

Fertility Preservation: Stop the Clock



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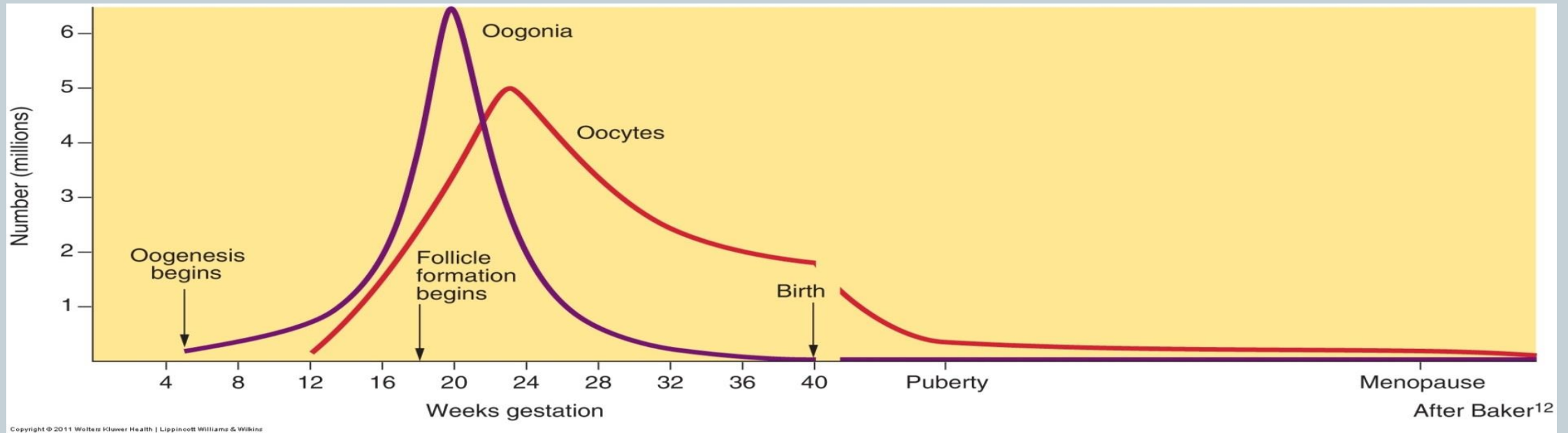


Outline



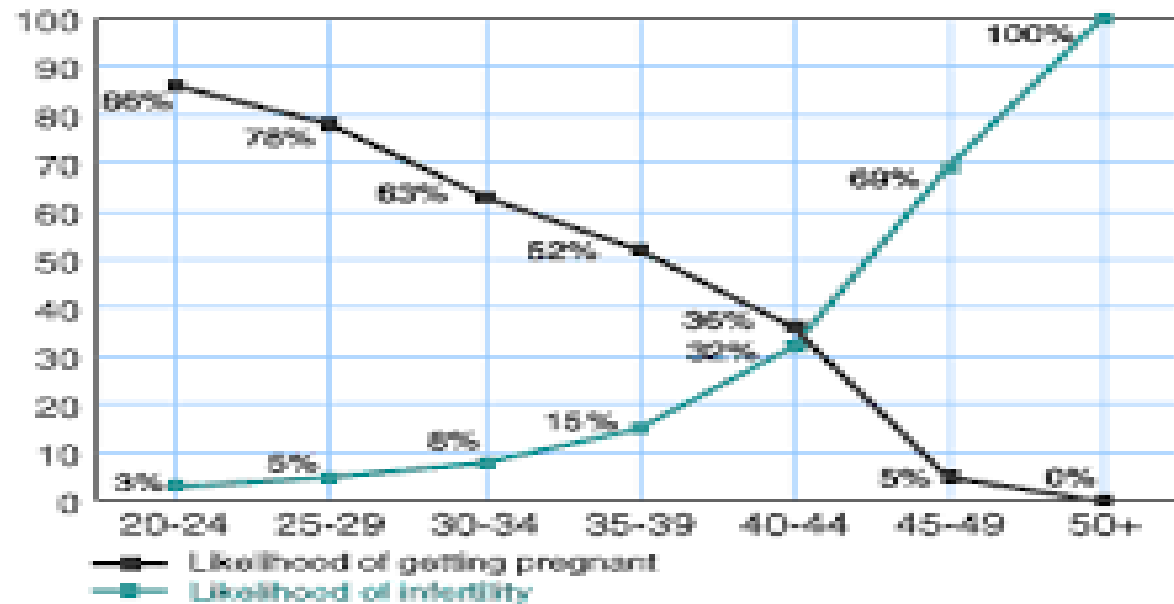
- Female facts
- Fertility facts
- Social dimensions
- What is egg freezing?
- What does the process involve?
- What are the success rates?
- Is egg freezing safe?
- The decision

