

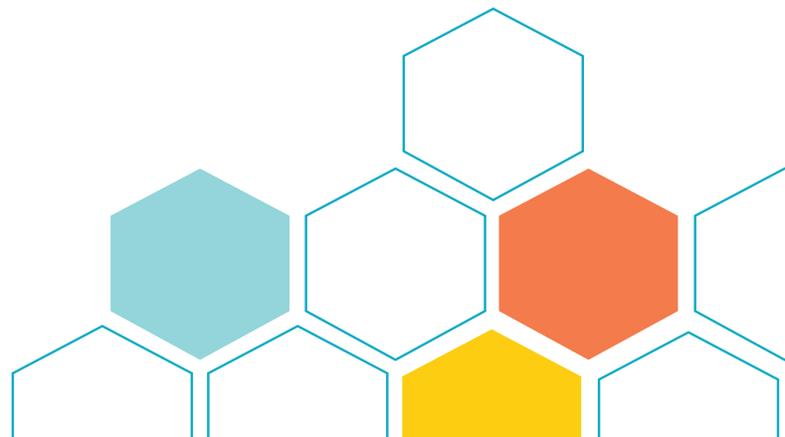


A BEGINNER'S GUIDE TO TESTING YOUR FERTILITY

WHAT YOU SHOULD KNOW BEFORE EGG FREEZING



SHADY GROVE
FERTILITY



Should I freeze my eggs?

Amazing to think that this question, which couldn't even have been considered a few short years ago, is becoming more and more commonplace thanks to significant improvements in egg freezing technology and outcomes. It comes at a perfect time in our sociologic progress as record numbers of women are earning college and graduate degrees, and entering the professional workforce. In the past, investments into personal growth, which take both time and focus, delayed childbirth which is often accompanied by the increasing pressure of the ticking biological clock.

This euphemism refers to the fact that a woman's fertility, which is mostly related to egg quality and quantity, declines slowly starting in her 20s accelerating at a faster pace after age 35. By the time a woman reaches 40, the chance of pregnancy in women is markedly reduced due to changes in the number and quality of the remaining eggs.

Being able to bank frozen eggs provides real autonomy for women.

Egg freezing can extend the clock by preserving fertility potential at the age the eggs are frozen. The optimal ages for freezing are the early- to mid-30s when most women's fertility is still near its peak. That said, it's important to understand fertility declines for each woman at a different rate.

The good news is there are now tests to help shed light on the rate of ovarian decline, arming women with more information to aid the decision of whether to freeze their eggs.

It starts with a simple blood test with additional confirmation gathered through an ultrasound of the ovaries. It is more difficult to test the quality of those eggs, but all experts agree the younger you are when you freeze your eggs, the greater the chance of pregnancy later.

In This Guide You Will learn:

1. How do I know if I should freeze now?
2. How does my age impact my eggs?
3. How can my hormones tell my story?
4. How do I interpret my ovarian testing results?
5. An example of results
6. How to intrepret ovarian testing results



How Do I Know if I Should Freeze My Eggs Now?

Deciding when to freeze your eggs is a delicate balancing act: if you freeze too early, it is less likely you will need to use your frozen eggs; but if you freeze too late, the quality and quantity of eggs are diminished and success rates are impaired.

The best time to freeze your eggs is while your ovarian function is still normal. Doing so allows you to freeze high-quality eggs, maintaining high pregnancy potential when you return to use them. Many women in their 20s and early 30s have normal ovarian function. Unfortunately, your body does not give you a warning that your ovarian function is starting to decrease, and many women are caught off-guard when they discover their ovarian reserve is already beginning to shift, which is not the ideal point to freeze eggs.

Furthermore, every woman is very different, and the rate at which fertility declines is different for everyone. Luckily, testing provides a snapshot in time of your current fertility potential. Here are some general guidelines on if you should consider fertility testing or egg freezing.



