

Even if things feel uncertain, there are many ways to become a parent one day—if that's something you want. Science and support have come a long way, and there are lots of options and people ready to help.

Your experiences and preferences regarding your sexual and reproductive health are important.

When you are ready, you can talk to your doctor and **ask questions**. They can help you understand what's going on with your body and what your options are.

You don't have to figure it all out alone—**there are people who care and want to help you every step of the way.**

This resource was made in partnership and collaboration with patient and family advisors, valuing their lived experience and expertise.

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Atlantic Canada Oncofertility is an umbrella term which refers to the Oncofertility Coordinators from NS, NL, PE, patient and family advisors from all Atlantic Provinces, and leadership from the Atlantic Provinces Pediatric Hematology Oncology Network (APPON) as the project leads for the Oncofertility Project.

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The information in this pamphlet is to be updated every 3 years or as needed. This is an unofficial document if printed. Please go to <https://www.appon-rohppa.com/> for all up to date information.



Fertility after Cancer Treatment

**For Youth and
Adolescents**

What is fertility?

- Fertility means your ability to have biological children in the future. Cancer treatments can sometimes make it harder to have children.

Feelings about fertility

- Thinking about your fertility or starting a family might make you feel uncomfortable or nervous. You might not be ready to talk about it, and that's okay! However, it's important to have the information for when you are ready.

Questions about fertility

It's okay to ask questions! If you are thinking about your fertility and want to talk to your health care provider, here are a few questions you can ask to start the conversation:

- Will I still be able to have children someday?
- How did my cancer treatment change my fertility?
- How will I know if I am fertile?

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I was treated in an adult hospital and at no time did anyone ask me about my sexual health. I was very sexually active and taking birth control during my whole treatment. No one asked, so I didn't tell.

-Patient/Family Advisor

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The future of my fertility

Some of the things that your doctor might discuss with you about your fertility are:

- Follow-up care (blood tests, doctor's appointments).
- How your cancer treatment (chemotherapy, surgery, or radiation) might have impacted your fertility.
- How to test your fertility (special medical tests).
- Options for being a parent in the future (having a biological child, adoption, surrogacy, or extra fertility support).