

THE CENTER FOR HUMAN REPRODUCTION

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FOR IMMEDIATE RELEASE

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Tuesday, June 3, 2008

Promising new fertility preservation technique developed for breast cancer patients:

A team of fertility experts are reporting early success with an innovative approach to helping breast cancer patients preserve eggs to maintain options for future fertility after undergoing the rigors of cancer treatments, which can irrevocably damage their natural fertility.

The new approach, called *Controlled Ovarian Stimulation Treatment with Letrozole Supplementation Study* (COST-LESS), was developed by a New York-based research team led by Kutluk Oktay, MD, and recently tested on a volunteer group of 79 breast cancer patients. COST-LESS utilizes the combination of letrozole and gonadotropins to stimulate ovaries to produce eggs, which are then harvested and cryopreserved for future use. By cryopreserving eggs or embryos before undergoing the potentially damaging affects of chemotherapy, patients preserve their ability to conceive with the use of their own eggs after having recovered from cancer and rebuilding their lives. Traditional ovarian stimulation treatments should not be used in women with breast cancer since they stimulate estrogen levels, which in turn can stimulate cancer growth.

In a report, just published by the prestigious *Journal of Clinical Oncology*, Dr. Oktay's team reports that, using COST-LESS, women with breast cancer preserved fertility without exhibiting an increase in risk of breast cancer recurrence in comparison to a control group of 136 breast cancer patients who had not received COST-LESS. The acronym COST-LESS was chosen for this new approach because Dr. Oktay and his team had previously reported that letrozole also reduced the cost of IVF treatments and, hence, this new approach improves fertility preservation and reduces cost of treatment at the same time.

Dr. Oktay is Founder and Medical Director of the *Institute for Fertility Preservation*, a division of the *Center for Human Reproduction*. He is recognized worldwide as a pioneer in the field of female fertility preservation and states: "*One of the greatest medical accomplishments is that more women are successfully recovering from breast cancer. Survivors are then, however, often shocked to find out that their cure resulted in loss of fertility.*" He adds, "*It doesn't have to be that way. Cancer treatments are about saving lives. Fertility preservation is about restoring quality of life, and there is much that can be done.*"

To learn more about COST-LESS, or Fertility Preservation in general, please contact Dr. Oktay at 312-876-1505.

[View a summary of the study](#)

[View the complete study](#)