preserve their fertility before they undergo medical treatments that may affect their ability to have children in the future. Options include:

Egg Freezing



- Available for post-pubertal adolescent and adult females.
- Hormonal therapy stimulates the development and maturation of eggs over two to three weeks.
- After the eggs have matured, an out-patient procedure called an egg retrieval is performed under sedation to remove the mature eggs from the ovary.
- The mature eggs are then frozen and stored.
- Once treatment is completed and there is a low risk of recurrence, the eggs are thawed, fertilized with sperm from a partner (or a donor) to make an embryo, then transferred into a uterus for pregnancy.

Embryo Freezing



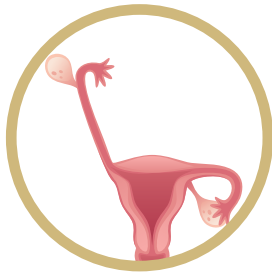
- Available for adult females.
- Hormonal therapy stimulates development and maturation of eggs over two to three weeks.
- After the eggs have matured, an out-patient procedure called an egg retrieval is performed under sedation to remove the mature eggs from the ovary.
- Immediately after retrieval, the eggs are fertilized with sperm from a partner (or a donor) to form embryos, which are then frozen for future use.
- Once treatment is completed and there is a low risk of recurrence, the embryos are thawed and transferred into a uterus for pregnancy.

Sperm Freezing



- Available for post-pubertal adolescent and adult males.
- Involves producing a semen sample and freezing the sperm for future use.
- After medical treatment has been completed, the sperm will be thawed and transferred into a uterus during an intrauterine insemination (IUI), or the sperm may be thawed and combined with an egg to make an embryo via in vitro fertilization (IVF), which is then transferred into a uterus for pregnancy.

Ovarian Transposition (Oophoropexy)



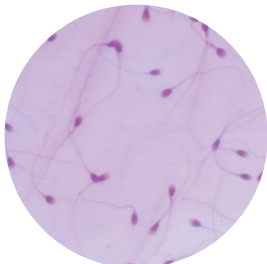
- Available for all pre-pubertal, adolescent, and adult females who will be receiving pelvic radiation therapy.
- Minimally invasive surgical procedure that repositions the ovaries outside of the planned pelvic radiation treatment field. This minimizes ovarian exposure to radiation, thereby decreasing harm to the ovary. Markers are then placed around the ovaries so that they may be seen on imaging studies to determine their location.
- After radiation treatment has been completed, the ovaries may be repositioned back into the lower abdomen. If the fallopian tubes are intact, pregnancy may occur spontaneously. If the fallopian tubes have been removed, a trans-abdominal egg retrieval and subsequent IVF may be required to achieve pregnancy.

Ovarian Tissue Cryopreservation



- Available for all females: pre-pubertal, adolescent and adult.
- Involves removal of part or all of one ovary through small incisions (cuts) in the belly. The ovarian tissue is then frozen and stored for future use.
- The ovarian tissue is thawed and transferred back into the pelvis after medical treatment is complete, and there is a low risk of recurrence. Or, if you are not eligible for ovarian tissue transplant, future fertility is achieved through In Vitro Maturation of eggs from the thawed ovarian tissue and a gestational carrier for pregnancy.





Testicular Tissue Cryopreservation



- Available for all males: pre-pubertal, adolescent, and adult.
- 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.
- After medical treatment is complete, the tissue can be thawed to retrieve sperm or transplanted back to the testicle. Pregnancy can occur via IVF, as described above.

04. FINANCIAL ASSISTANCE

Program Name	Eligibility Requirements	Free or Discounted Medications	Financial Discount
<p>Walgreens</p>  <p>Application completed with participating Fertility Clinic.</p>	<ul style="list-style-type: none"> ✓ Female ✓ U.S. Citizen or permanent resident ✓ Cancer diagnosis ✓ No chemotherapy within the previous 6 months ✓ No government assistance 	<p style="text-align: center;">Free Medication</p> <p>Ferring's Heartbeats Provides:</p> <p>Menopur® Novarel® Ganirelix®</p>	<p style="text-align: center;">N/A</p>
<p>Team Maggie for a Cure</p>  <p>Application online at: teammaggiesdream.org/grants</p>	<ul style="list-style-type: none"> ✓ Male or Female ✓ U.S. Citizen or permanent resident ✓ Ages 15–37 ✓ Cancer diagnosis ✓ Must have been denied coverage by insurance ✓ Must provide sufficient documentation of financial need ✓ Accepts Medicaid applicants 	<p style="text-align: center;">N/A</p>	<p>If approved, can provide up to \$2,500 to reimburse Fertility Preservation costs for males or females.</p>
<p>Verna's Purse ReproTech Storage Facility: Ovarian Tissue, Testicular Tissue</p>  <p>Application online at: reprotech.com/verna-s-purse.html</p>	<ul style="list-style-type: none"> ✓ Male or Female ✓ U.S. Citizen or permanent resident ✓ Cancer diagnosis ✓ Adjusted gross income < \$75K (single) or < \$100K (couple) 	<p style="text-align: center;">N/A</p>	<p>Initial shipping cost: \$95</p> <p>Annual storage fees, first 3 years: \$75/yr</p>
<p>ReUnite Oncofertility Program</p>  <p>Application online at: portal.reuniterx.com</p>	<ul style="list-style-type: none"> ✓ Female ✓ Cancer diagnosis ✓ Uninsured ✓ Insured with no fertility drug benefits ✓ No prior chemotherapy ✓ Current proof of income (1040 tax document) 	<p style="text-align: center;">Discounted Medication</p> <p>Follistim® Ganirelix® Pregnyl®</p> <p><i>Discount expires one year from date issued.</i></p>	<p style="text-align: center;">N/A</p>

