

E1Q11 Clinical Trial Results Summary

Engendering Reproductive Health Within Oncologic Survivorship (EROS)

What did this trial involve and who was it for?

Providing treatment that considers patients' other health goals is a vital part of high-quality cancer care. Cancer treatments can often come with side effects, including reproductive health risks. It is important for women who may become pregnant and their oncology providers to talk about family planning goals — whether or not they want to have children— before cancer treatment begins and throughout their care.

The E1Q11/EROS trial designed a reproductive health education program for doctors and other healthcare professionals to help them discuss and navigate fertility issues with their patients. Providers who completed the EROS program used it to help patients:

- Understand how their cancer treatment might affect their ability to have children, and
- Make treatment planning decisions that supported their reproductive health goals.

The E1Q11/EROS study was open to enrollment from July 2016 to April 2021. A diverse group of 420 women aged 15-55 from 17 community oncology treatment centers participated in the study:

- Patients at 9 of these treatment centers received the standard care, i.e., the usual reproductive health discussions and treatment planning process that the providers at that facility would typically offer.
- Patients at the other 8 treatment centers received instructions and information from healthcare providers who completed the EROS reproductive health training program. The program provided cancer care teams with:
 - Simple tools to ask each patient about their plan for a family
 - Guides for having reproductive health talks before starting cancer treatment, and
 - A helper (i.e., navigator) to connect patients to services like fertility care, pregnancy planning, or obtaining birth control.

What are the results?

- Patients at the 8 treatment centers where providers completed the EROS training were twice as likely to receive care that recognized their reproductive health goals (for example, fertility-related counseling and referrals, family and pregnancy planning discussions, and contraception counseling) compared to patients at the 9 centers providing usual care.
 - Providers who completed the EROS training were better able to identify each patient's reproductive health goals early in their cancer care. Important conversations about fertility, contraception, and family planning happened more consistently, and earlier in treatment—when there was still time to act on them.

What do the results mean for patients?

- The E1Q11 results support wider use of the EROS reproductive health education program to help improve the quality of care for premenopausal women diagnosed with cancer.

- Patients were more often connected to the care and services that fit their goals—like protecting their fertility, getting birth control, or planning a pregnancy. This happened because the EROS training helped care teams bring up these topics early and point patients to the right help. Cancer treatment can affect reproductive health long term, and many options are most helpful when discussed before treatment begins.
- Almost half (47%) of the women were from racial or ethnic minority groups—many more than in most cancer studies. This makes the results more likely to be helpful for many kinds of patients.

For more information, go to:

- United States National Institutes of Health (NIH) Library of Medicine: <https://clinicaltrials.gov/study/NCT01806129>
- *Journal of Clinical Oncology*: https://ascopubs.org/doi/10.1200/JCO.2022.40.16_suppl.1519
- *JCO Oncology Practice*: <https://ascopubs.org/doi/10.1200/OP-25-00532>

About ECOG-ACRIN

This trial was led by the ECOG-ACRIN Cancer Research Group (ECOG-ACRIN). ECOG-ACRIN is a membership-based scientific organization that designs and conducts cancer research involving adults who have or are at risk of developing cancer. ECOG-ACRIN is a component of the National Cancer Institute's National Clinical Trials Network. Learn more at www.ecog-acrin.org.

To all the patients that participated in this trial, thank you. Your participation, and that of other patients like you, made this research possible.