

# FREEZING THE FUTURE: A BILINGUAL INFOGRAPHIC TO MAKE FERTILITY PRESERVATION CLEAR AND ACCESSIBLE

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## BILINGUAL PATIENT INFOGRAPHIC

### BACKGROUND

Many patients at risk of infertility are unaware of fertility preservation options or feel too overwhelmed to ask. This includes individuals preparing for cancer treatment, those with conditions such as endometriosis, and people intentionally wanting to delay childbearing.

### OBJECTIVE

To design and evaluate a bilingual (English/Spanish) infographic that explains fertility preservation in clear, plain language and improves understanding among patients and trainees

### METHODOLOGY

ASRM and ACOG guidelines were reviewed to identify key concepts in fertility preservation. These were translated into plain-language messaging and formatted into a one-page bilingual infographic. The tool was pilot-tested with 5 OB/GYN residents and 10 clinic patients using a 5-point clarity and usefulness scale.

**Freezing Your Future**  
**Preservando tu Futuro**

**Learn About Preserving Your Fertility / Aprende Sobre Cómo Preservar tu Fertilidad**

At BronxCare, we help you understand your options for having a family in the future.  
/ En BronxCare, le ayudamos a entender sus opciones para tener una familia en el futuro.

**Fertility Preservation is saving your eggs or embryos for the future**  
**La preservación de la fertilidad es guardar sus óvulos o embriones para el futuro**

**Who Should Consider Fertility Preservation? ¿Quién debería considerar la preservación de la fertilidad?**

- Age-Related / Planned Delay**  
Edad-relacionada / Postergación planificada
- Benign Surgical Risks (Fibroids / Endometriosis)**  
Antes de una cirugía por fibromas o endometriosis
- Planned Medical Treatments**  
Antes de los tratamientos contra el cáncer
- Genetic Conditions**  
Condiciones genéticas  
Historia familiar de menopausia temprana, mutación BRCA, premutación del cromosoma X fágil

**Available Options / Opciones Disponibles**

- Egg Freezing**  
Congelación de óvulos
- Embryo Freezing**  
Congelación de embriones

**Hormone medications are taken for a short period under medical supervision.**

**Serious complications are uncommon.**  
Los medicamentos hormonales se utilizan por un periodo corto bajo supervisión médica.

**Let Us Guide You / Permitanos Orientarle**

**We provide educación about fertility preservation and help you find specialized care**  
Le brindamos educación sobre la preservación de la fertilidad y le ayudamos a encontrar cuidados especializados.

**BronxCare**

### RESULTS

Of 15 participants:

- **93% (14/15)** rated the infographic as “clear” or “very clear”
- **87% (13/15)** reported improved understanding of fertility preservation
- **80% (12/15)** felt more likely to ask their doctor about fertility preservation

Participants noted that the Spanish version improved accessibility. Suggestions included adding cost considerations and expanding translations to additional languages.

### CONCLUSION

A bilingual infographic is a low-cost, high-impact tool to improve understanding of fertility preservation among diverse patients. Although this pilot included only cisgender participants, the tool has potential to support a broad range of individuals, including transgender patients planning gender-affirming care. Further testing, translation, and wider distribution may expand its impact and promote inclusive, timely fertility counseling.

### DISCLOSURES

The authors report no conflicts of interest.