



Talking with Your Fertility Specialist

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WHY SHOULD I SEE A FERTILITY SPECIALIST?

Before you even make an appointment with a fertility specialist, start the dialogue with your doctor, genetic counselor (find one at nsgc.org) or a support organization. Ask where you can find a fertility specialist, find out what they can do exactly, and discuss how one might be able to help you.

ARE WE A GOOD FIT?

- Have you treated patients who are at high risk for developing breast and ovarian cancer before?
- What are the success rates of egg and embryo banking at this fertility program?

WHAT ARE MY OPTIONS?

- Knowing my family history, genetic background and medical history, how does being at high risk for breast and ovarian cancer affect my fertility?
- If my uterus is removed, can you recommend local resources for locating gestational carriers (surrogates)?
- What reproductive options will be available to me, based on my proactive treatment plan (including surgeries, chemoprevention, etc.)?
- Do you recommend egg or embryo banking for me?
- If I'm planning to undergo an oophorectomy, how long after egg or embryo banking should I wait?
- When I do decide to have a child, how will my lack of ovaries affect my pregnancy?

TELL ME MORE ABOUT THESE PROCEDURES:

- If I choose to participate in egg or embryo banking, what hormone treatments do you suggest to stimulate egg production? How long will I be on them? What are the potential risks and side effects?
- Can you describe the egg retrieval process for me?
- If I choose to fertilize my eggs with sperm from a spouse or donor during embryo banking, what does this entail?
- If I choose PGD or preimplantation genetic diagnosis (which involves testing the embryos for genetic mutations) can the procedure affect the development of the embryos? Can you further explain the pros and cons of this option?

WHAT DO I NEED TO KNOW ABOUT INSURANCE & SCHEDULING?

- What are the costs of egg or embryo banking with this fertility program? Can you break down the costs (medication, procedures and annual egg or embryo storage fees)?
- Will my insurance cover my treatment, and will you help me file a claim? Do you have experience getting health insurance companies to cover the costs of fertility preservation?

NOTES

This guide was authored in collaboration with Dina Roth Port, author of the book *Previvors: Facing the Breast Cancer Gene and Making Life-Changing Decisions*.

BRIGHT PINK is a national non-profit on a mission to save women's lives from breast and ovarian cancer by empowering them to live proactively at a young age. For more information or to get involved, visit BrightPink.org.