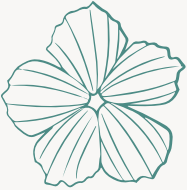




# Fertility and Contraception

Exploring fertility preservation and reproductive choice

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Obstetrics and Gynecology  
Wellspan York Hospital





# Objectives



**01**

Fertility planning for those born with ovaries and a uterus

**03**

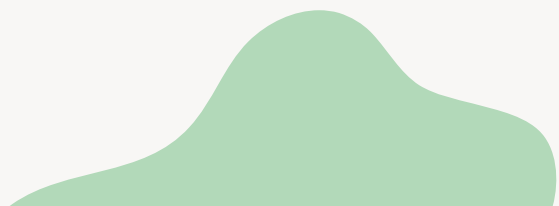
Hormonal birth control options

**02**

Pregnancy and reproductive health options

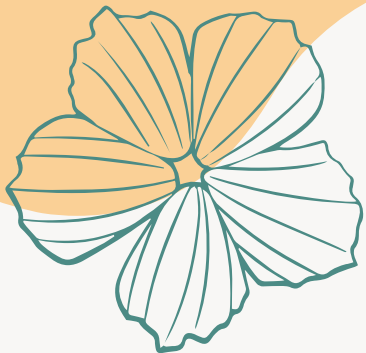
**04**

Challenges in healthcare accessibility



# Language and Inclusivity

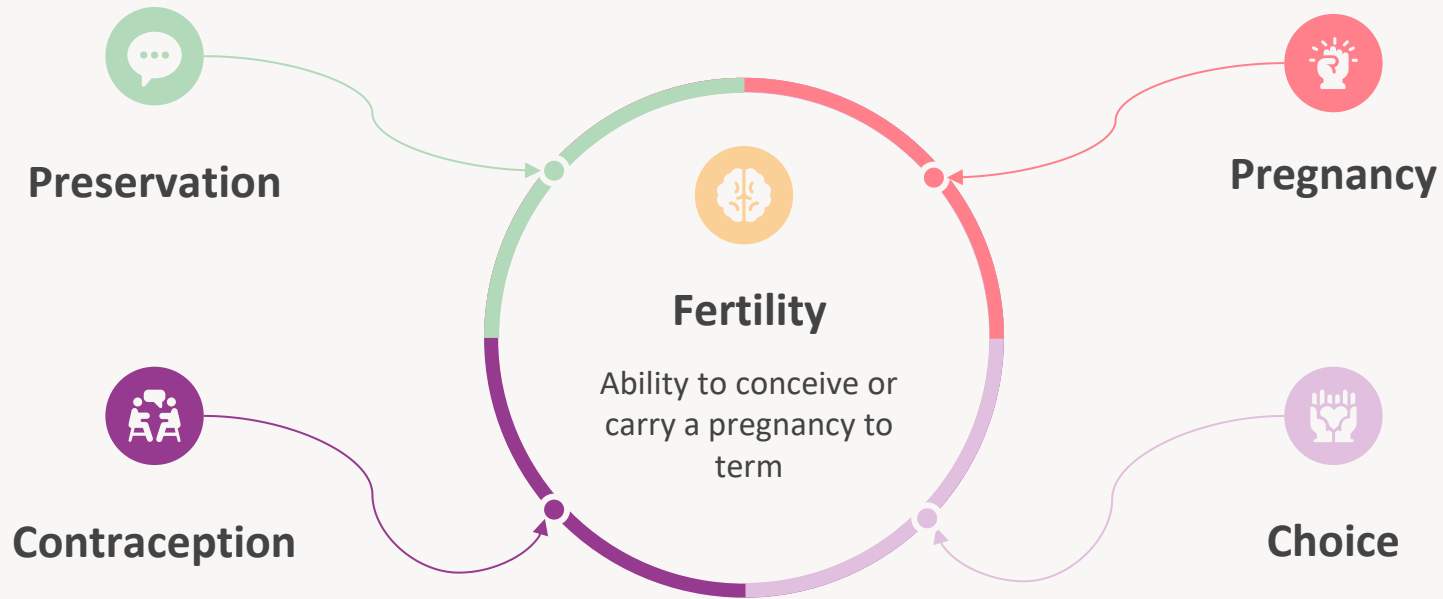




# INTRODUCTION

Gender-affirming hormone therapy, hormonal contraception, and reproductive choice







# Fertility Preservation Options

Before starting testosterone

**Egg Banking  
(Cryopreservation)**

**Embryo Freezing  
(IVF)**

**Ovarian Tissue  
Cryopreservation**

Delaying or pausing gender affirming hormone therapy for the purpose of fertility can cause significant dysphoria. A multidisciplinary support circle is **essential**.

