

Fertility problems related to cancer treatment

To reduce menopause like symptoms:

- Choose light clothes
- Avoid caffeine and alcohol
- Exercise

To relieve vaginal symptoms:

- Use a water-based vaginal lubricant
- Wear cotton and comfortable underwear
- Avoid wear tight slacks and shorts
- Your doctor may recommend a gel or cream to help reduce vaginal dryness

Where can I get more information?

Urgent care unit (UCU) open 24hrs contact no 44397277/44397179

**You can visit the Patient Information Center available from Sunday to Thursday
Contact no (44397530) from 7 am to 3 pm**



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How chemotherapy affects fertility

Some chemotherapy drugs may cause infertility. This means the inability for women to become pregnant or for men to father a child. It may be temporary or permanent, depending on the drugs you have, your age and other factors. Many people go on to have healthy children after chemotherapy. But some chemotherapy drugs can cause permanent infertility, especially in high doses.

What causes infertility?

- Certain chemotherapy medications.
- Radiation therapy to the pelvic area both in men and women.
- Surgery such as removal of the uterus, ovary in females.
- Removal of the prostate gland (an organ that produce semen) in male.

Is it important to discuss the risk of infertility with my doctor before my cancer treatment?

It is important to discuss with your healthcare team regarding any concern you have about your ability to become pregnant or to father of child because some fertility changes are temporary and some are permanent.

Some options that may be available to you include:

Sperm banking: It is a process that involves a man's sperm being collected before chemotherapy treatment. This sperm are kept frozen until the man has completed all of his cancer treatment and is ready to start a family.

Egg freezing: It is a process where a woman's eggs are collected before chemotherapy treatment. The eggs are kept frozen until the woman has completed all her cancer treatment and is ready to start a family.

How chemotherapy affects women's fertility?

Chemotherapy can stop your ovaries from working for a while, or possibly permanently. You may have an early menopause. Your periods may become irregular and then stop completely.

You may also have:

- Hot flushes
- Dry skin
- Vaginal dryness
- Loss of energy
- Less interest in sex
- Mood swings or feeling low