

EVALUATING THE IMPACT OF FERTILITY PRESERVATION PROGRAMS ON QUALITY OF LIFE AMONG ONCOLOGY PATIENTS: INSIGHTS FROM THE FACT-G QUESTIONNAIRE

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Introduction: As advancements in oncology have dramatically improved patient survival rates, quality of life (QoL) has emerged as a critical concern for patients, particularly for younger women facing reproductive challenges. Aggressive treatments such as chemotherapy and radiation therapy may lead to fertility loss, adversely affecting life satisfaction. Fertility preservation programs are gaining prominence as essential components of treatment, offering women the opportunity to retain their reproductive functions and enhance their quality of life.

Materials and Methods: This comparative and descriptive study evaluated QoL among oncology patients participating in fertility preservation programs against a control group not receiving such interventions. The study included 140 patients, divided into a main group (n=75) who engaged in fertility preservation and a control group (n=65) who did not. Quality of life was measured using the FACT-G questionnaire, which assesses various domains including physical wellbeing, emotional and social wellness, and daily life satisfaction. Statistical analyses were performed using appropriate methods to compare the groups.

Results: The findings revealed significant differences in QoL between the two groups ($p < 0.001$) across all measured domains. Notably, patients with lymphoma reported the highest QoL scores, while those with gynecological cancers showed the lowest. Physical wellbeing scores were highest among lymphoma patients (median: 14.00), compared to lower scores in those diagnosed with gynecological cancer (median: 12.00). Emotional and social wellness also reflected lower satisfaction levels among gynecological cancer patients (median: 10.00) compared to their counterparts with lymphoma (median: 14.00). The overall QoL score also corroborated these observations, with lymphoma patients achieving a median score of 64.00 versus 49.00 in the gynecological cancer group.

Conclusion: This study highlights the significant impact of fertility preservation programs on the quality of life for oncology patients, revealing that the type of oncological pathology notably influences their overall satisfaction. Specifically, patients diagnosed with lymphoma experience higher emotional and social wellbeing compared to those with gynecological cancers. These results underscore the critical need for integrating fertility preservation programs into standard treatment protocols for cancer patients, as they can profoundly enhance the psychological and emotional health of women facing fertility threats due to oncological therapies.

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