# Egg Banking

1

Ovarian Stimulation



2

Egg Retrieval



3

Freezing and Storage

## Benefits

- Fertility preservation
- Family building options
- Control over reproductive timing

## Challenges

- Cost
- Time
- Procedure
- Emotional impact
- No guarantee

# Embryo Freezing



## Benefits

- Fertility preservation
- Higher success rate
- Can be used years later
- Control over reproductive timing

## Challenges

- Cost
- Time
- Procedure
- Availability of sperm
- Emotional impact
- No guarantee



# Ovarian Tissue Cryopreservation



## Benefits

- Fertility preservation
- Longer storage

## Challenges

- Experimental
- Cost
- Time
- Procedure
- Emotional impact
- No guarantee

# Reproductive Options

## Unassisted pregnancy

- Functional reproductive organs
- Require cessation of testosterone

## Assisted reproductive technologies (ART)

- Intrauterine insemination (IUI)
- In vitro fertilization (IVF)


## Adoption

## Gestational carrier



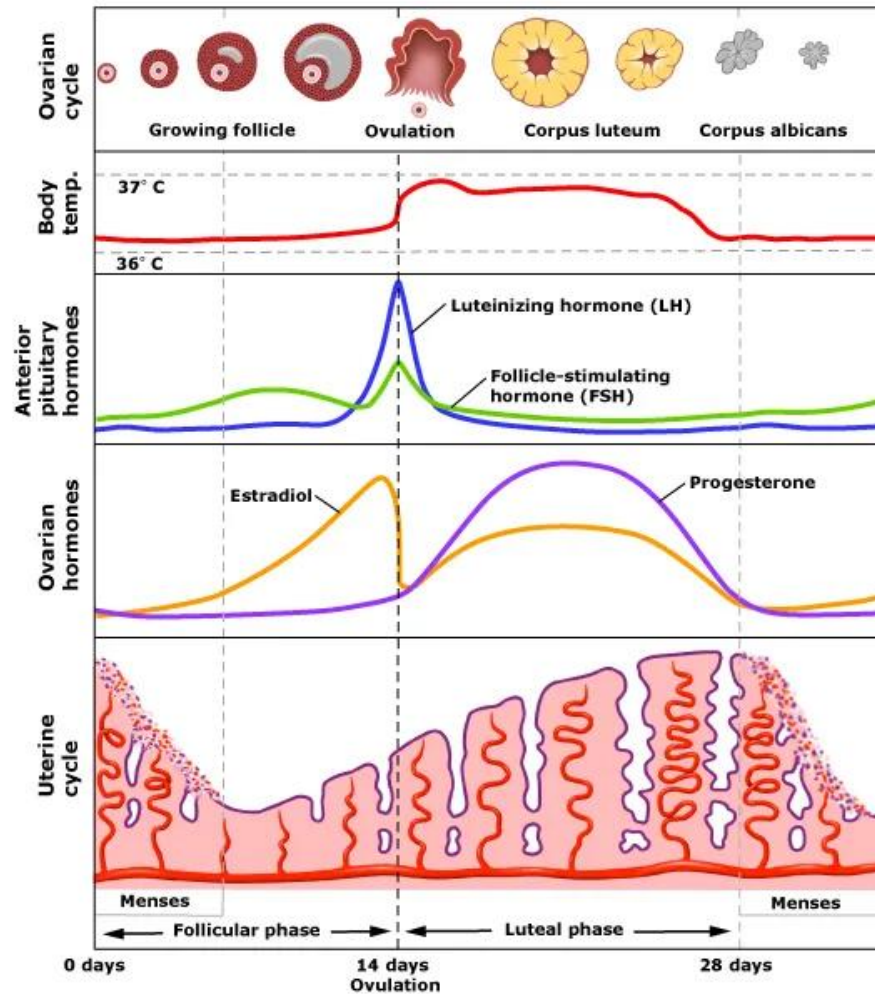
# Reproductive Choice

## Barriers to abortion care

- Inclusivity
  - Access
  - Law and policy
  - Emotional support
- 



# Hormonal Birth Control



## Types of birth control

- Combined oral contraceptives (COCs)
- Progestin-only pills (POPs, mini-pill)
- Hormonal IUD (Mirena)
- Non-hormonal IUD (Paragard)
- Injectable contraceptives (Depo-Provera)
- Implants (Nexplanon)
- Vaginal ring (Nuvaring)
- Transdermal patch



# Testosterone and Estrogen

- No effects
- Feminizing effects
- Breast development
- Change menstruation

# RESOURCES

- American College of Obstetricians and Gynecologists
- American Society for Reproductive Medicine
- UCSF Transgender Care Guidelines
- WPATH Standards of Care 8
- Light, A., Obedin-Maliver, J., Sevelius, J., & Kerns, J. (2014). Transgender Men Who Experienced Pregnancy After Female-to-Male Gender Transitioning. *Obstetrics and Gynecology*, 124(6), 1120-1127.