Female Facts: Physiologic oocyte loss with age



- Peak oocytes at 24 weeks gestation: 6 to 7 million
- At birth: 2 million oocytes
- At puberty: 300 to 400,000 oocytes
- One oocyte ovulated per month (over about 400 lifetime ovulations)
- At menopause only about 500-1000 oocytes remain

Fertile Fact: Pregnancy rate decreases with age



www.asrm.org

Your chance of pregnancy each month declines with age

The infographic features two black silhouettes of women. The first silhouette is labeled '30 year old' and has a pie chart on her abdomen showing 20% red and 80% green. The second silhouette is labeled '40 year old' and has a pie chart on her abdomen showing 5% red and 95% green.

A healthy 30-year old woman has about a **20%** chance of getting pregnant each month.

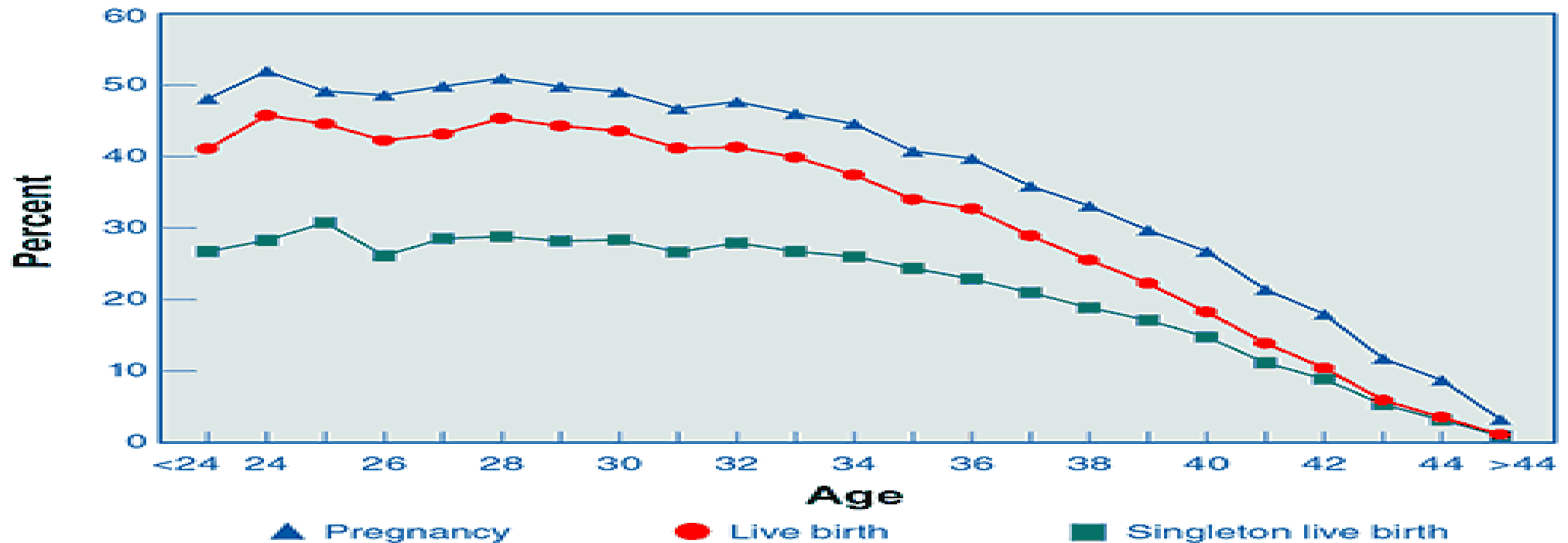
A healthy 40-year old woman has about a **5%** chance of getting pregnant each month.

