Understanding fertility to help plan your family

Fertility facts

- Fertility issues affect 1 in 6 couples globally.
- Male & female factors can contribute equally to fertility issues.

Planning to conceive?

- As the trend is moving towards conceiving at a later age, there is a need for both men and women to better understand the chances of becoming pregnant and when to start planning for a family.

Why thyroid healthy is important for healthy, successful pregnancies.

- 1,500,000 assisted reproductive cycles are performed each year worldwide.
- In-vitro fertilisation (IVF) and intracytoplasmic sperm injection (ICSI) as well as many treatments result in 1,500,000 assisted reproductive cycles being performed each year worldwide.

The AMH test

- A simple blood test is available to measure anti-Müllerian hormone (AMH) — a very important and accurate marker of ovarian reserve.

AMH is a hormone produced by the growing ovarian follicles.

- Blood levels of this hormone are used to measure the size of the growing pool of eggs.
- This can empower couples to make decisions about the right time to get pregnant naturally or to consider treatment.

The AMH test can help physicians determine how many eggs remain in the ovaries and the likelihood of response to IVF treatment.

- As women age, the number of eggs suitable for a viable pregnancy decrease in quantity and quality.

References

1 ESHRE Art fact sheet. Available at https://www.eshre.eu/Press-Room/Resources.aspx

Did you know:

- At birth, women have about 2 million eggs in their ovaries.
- This is the entire supply of eggs for a lifetime.
- There is no increase in the number of eggs in a woman’s ovaries as she ages.
- About 200 eggs are available for ovulation each month, decreasing in quantity and quality.
- As women age, the number of eggs suitable for a viable pregnancy decrease in quantity and quality.

Ask your doctor about the benefits of AMH testing.

- AMH testing can provide valuable information about the expected fertility potential.
- It can help determine if treatment would be beneficial and if so, what type.
- An AMH test can help your doctor advise you on how to maximize your chances of conceiving.

An AMH test

- An AMH test is a simple blood test that can be ordered by your doctor.
- There is no requirement for contraceptive use as the test is not affected by hormonal changes.
- Helps your doctor determine if treatment would be beneficial and if so, what type.

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