by the **numbers**

As Australia's largest fertility group, and leaders in the space, we want to ensure that our valued referrers are at the forefront of the latest in fertility medicine. Our mission as Your Fertility Family is to ensure you're confident in providing fertility care to your patients.

From RACGP accredited events to in-house workshops, our world-class fertility specialists are here to share the latest in fertility so you can educate patients and feel comfortable referring them on to IVFAustralia when indicated.

In July, we undertook a comprehensive survey aimed at finding out how much everyday Australians know about fertility. From the results, it's clear that there's much to learn - and your role in educating patients on their fertility journeys is extremely important.

82% over-estimated the chance of conceiving naturally in a month

58%

didn't know the correct definition of infertility

didn't know when to

in

to conceive

seek help if struggling



assume the chance of falling pregnant is high once they are ready to conceive.

Infertility is defined as the inability to conceive a pregnancy after 12 months of unprotected sexual intercourse. It affects about 1 in 6 Australian couples of reproductive age.

1 in 3 Australians assumed the chance of pregnancy in a month is over 50%. But the reality is, there is a 15-20% chance of natural conception per month for a couple under the age of 35. Many spend their early adulthood actively avoiding pregnancy, so it's not surprising that many

It's important to ensure patients have the right information before they start trying – which is

/FAUSTRALIA

Many Australians assumed that infertility is irreversible or could only be treated by IVF. By highlighting that this isn't the case, you can help educate your patients to understand the wide range of fertility treatment options available to them, should they need a little bit of help.

With 1 in 6 Australian couples experiencing infertility, you need to know when the right time is to refer on to us. There's a simple rule. If the patient is under 35, refer to us after 12 months of trying. If the patient is over 35, refer to us after 6 months of trying. If your patients, or even yourself, is in doubt, refer on to us early.

Click here to access our referral guide.

It's important to ensure patients know that IVF isn't their first and only option if they face difficulties conceiving. With less invasive options like ovulation induction and IUI, or even simple lifestyle changes available, it's important to instil confidence in your patients that they have options – and know that our own specialists will always discuss every possible solution to help them on a path to parenthood they are comfortable with.

58%

thought infertility can

only be treated by IVF

Sex should be had in the 1-2 days prior to ovulation for the best chances of conception – a fact that over 50% of those surveyed didn't know. As the patient's first port of call when they're trying to conceive, a good place to start is ensuring they know when to be having intercourse.

To work out ovulation timing, you can refer patients to our website where they can use a free interactive ovulation calculator which will send them reminders of their fertile window.

To keep up to date with all things fertility, <u>click here</u> to access our free GP hub with resources to assist in the management of fertility issues within your practice.

www.ivf.com.au + 1800 111 483

IVFAustralia Pathway to helping people have a family

Couple present who want to start or grow their family

• Age of couple?

- Time trying to conceive?
- Timing and frequency of intercourse?
- Cycle history (normal 23-35 days)
- Pregnancy history?
- Recurrent miscarriage?
- Genetic conditions in family?
- Drug and occupational history?

History and examination of both

Advice to both partners

- On smoking, alcohol, weight and diet
- Timing of intercourse
- Basal temperature charts, consider urine LH Predictor kits, increased mucus
- Sexually transmitted disease and genital infections

For LGBTQIA+ patients, please refer them directly to IVFAustralia where we can best guide them before they start treatment.

Female

- Check rubella status
- Folate 500 ug/day
- Check cervical screening

Screening tests

- Hepatitis B,C
- HIV
- VZV
- Syphilis
- Blood group and antibodies
- FBE
- Chlamydia
- Anovulation (day 2) LH, FSH, E2, PRL, TSH
- Pelvic ultrasound if long cycle (? PCOS)
- Anti-Müllerian Hormone (AMH)
- 🔶 Rubella

Consider early referral if:

- ♦ Age >35 years
- Oligo-amenorrhea
- Previous pelvic surgery
- Previous STD / PID
- Abnormal pelvic exam
- Low progesterone
- Low AMH
- When you or the patient has concerns

Male

- Hx of post pubertal mumps
- Undescended testes
- Genital infections

Screening tests

- Semen analysis If results poor, repeat in 4-6 weeks at IVF andrology lab
- Sperm antibodies
- Hepatitis B,C
- HIV

Consider early referral if:

- Poor semen analysis
- Presence of sperm antibodies
- Previous genital pathology
- Previous urogenital surgery
- Previous STD
- Varicocele
- Sign of systemic illness
- Abnormal genital exam

Discuss results and management plan

Discuss results and management plan for the male or female patient

If female is under 35 and has been trying for more than 12 months - refer to IVFAustralia Fertility Specialist If female is over 35 and has been trying for more than 6 months – refer to IVFAustralia Fertility Specialist For same sex couples, please refer them directly to an IVFAustralia Fertility Specialist. **1800 111 483**