For more information, visit www.reproductivefacts.org

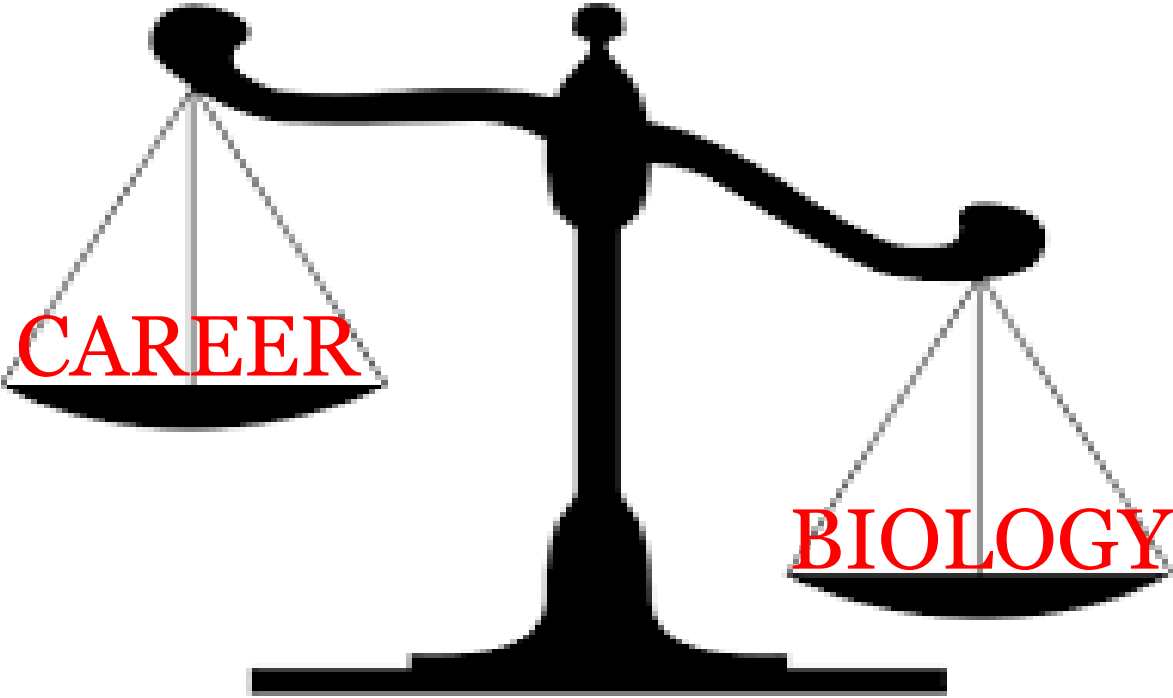
Fertile Fact: IVF success rates decrease with age



Percentages of ART Cycles Using Fresh Nondonor Eggs or Embryos That Resulted in Pregnancies, Live Births, and Singleton Live Births, by Age of Woman,* 2010



