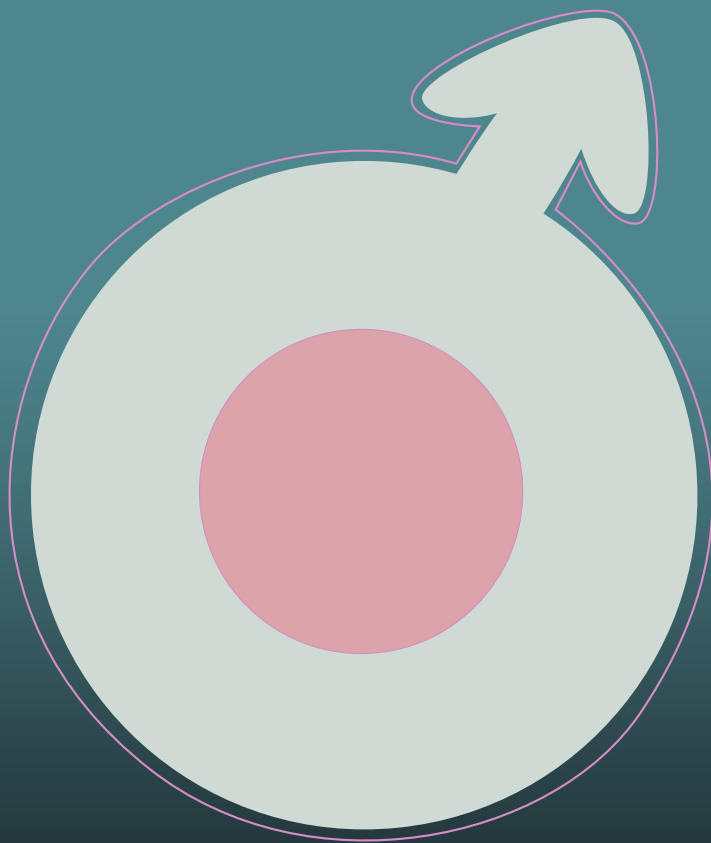


CAN I STILL HAVE CHILDREN?

Information for men having
chemotherapy and radiotherapy



MelbourneIVF
Leading minds dedicated to your success



the women's
the royal women's hospital

This booklet was produced by the Andrology Unit and Reproductive Services at the Royal Women's Hospital and edited by the Women's Consumer Health Information team.

If you would like to make any comments about this booklet, please contact the Women's Consumer Health Information team on (03) 8345 3040 or email rwh.publications@thewomens.org.au

Disclaimer

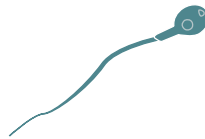
The Royal Women's Hospital does not accept any liability to any person for the information or advice (or use of such information or advice) that is provided in this booklet or incorporated into it by reference.

We provide this information on the understanding that all persons accessing it take responsibility for assessing its relevance and accuracy.

Men and women are encouraged to discuss their health needs with a health practitioner.

First published June 2009,
2nd edition February 2014

© The Royal Women's Hospital
(February 2014)

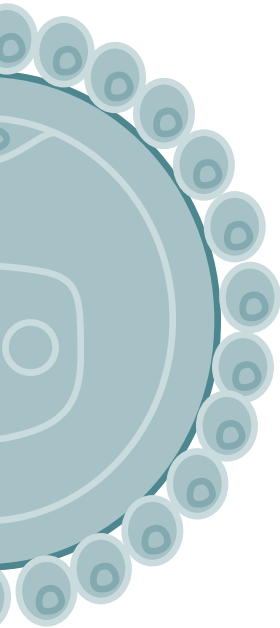




This booklet is for men who are about to have chemotherapy, radiotherapy or other treatments or procedures which may affect their fertility. It aims to help you make decisions now which may increase your chance of having children in the future. We hope that it answers all your questions, if not, please speak to your doctor. We have also provided some important contact information at the end of the booklet for your reference.

Important information

Please remember to bring a referral from your doctor requesting 'Semen Analysis' and 'Sperm Storage' to your first appointment with the Andrology Unit.



WHAT ARE THE EFFECTS OF MY TREATMENT?

Chemotherapy and radiotherapy can affect a man's ability to father children. This is because the treatment is likely to stop sperm production. For some men this will only be temporary. After a time, they will start producing healthy sperm again. For other men however, sperm production may stop permanently.

WHAT ARE MY OPTIONS?

Before you start chemotherapy or radiotherapy, some of your semen, containing sperm, can be frozen and kept until you wish to start a family.

