



Did you know?

... that there is increasing evidence supporting the safety of fertility preservation techniques in women with breast cancer?

Meta-analysis* of over 4,500 patients comparing COS or ART vs no fertility preservation or no ART¹

No detrimental impact was found related to:

COS (n=1,594) vs no COS (n=2,386) at cancer diagnosis		ART (n=123) vs no ART (n=540) after cancer treatment
<p>Recurrence rate RR 0.58 (95% CI 0.46–0.73, p<0.001)</p>		<p>Recurrence rate RR 0.34 (CI 95% 0.17–0.70, p=0.003)</p>
<p>Mortality rate RR 0.54 (95% CI 0.38–0.76, p<0.001)</p>		<p>Mortality rate[†] Not reported</p>
<p>Event free survival HR 0.76 (95% CI 0.55–1.06, p=0.112)</p>		<p>Event free survival HR 0.43 (95% CI 0.17–1.11, p=0.081)</p>

The authors concluded that, due to methodological limitations,[‡] COS and ART are unlikely to increase the risk of breast cancer recurrence, rather than having a protective effect.

*15 retrospective or prospective case-control or cohort studies (n=4,643) comparing women with breast cancer who underwent COS before starting chemotherapy for breast cancer and/or ART after the end of treatment to a control group of breast cancer patients without access to these strategies. Two were prospective, non-randomised controlled studies, one was a prospective cohort study, 11 were retrospective studies (10 of which were retrospective cohort studies) and one was an ambispective study; [†]no studies included data on mortality rate; [‡]risk of bias in the selection of patients with favourable prognostic characteristics, short follow up (<5 years in 6 studies) and only rate of cancer recurrence without reporting 'time to event' endpoints.

- These results help to reassure patients and oncologists that COS and ART do not appear to be associated with any detrimental prognostic effect in women with breast cancer¹
- Oncofertility counselling should be offered to all young women at the time of breast cancer diagnosis^{2,3}

ART, assisted reproductive technology; CI, confidence interval; COS, controlled ovarian stimulation; HR, hazard ratio; RR, relative risk.

1. Arecco L *et al. Hum Reprod.* 2022;37(5):954–68.

2. The ESHRE Guideline Group on Female Fertility Preservation. *Hum Reprod Open* 2020;2020:hoaa052.

3. Perachino M *et al. ESMO Open* 2020;5(Suppl 4):e000771.