We recommend you get your ovarian reserve tested if you are:

- Early- to mid-30s, with no expectation of having a baby in 2 years
- Mid- to late-30s, with no expectation of having a baby within 6 months to 2 years
- Anyone with a medical history of premature ovarian insufficiency, endometriosis, cancer treatments, or a family history of early menopause

Two Measures to Evaluate the Ovarian Reserve:



Egg Quantity

Evaluated through blood work and ultrasound



Egg Quality

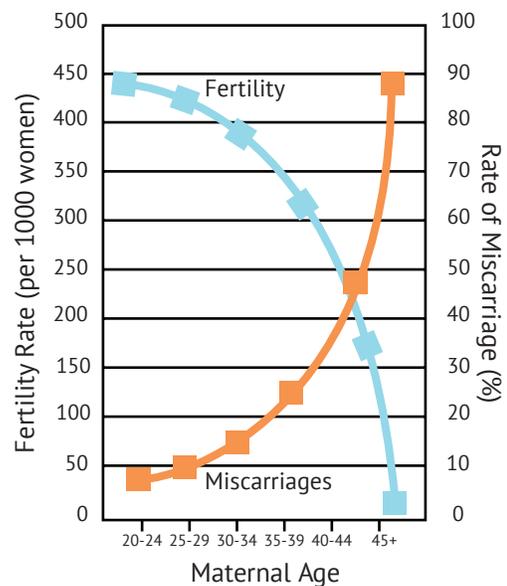
Impacted mostly by age



Eggs and Your Fertility: Why Age Matters Most

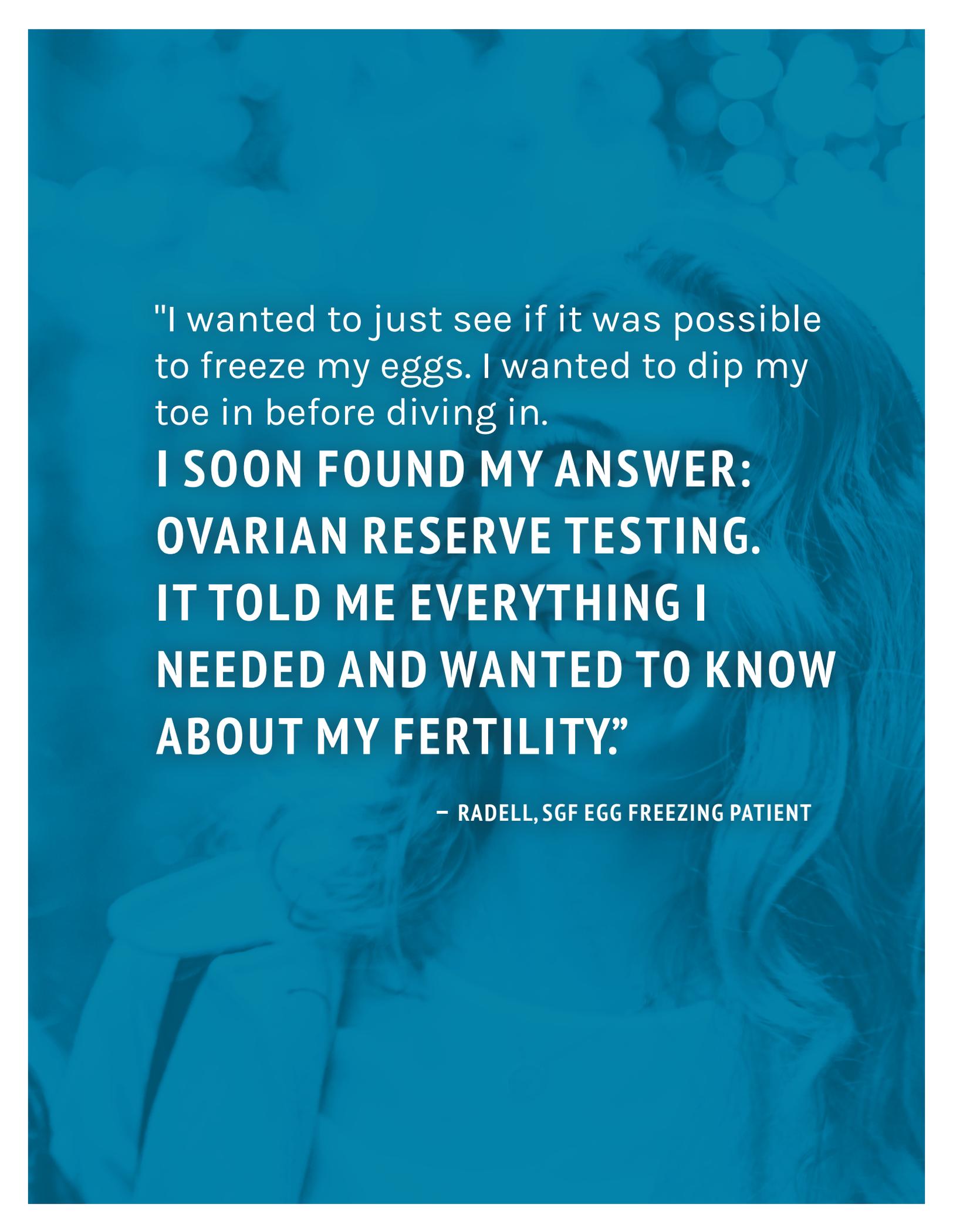
The egg is the largest cell in your body and you are born with all of the eggs you will ever have in your lifetime. At birth, you will have about one to two million immature eggs in your ovaries, and by the time you reach puberty, can expect only about 400,000 to remain. While 400,000 seems like a lot, we must realize that at each menstrual cycle only one egg is prepped for fertilization and about a thousand die off. Throughout your lifetime, you will eventually lose all of your potentially fertile eggs, initiating the start of menopause.