The semen will need to be produced and collected at the hospital, preferably by masturbation. If you have difficulty collecting a sample by masturbation, then it may be possible for you to collect it by having sex at home whilst wearing a special non-toxic condom. Please contact staff at the Royal Women's Hospital Andrology Unit for more details on (03) 8345 3992.

If you are collecting semen by masturbation there are a few practical details that you need to know:

- Samples are collected in a private room in the Andrology Unit so that the scientists can prepare and freeze the semen as soon as possible before the sperm die.
- You should try and avoid lubricants as they can damage the sperm and make the semen difficult to freeze.
- Make sure you collect all of the semen – the first portion often contains most of the sperm.
- Where possible two or more samples are collected.

WHAT IS A TESTICULAR BIOPSY?

Some men may be unable to collect semen or there may be no sperm in the semen because of illness, or for other reasons. In this situation it may be possible to collect sperm from your testicles using a needle or a scrotal incision via a small procedure called testicular biopsy. This can be done with you awake or asleep. Sperm collected from the testis may be frozen and used later by intracytoplasmic sperm injection (ICSI).

DOES FREEZING DAMAGE THE SPERM?

The sperm are prepared for freezing by mixing them with a protective solution and reducing the temperature gradually. They are stored in liquid nitrogen at -196°C . Some of the sperm are killed in the process of freezing, the results do vary but usually 25% to 50% will survive. The use of sperm that has been frozen and thawed is not associated with any increased health risks to your partner or your child.

HOW LONG CAN SPERM BE FROZEN?

Sperm have been used successfully after being frozen for many years. Victorian law states that sperm from cancer patients can be stored initially for twenty years if you have a valid referral from your doctor (the referral must state that your fertility is likely to be affected by your cancer treatment). After twenty years approval must be obtained from the relevant authority for continued storage.

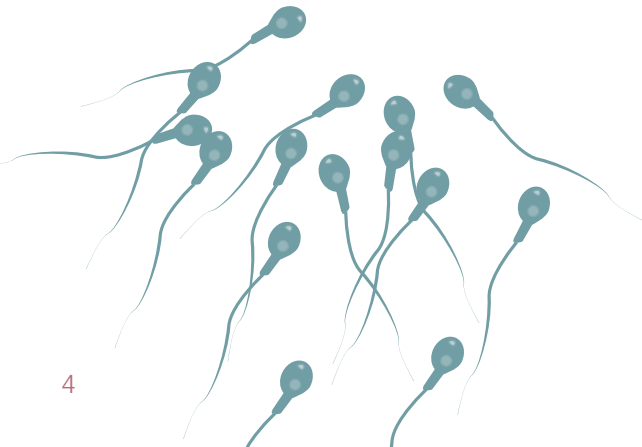


WHAT HAPPENS WHEN I WANT TO START A FAMILY?

Different fertility methods are used depending on the quality of the semen after storage and your partner's fertility.

- **Artificial insemination (AI)** – your semen is thawed and the sperm is prepared and injected into your partner's uterus. This method can be used if there is plenty of semen containing large numbers of motile (moving) sperm.
- **In-vitro fertilisation (IVF)** - eggs are collected from your partner and fertilised with your sperm in the laboratory, the embryo/s are then placed in her uterus. This is used if there are female factors causing infertility or if artificial insemination has been unsuccessful.
- **Intracytoplasmic sperm injection (ICSI)** - this is done as part of IVF and is used when there are only small numbers of sperm available, the semen sample has poor quality sperm or if the sperm are collected from the testicles using biopsy. In this method a single sperm is injected into each egg in the laboratory.

If any of the procedures listed above are to be performed through Reproductive Services at the Women's or another infertility specialist, you will require a referral from your doctor.



WHAT ARE MY CHANCES OF HAVING A CHILD?

There is no guarantee of success. While many couples have had children through AI, IVF or ISCI, many others have failed. However, with ICSI, the chances for men fathering children after chemotherapy and radiotherapy have greatly improved. For more information on success rates, please visit the Melbourne IVF website at www.mivf.com.au.

WHAT DOES SPERM STORAGE COST?

There is a yearly fee for sperm storage (concessions may be available). This fee is not covered by Medicare or private health insurance. Please ring the Andrology Unit on (03) 8345 3992 to check our current fees.

Are you experiencing financial difficulties?

If you have a Health Care Card or you are on a Disability Support Pension our sperm storage fees are reduced by twenty-five per cent. You may also apply for assistance from the Cancer Council Victoria, visit www.cancervic.org.au for more information.

WHAT HAPPENS TO FROZEN SEMEN THAT ISN'T USED?

Any frozen semen will be kept until you are ready to decide what you want to do with it. It cannot be used for any other purpose without your permission. If you decide that you do not want to keep your sperm in storage, the Andrology Laboratory can dispose of it for you. It is important that you notify Andrology of any change of address and other contact details during the time your sperm is in storage.

