

Emotional and Psychological Aspects of Fertility Preservation

MD Anderson's Oncofertility service focuses on the physical aspects of fertility preservation and reproductive options. Your emotional and psychological needs are also very important.

A cancer diagnosis and future treatment can often cause anxiety and stress. Fertility planning can add stress and cause a strong emotional reaction. You may feel emotions that you have never felt before. Severe and long-lasting stress responses are common.

The program uses the skills of trained providers to help you deal with the emotional aspects of cancer as well as to address your reproductive concerns. Community doctors and counselors are available to help support your emotional and psychological health needs during this time.

If you reach out for help, be sure to ask to speak with a fertility psychologist.

Connecting with other people who have gone through similar experiences may help to support you during this time. In addition, online resources include:

- American Cancer Society
www.Cancer.org
- Cancer.net
www.Cancer.net
- LiveStrong Fertility
www.LiveStrong.org
- Stupid Cancer
www.StupidCancer.org
- Leukemia & Lymphoma Society
<https://www.LLS.org/>
- Oncofertility Consortium
<https://OncoFertility.MSU.edu/>
- Team Maggie
www.TeamMaggieforaCure.org

Resources

Patient Education Recommended Resources

<https://MDAndersonTLC.Libguides.com/Fertility>

MD Anderson Oncofertility Service

Laura Lee Blanton Gynecologic Oncology Center
MD Anderson Cancer Center
Mays Clinic, Floor 6
713-792-6810

American Society for Reproductive Medicine (ASRM)

<https://www.ASRM.org/>

Click on "For Patients"

Click on "Find a Health Professional?"

Complete the form to find a psychologist or counselor in your local area.