Social Dimension



Education
Financial Stability

Motherhood
Family

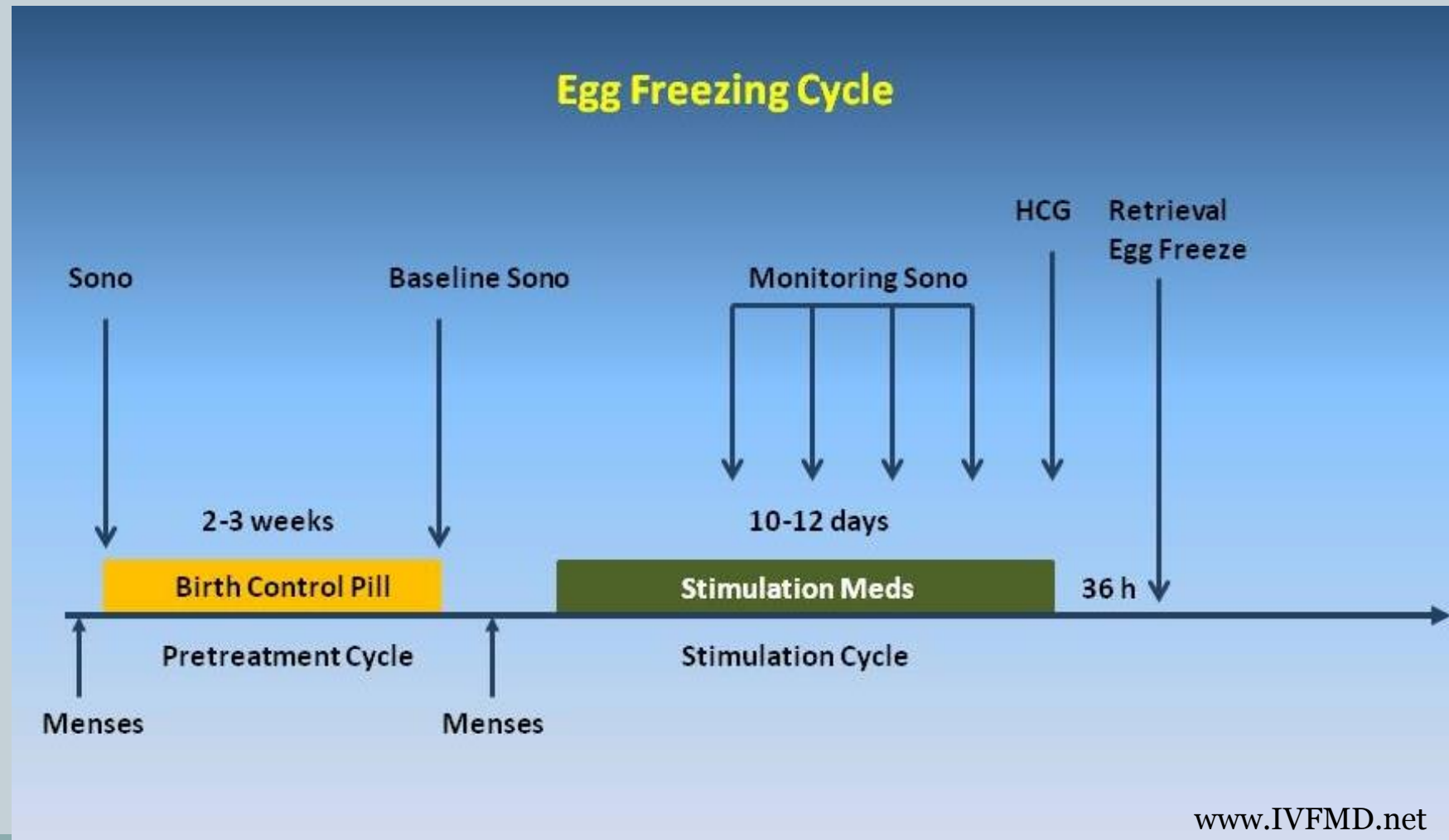
What is egg freezing?



- Egg freezing dates back to 1986
- Allows women to preserve their eggs in a frozen state until they are ready to become parents
- Slow freezing method
- Vitrification method



What does the process involve?



What does the process involve?



- Women take medication to stimulate egg growth for 10-14 days
- Egg harvest done under anesthesia with ultrasound guidance
- Mature eggs are frozen for future use
- Eggs can then later be thawed and fertilized for embryo creation and transfer



What are the success rates?



- Pregnancy rates similar to fresh per cycle IVF rates by age:

<35: 40-50%

35-37: 30-40%

38-40: 20-30%

41-42: 10-15%

>42: <10%



- Preferable to freeze when younger than 35

Is egg freezing safe?



- Risks for women:
 - Hyperstimulation syndrome
 - Bleeding
 - Infection
 - Risk of anesthesia



- Risks for babies:
 - ~1500 Babies born from cryopreserved eggs
 - No difference in incidence of congenital anomalies or birth weight

The decision making process



- Choose the right lab
- Become fully and accurately informed of risks/benefits
- Understand success rates
- Understand personal goals of family building
- Understand cost and coverage

Conclusion



Stop the Clock...



Preserve your fertility