Program Name	Eligibility Requirements	Free or Discounted Medications	Financial Discount
<p>The Samfund</p>  <p>Application online at: thesamfund.org/get-help/grants</p>	<ul style="list-style-type: none"> ✓ U.S. resident ✓ Not financially dependent ✓ Cancer survivor between 21 and 39 years old when application submitted ✓ and 1 of these criteria: <ul style="list-style-type: none"> <input type="checkbox"/> Treatment complete with no evidence of disease, or <input type="checkbox"/> 1 year post-treatment with stable disease, or <input type="checkbox"/> Remission and on Long Term Hormone Therapy 	N/A	<p><i>Family Building Grant:</i> Maximum of \$4,000 for Fertility Costs, post-treatment when ready to begin a family.</p> <p>Application open twice per year: Fall and Spring</p>
<p>Chick Mission</p>  <p>chick mission Application completed through FPRLE Team Member</p>	<ul style="list-style-type: none"> ✓ Female ✓ 18–40 years old ✓ Cancer diagnosis ✓ Adjusted gross income < \$150K (single woman) or < \$200K (couple) ✓ No government assistance 	N/A	<p>If approved, may provide up to 100% out-of-pocket cost for egg retrieval and freezing, in the form of a <i>Hope Scholarship</i>.</p>
<p>Livestrong</p>  <p>Application online at: livestrong.org/fertility</p>	<ul style="list-style-type: none"> ✓ Female ✓ U.S. Citizen or permanent resident ✓ Cancer diagnosis ✓ Uninsured ✓ Insured with a lack of fertility benefits or limited fertility benefits ✓ Adjusted gross income < \$130K (single woman) or < \$170K (couple) 	<div style="background-color: #c0c080; padding: 5px; text-align: center; font-weight: bold;">Free Medication</div> <p>One cycle of free medications, when available.</p>	<p>With partnering clinics, if approved, patient will receive discounted onco-fertility rate.</p>
<p>Fertility Within Reach Banking on the Future Grants</p>  <p>Application online at: fertilitywithinreach.org/fertility-preservation/banking-on-the-future-program/</p>	<p>Oncology Grant:</p> <ul style="list-style-type: none"> ✓ Adolescents to age 21 ✓ Active cancer diagnosis <p>Transgender Grant:</p> <ul style="list-style-type: none"> ✓ Individuals up to age 26 ✓ Prior to hormonal treatment initiation 	N/A	<p>One year of reproductive tissue/cell storage, cryobank administration or consultation fees, sperm collection, infectious disease testing, and freezing, discounted long term storage rates.</p>

05. PATIENT RESOURCES

EDUCATIONAL RESOURCES



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UNIVERSITY OF COLORADO
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Facility-specific information for our program, including the fertility preservation options we provide, and the providers you may encounter.

cufertilitypreservation.com



International multi-disciplinary initiative designed to explore the reproductive future of cancer survivors and individuals with non-cancerous conditions impacting fertility.

oncofertility.msu.edu



All-inclusive education regarding treatment risk to fertility, all fertility preservation options, and post-treatment options. Includes financial assistance information and various mentorship, advocacy, and support groups.

allianceforfertilitypreservation.org

ONLINE SUPPORT



Stupid Cancer's mission is to empower young adults affected by cancer by ending isolation and building community.

stupidcancer.org



look good **feel better**

Non-medical, brand-neutral public service program that teaches beauty techniques to people with cancer to help them manage the appearance-related side effects of cancer treatment.

lookgoodfeelbetter.org

ONLINE SUPPORT, CONT.



Tigerlily
Foundation

Beauty. Strength. Transformation.

Tigerlily Foundation strives to improve quality of life and end isolation among breast cancer survivors.

tigerlilyfoundation.org



Ulman Foundation changes lives by creating a community of support for young adults, and their loved ones, impacted by cancer.

ulmanfoundation.org

MENTORSHIP



Through a unique matching process, Imerman Angels partners anyone, any age, any gender, anywhere, and any cancer type seeking support with someone just like them – a “Mentor Angel”. A Mentor Angel is a cancer survivor or caregiver who, most importantly, has faced the same type of cancer.

imermanangels.org



True North Treks helps teens & young adults with cancer find direction through connection after the very disconnecting experience cancer can bring. True North Treks fulfills its mission by implementing unique and supportive healthcare programs and services that are not available anywhere else.

truenorthtreks.org



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On behalf of the Fertility Preservation and Reproductive Late Effects Team,
we are here to answer your questions and make this process easier.

For general questions and to make an appointment, please contact our
Fertility Preservation Program Coordinator and Navigator:

Erin Foust, MSN, WHNP-BC
Reproductive Health Nurse Practitioner

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