

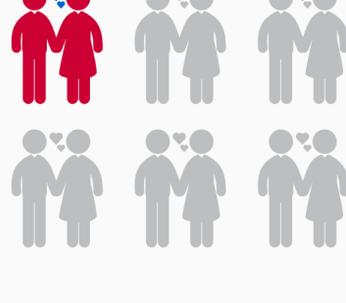
Understanding fertility

to help plan your family

Fertility facts

Fertility issues affect

1 in **6** couples globally.¹



Male & female factors can

contribute equally

to **fertility issues.**



As the trend is moving towards **conceiving at a later age**² 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.

Planning to conceive?

Apart from trying to conceive naturally, there are several methods of artificial reproductive technologies to assist couples with fertility problems such as in-vitro fertilisation (IVF) and intracytoplasmic sperm injection (ICSI).



In-vitro fertilisation (IVF)



Intracytoplasmic sperm injection (ICSI)

Many treatments result in **healthy, successful pregnancies.**

1,500,000

assisted reproductive cycles are performed each year worldwide.



350,000

babies born.³

The AMH test

Ovarian reserve



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

Ovarian reserve test results give insight into the remaining quantity of eggs and therefore the remaining fertile time for a woman.

This can **empower couples** to make decisions about the right time to get pregnant naturally or to consider treatment.



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.

An AMH test

Can help physicians determine how many eggs remain in the ovaries and the likelihood of response to IVF treatment.

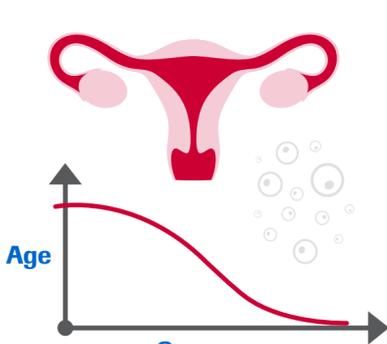


Did you know:

At birth, women have about **2 million** eggs in their ovaries.

This is the entire supply of eggs for a **lifetime.**⁴

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.



Done via a simple blood test that can be ordered by your doctor.



No requirement for invasive tests such as trans-vaginal ultrasound.



Helps your doctor advise you on how to maximize your chances of conceiving.

References

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

² Centers for Disease Control and Prevention. National Center for Health Statistics. Available at <http://www.cdc.gov/nchs/data/databriefs/db232.htm>

³ European Society of Human Reproduction and Embryology. ART fact sheet.

⁴ New York Times. 'What Happened to All Those Eggs?' Available at <http://www.nytimes.com/2013/02/01/booming/womens-eggs-diminish-with-age.html>