

Additional Resources on Fertility Preservation Options

Oncofertility Consortium <https://oncofertility.northwestern.edu/>

My Oncofertility <http://www.myoncofertility.org/>

Livestrong <http://www.livestrong.org/we-can-help/fertility-services/>

For the Alginate lab, go to www.nubio.northwestern.edu, then to the Labs tab at the top, then to the lab called Just Bead It.

Science in Society, Northwestern University, articles on many science topics on oncofertility with very good graphics <http://scienceinsociety.northwestern.edu/>

‘Preserving Fertility in Youngest Cancer Patients’, Dr. Kyle Orwig, University of Pittsburgh Medical Center cryopreservation of sperm stem cells, Kelley Daschel, Associated Press
<https://www.youtube.com/watch?v=AtJdH1E0Gk4>

‘Get Empowered, A New Video Series for Childhood Cancer Survivors’, POSTED BY ANGELA KRAUSFELDT JUNE 21, 2013 <http://cancer.northwestern.edu/empowered/index.cfm>

Each year, over 12,000 American children are diagnosed with cancer. Fortunately, recent advances in treatment and supportive care mean that nearly 80% of these children will go on to become adult survivors. Today there are more than 270,000 survivors in the U.S. and that number is expected to rise. Survivors of childhood cancers often go on to live full and productive lives, but the treatments they’ve received and the disease itself put them at risk for future medical problems. Thirty years after diagnosis, as many as 68% will have at least one health problem, such as a secondary cancer, thyroid disorder or cardiac dysfunction; and 31% will have multiple complications.

Cancer survivorship starts at the time of disease diagnosis and continues throughout the rest of the patient’s life. Many survivors experience physical, emotional and day-to-day challenges after cancer treatment is done making survivorship a life-long journey. As a result, the Robert H. Lurie Comprehensive Cancer Center launched a new educational video series entitled, *Get Empowered: Life, Living, and Follow-Up Care After Childhood Cancer*, aimed at supporting childhood cancer survivors with life after treatment. *Get Empowered* features videos with seven childhood cancer survivors and five healthcare professionals discussing issues that survivors face once their treatment ends. Topics in the



This work is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License](https://creativecommons.org/licenses/by-nc-sa/4.0/).

videos are comprehensive and cover subjects such as compromised fertility as a result of cancer treatment. Five educational videos available for viewing are as follows:

Introduction to Childhood Cancer and its Impact on Adult Survivors, with *Aarati Didwania*, MD, Medical Director and **STAR Program** Coordinator, *Karen Kinahan*, RN, APN, Clinical Nurse Specialist and STAR Program Coordinator, and *Lynne Wagner*, PhD, Clinical Health Psychologist. The STAR Program (Survivors Taking Action & Responsibility) is a comprehensive long-term follow-up program for adult survivors of pediatric cancer. The STAR Program follows survivors through adulthood focusing on their special medical and psychological needs.

Transitioning to Adult Health Care with *Karen Kinahan*, RN, APN, Clinical Nurse Specialist and STAR Program Coordinator

Cardiac Risk Factors, Prevention, and Late Effects with *Vera Rigolin*, MD, Cardiologist

Fertility with *Kristin Smith*, Oncofertility Patient Navigator

Finding a “New Normal” and the Emotional Side of Survivorship with *Lynne Wagner*, PhD, Clinical Health Psychologist

The goal of the video series is to:

- **Enhance awareness** of long term follow-up care recommended for adult survivors of childhood cancer
- **Learn** from other survivors’ experiences with long term follow-up care
- **Help survivors** anticipate and manage common medical and psychosocial issues that may arise after treatment
- **Share resources** available to help survivors take an active role in their long term follow-up care plan
- **Empower** current childhood cancer patients and long term survivors to embrace life as a survivor and take control of their medical and psychosocial care

Once cancer treatment ends, a new chapter in life begins. Knowing how to plan for and get the best possible post-treatment follow-up care can significantly impact your quality of life. For more information about the *Get Empowered* video series or the **STAR Program**, please contact *Karen Kinahan* at 312.695.4979.



'Babies After Cancer' , Freezing Sperm, Dr, Kaylen Silverberg, Texas Fertility Center, Austin, Texas, May 1, 2012, Fox 7 News

<https://www.youtube.com/watch?v=bmg7ggHVSZo&index=17&list=PLCB98A46E10FD14B9>

