

Fertility Preservation Options for Transgender Individuals

Date: [Insert Date]

Dear [Recipient's Name],

As you consider your transition, it's essential to explore your options for fertility preservation. Below, I have outlined various methods that may help you retain your reproductive options for the future.

Fertility Preservation Methods

- **Sperm Banking:** For transgender men and non-binary individuals assigned male at birth, sperm banking is a viable option prior to hormone therapy or surgery.
- **Oocyte Preservation:** For transgender women and non-binary individuals assigned female at birth, egg freezing can be done before starting hormone treatments.
- **Embryo Freezing:** This option involves fertilizing eggs with sperm and freezing the embryos for future use.
- **Ovarian Tissue Freezing:** This experimental method involves removing and freezing ovarian tissue for potential future re-implantation.

It's crucial to discuss these options with a fertility specialist who understands your unique needs. Please feel free to reach out if you have any questions or need further assistance.

Sincerely,

[Your Name]

[Your Title]

[Your Contact Information]