

Empower - Menopause and Cancer Survivorship Pathway

Loses Arising from Menopause

FAQs

Fertility

Will my care team be able to give me resources to cope with loss of fertility?

Studies have shown that it is common for doctors/nurses/healthcare teams to not discuss fertility loss with their patients. This can result in lack of support and resources regarding any emotional challenges you may be facing surrounding the issue. It is therefore recommended to initiate conversations about fertility loss.

[How Can Cancer and Cancer Treatment Affect Fertility?](#)

1. Who are people I can talk to about my infertility besides my main care team?

Some recommended people to talk to include onco=fertility specialists and gynaecological oncologists.

[Fertility and Cancer \(cancercouncil.com.au\)](#)

How can I talk to my partner about my emotions and concerns about infertility and body image insecurities?

Be open and honest about how you are feeling. There is a chance that they are feeling similar emotions and relying on one another can help alleviate hard emotions.

[Fertility and Cancer \(cancercouncil.com.au\)](#)

Are there ways for me to cope with my feelings?

Yes, there are many techniques you can try to cope with losses such as infertility and loss of self-esteem such as breathing exercises, professional supports and journaling. Please refer to the Resources and Tips and Advice documents for more information.

[Coping Strategies | Fertility Network \(fertilitynetworkuk.org\)](#)

I used to be confident in my body image, why have I lost self-esteem?

There are many emotional, physical as well as social changes that people encounter during menopause. Body image insecurities can arise from a mixture of these two factors. This can be especially true for those who experience early menopause. Please refer to the Resources and the Tips and Advice documents for more information.

[Get Positive About Body Image | The North American Menopause Society, NAMS](#)