Even though the female reproductive system is inefficient, luckily for us, measuring current fertility status has become easier to detect. Testing your fertility is simply an evaluation of how many eggs you have at a point in time.



Key Takeaway: We are testing for egg quantity to be sure you have enough healthy eggs to yield a pregnancy when it's time for you to start your family.





"I wanted to just see if it was possible to freeze my eggs. I wanted to dip my toe in before diving in.

**I SOON FOUND MY ANSWER:
OVARIAN RESERVE TESTING.
IT TOLD ME EVERYTHING I
NEEDED AND WANTED TO KNOW
ABOUT MY FERTILITY."**

– RADELL, SGF EGG FREEZING PATIENT

Your Hormones Tell the Story – It's a Simple Blood Test

A few hormones play a role in conception. Your body must produce a specific amount at a precise time in your menstrual cycle in order for conception to occur naturally. Hormonal studies measure the levels of certain hormones produced by your body.

Reproductive hormones:

E2 (estrogen): stimulates the growth of the follicles and the production of fertile mucus from the cervix; also prepares the uterine lining for implantation of a fertilized egg.

FSH (follicle-stimulating hormone): releases from the brain and stimulates the ovary to recruit and mature an egg. High FSH levels can indicate to your physician that the hypothalamus and pituitary glands are working harder than normal due to a decrease in ovarian reserve (egg supply). FSH levels can vary from cycle to cycle, so if your physician finds your level to be lower than expected based on your age, he or she may recommend repeating the test in the following month.

AMH (anti-Müllerian hormone): AMH is the most accurate predictor of a woman's egg supply. This test can be more accurate than FSH because there is no fluctuation from month to month and the test is not dependent on a woman's menstrual cycle, which means women can have the test at any point. AMH is secreted by the small antral follicles found in the ovaries at the start of the cycle. A higher AMH level would indicate a large amount of antral follicles and a strong ovarian reserve where as a lower value would lead your physician to believe there has been a decrease in the ovarian reserve.

LH (luteinizing hormone): LH is produced in the pituitary glands. A surge of the LH hormone indicates ovulation is about to occur. The increased levels of LH provide final maturation to the egg within the follicle and set ovulation in motion by releasing a mature egg.



How do I get tested?

- These hormone levels can be measured through a simple blood test at Shady Grove Fertility.
- We have partnered with ReproSource, a company who specializes in processing these hormone levels, and offer our patients a flat rate for the hormone tests.
- 90% of our patients have insurance coverage for the ovarian reserve test and physician consultation to review results.

How long does it take?

- Your scheduled appointment should take just about 30 minutes.
- Once complete, you come back about 1 to 2 weeks later to discuss and review your personal results with your Shady Grove Fertility physician.

How to interpret your results.

- As seen in the Ovarian Assessment Report (below), the results of these tests are paired with your age. Then, it creates a measure of your ovarian reserve (egg supply). Results are based on how many eggs you could expect to retrieve in one cycle dependent on your age and hormone test results.
- There are 4 categories: Excellent, Good, Fair, and Reduced.
- Based on your results, you will have a snapshot of your current fertility and your physician will determine if you should freeze now or wait.

Now What? Know Your Fertility

Based on your results, you have a clear snapshot of your current fertility and if egg freezing is a good option, right now.

Call 1-877-411-9292 to schedule an egg freezing appointment at Shady Grove Fertility to test your fertility.

Want more information? Visit [ShadyGroveFertility.com/egg-freezing](https://www.ShadyGroveFertility.com/egg-freezing)



**SHADY GROVE
FERTILITY**

1-877-411-9292 | [ShadyGroveFertility.com](https://www.ShadyGroveFertility.com)
26 Locations

Washington, D.C | Maryland | Virginia | Pennsylvania

