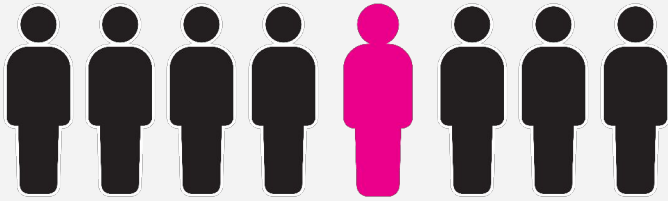


Understanding Breast Cancer and Fertility



1 out of 8

women will receive a breast cancer diagnosis in their lifetime



women in the U.S. has a mutation in either her BRCA1 or BRCA2 gene



breast cancer survivors in the United States

How cancer treatment affects fertility

Cancer treatment can impact reproductive health

Treatment impacts may include

- Chemotherapy and hormone therapy may affect egg quality and quantity.
- Treatment can disrupt hormone production.
- Ovarian suppression may occur.
- Some treatments may shorten the window of time to have children.

Fertility preservation

Options to preserve your fertility before treatment begins

- **Egg or embryo freezing:** Most common and effective method; typically takes about 2 weeks.
- **Ovarian tissue freezing:** An option for younger patients or those who cannot delay treatment.
- **Medications to suppress ovaries (GnRH agonists):** Sometimes used to reduce ovarian damage, though results vary.

An early consultation with a fertility specialist gives you more choices.

Planning Ahead & WIN Support

Pregnancy after breast cancer

Planning for a safe and healthy pregnancy after treatment

How long should you wait to get pregnant?

- Most oncologists recommend waiting 1–2 years after treatment before trying to conceive, as this is the highest risk period for recurrence.
- For breast cancer survivors taking tamoxifen, waiting longer may be advised.
- If a woman is not ready or medically able to carry a pregnancy, gestational carriers (surrogates) are an option.

Does pregnancy increase the risk of recurrence?

- Studies show pregnancy and breastfeeding do not increase recurrence risk after successful treatment.

Take the first step with WIN

You don't have to navigate this alone

WIN provides expert guidance, compassionate care, and a clear plan to protect your family-building future.

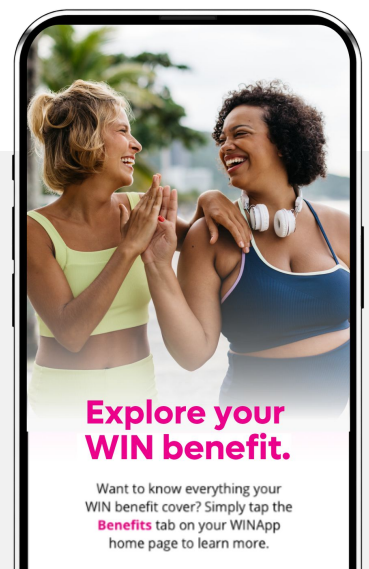
Get started in 3 simple steps:

1. Schedule a consultation with a WIN Nurse Care Advocate.
2. Discuss fertility preservation options and family-building goals.
3. Create a personalized plan in collaboration with your healthcare team.



Take control today

Scan to download the WINFamily App and create your account using your company name to connect with WIN, book a nurse consultation, and access resources.



**Explore your
WIN benefit.**

Want to know everything your WIN benefit cover? Simply tap the **Benefits** tab on your WINApp home page to learn more.