WHAT HAPPENS IF I DIE?

If you have left clear and witnessed written consent your partner may be allowed to use your sperm to achieve a pregnancy after your death. Please visit the website of the Victorian Assisted Reproductive Treatment Authority (VARTA) for further information – www.varta.org.au/what-if-my-partner-dies/.

In Victoria, the posthumous use of sperm is governed by Section 46 of the Assisted Reproductive Treatment (ART) Act 2008.

I'VE ALREADY STARTED CHEMOTHERAPY OR RADIOTHERAPY, CAN ANYTHING BE DONE?

Usually we are unable to store sperm after you have commenced your cancer treatment. This is because your sperm may carry genetic damage from the treatment that might result in developmental or genetic problems in your offspring. If you have started chemotherapy or radiotherapy and you do not have sperm stored, we suggest that you make an appointment with one of our doctors to discuss your situation.

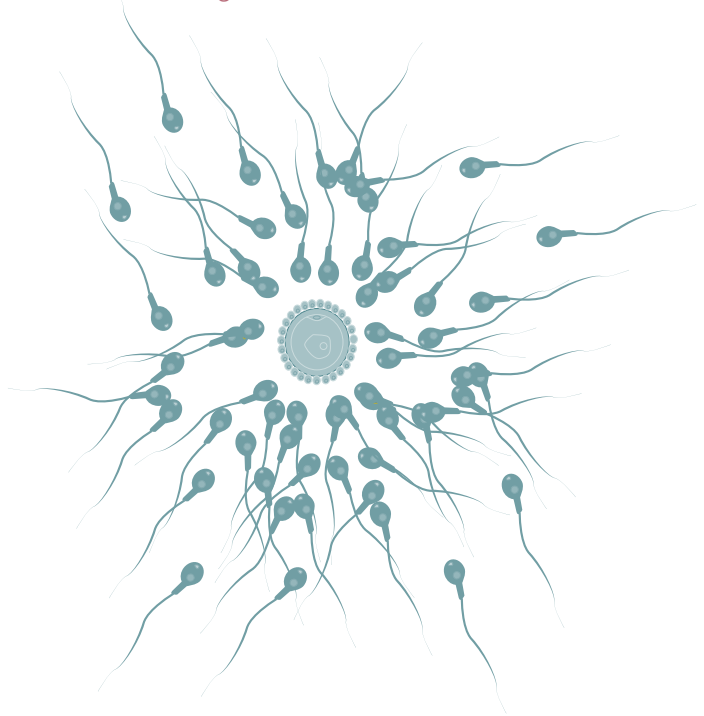
We strongly advise you to contact the Andrology Unit before commencing chemotherapy or radiotherapy treatment if you would like sperm storage.

TALKING IT OVER

A diagnosis of cancer can be extremely difficult to adjust to. Making decisions about freezing sperm may seem like just one more thing you have to consider.

Talking it over may help you to work through any concerns. Counsellors and infertility specialists are available through Melbourne IVF and Reproductive Services at the Women's. The counsellors can be contacted on (03) 8345 3200 (a referral is required to see a specialist).

The Cancer Council's Help line can provide you with information on cancer support services and a wide range of topics related to your cancer. They also have trained counsellors available for brief telephone counselling. Please phone **1311 20** Monday to Friday 8.30am to 8.00pm or visit their website at www.cancervic.org.au.



CONTACT INFORMATION

For further information or to make an appointment for sperm storage, please phone the:

Andrology Unit

The Royal Women's Hospital/Carlton Campus

321 Cardigan St

Carlton, Victoria 3053

Monday to Friday 9.00am – 5.00pm

Tel (03) 8345 3992

Web www.rch.org.au/andrology

for more information about our service.

Other important contacts

Reproductive Services

The Royal Women's Hospital

Level 2, Cnr Grattan Street & Flemington Road

Parkville, Victoria 3053

Tel (03) 8345 3200

Web www.thewomens.org.au

Melbourne IVF

10/320 Victoria Parade

East Melbourne, Victoria 3002

Tel (03) 9473 4444

Web www.mivf.com.au

The Cancer Council of Victoria

Tel 13 11 20 (Monday to Friday), 8.30am – 8.00pm

Web www.cancervic.org.au

Andrology Unit

321 Cardigan St

Carlton, Victoria 3053

Tel (03) 8345 3992

Web www.rch.org.au/andrology

Melbourne IVF

10/320 Victoria Parade

East Melbourne, Victoria 3002

Tel (03) 9473 4444

Web www.mivf.com.au