

## BMT may affect hormones and sexual health

### Check-ups and treatments helpful after allogeneic blood or marrow transplant



Blood and marrow transplant (BMT) sometimes affects hormones and sexual health.

A group of doctors, researchers, and patient advocates published a review of scientific research. They said that BMT sometimes causes problems with hormones and sperm. Also, BMT may cause graft-versus-host disease (GVHD) and secondary cancers that impact the penis, testes, and scrotum.

BMT can cure leukemia, lymphoma, sickle cell disease and more. However, allogeneic BMT, using cells donated by another person, may cause side effects throughout the body. The medicines and radiation therapy given before BMT can cause some of these effects.

New guidelines say doctors should help with your sexual health both before and after BMT.

Before you prepare for BMT, if you are concerned about your fertility, ask your doctor about saving your sperm in a **sperm bank**.

After BMT, get **yearly check-ups**, including a check of the penis, testes, and scrotum. Your doctor should:

- Check for possible changes in genital skin, body hair, and the size of your testes
- Do a DEXA scan to check bone strength
- Refer you to a specialist if needed for pain during sex, decreased desire, erectile dysfunction, or other problems

**Not everyone has these problems.** Ask your doctor about **treatments to speed** your **recovery**.

Helpful specialists may include:

- Transplant doctor
- Urologist
- Sexual health specialist
- Dermatologist
- Endocrinologist

Treatments may include:

- Steroid medicines to soothe GVHD
- Testosterone replacement
- Medicines for erectile dysfunction
- Medicines, vitamin D, calcium for bone strength
- Counseling to improve sexual function

#### Learn more about:

- [Sexual health](#) by Be The Match
- [Study summaries](#) by the CIBMTR

#### Source

Phelan R, Im A, Hunter RL, et al. [Male-specific late effects in adult hematopoietic cell transplantation recipients: a systematic review from the Late Effects and Quality of Life Working Committee of the Center for International Blood and Marrow Transplant Research and Transplant Complications Working Party of the European Society of Blood and Marrow Transplantation](#). *Transplantation and Cellular Therapy*. 2021. Epub 2021/11/11. doi: 10.1016/j.jtct.2021.10.013.

#### About this research summary

This information is provided on behalf of the Consumer Advocacy Committee of the CIBMTR® (Center for International Blood and Marrow Transplant Research®), a research collaboration between the National Marrow Donor Program®/Be The Match® and the Medical College of Wisconsin.

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