



Fertility Update

GP guide to egg freezing

As family planning evolves, egg freezing has become a revolutionary option for women seeking to preserve fertility. For general practitioners, understanding this process is crucial to guide patients through this transformative journey.

Unlocking the Potential of Egg Freezing

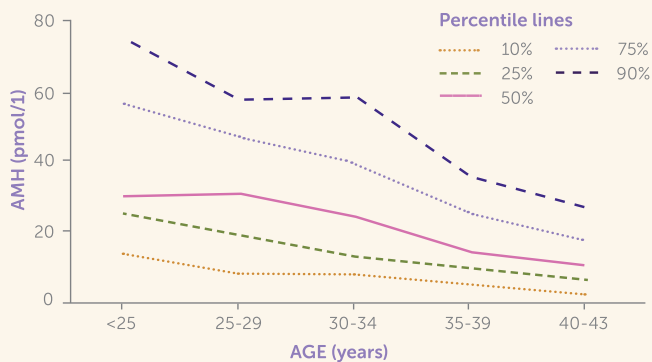
Originating in the 1980s, egg freezing involves collecting and preserving a woman's unfertilised eggs through vitrification. This freezing method suspends the eggs until the woman decides to use them. Thawing and fertilisation with sperm complete the in vitro fertilisation (IVF) process, aiming to develop a fertilised egg into an embryo for transfer to the uterus, offering a chance at pregnancy.

Preparation Considerations

Before beginning egg freezing, assess factors such as the patient's readiness and suitability for the journey. A thorough history check, examination, and understanding the patient's desired family plans are essential. Various medical reasons, such as a heightened risk of premature ovarian failure, family history of early menopause, or medical conditions like cancer, prompt individuals to freeze their eggs. Socially, many consider egg freezing because they haven't found a partner by a certain age, or desire flexibility alongside their fertility timeline.

AMH testing is valuable for assessing risks and understanding the individual's reproductive timeline. It also gives us an indication for expected success rates of IVF for the individual.

Value of anti-Mullerian hormone



Understanding Ovarian Function, Fertility, and Age

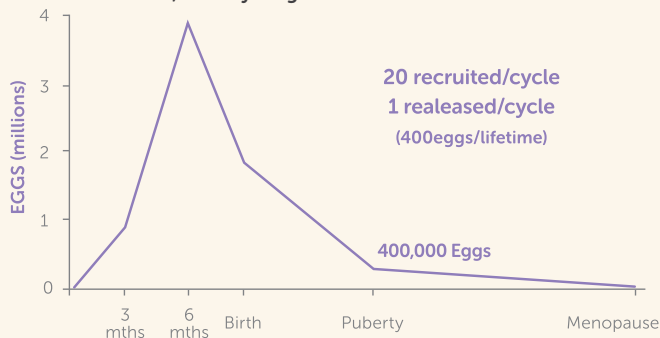
Grasping ovarian function, fertility dynamics, and age is essential. Women have the most eggs during gestation, with a rapid decline post-puberty. Regardless of contraception or pregnancy, eggs are consistently lost each month. The average age of menopause in Australia is 51, with fertility declining at least a decade and a half earlier. The AMH test, a \$90 blood test with a GP referral, gauges a woman's egg reserve.

Mature Eggs Needed for Success

The number of mature eggs required for expected success from egg freezing varies with age. We typically recommend egg freezing as an option for those under the age of 38.

- ◆ 35 years: 14 eggs
- ◆ 36 years: 17 eggs
- ◆ 36 years: 24 eggs
- ◆ 40 years: 45 eggs

Ovarian function, fertility & age



Referring to IVFAustralia

If your patient aligns with the considerations mentioned, refer them to our IVFAustralia fertility specialists for further evaluation. Together, we can navigate the path to fertility preservation and empower individuals to make informed choices about their reproductive future.

In the News

Revolutionising Reproductive Medicine with World-first IVF study

A \$3 million federal government grant for a world-first IVF study has been welcomed by the research team partners. Researchers from Virtus Health, healthtech startup 23Strands and Monash University, are studying how whole genome sequencing can be used to achieve better patient outcomes with IVF medications. The grant from the government's Medical Research Future Fund (MRFF) is providing the funding over four years and will enable the research team to build on these preliminary findings; and conduct a four-year randomised control trial (RCT) to help develop a tool for personally targeted dosing of medications. By understanding how a woman's genes can affect how they respond to IVF medications, the study's end goal is to create an AI-driven tool to deliver better targeted doses and improve IVF success rates.

"Virtus Health was the first to develop artificial intelligent embryo selection software. With this new study, we aim to be the first IVF service provider in Australia to offer whole-genome sequencing and AI to augment reproductive decision making and help people achieve their dream of starting a family."

- A/Prof Vinayak Smith, Head of New Ventures at Virtus Health

[Learn more about this one of a kind study here](#)



Introducing IVFA's newest Fertility Specialist, Dr Xiaoqian Wang-Gilchrist

An Australian-trained specialist in obstetrics, gynaecology, and infertility, Dr. Wang-Gilchrist brings a wealth of knowledge and expertise to your patients at IVFAustralia. With a passion for reproductive medicine and advancements in infertility treatment, Dr. Wang-Gilchrist holds three Master's degrees, including Clinical Embryology and Reproductive Sciences from Monash University. Her four-year tenure as a laboratory/clinical researcher at the University of Adelaide, specialising in novel infertility treatments, has led to multiple peer-reviewed international publications.

Dr. Wang-Gilchrist is dedicated to realising the dreams of her patients through an individualised approach, leveraging her extensive clinical and academic background.

Fluent in both English and Mandarin, she ensures effective communication and personalised care.

Available for consults at our Alexandria, Burwood and Kogarah clinics, refer your patients today.

[Learn more](#)

Upcoming Events

IVFA Cronulla GP Event

Expand your fertility knowledge and enjoy an evening of education and collaboration to enhance your knowledge of Egg Freezing & Endometriosis and Infertility with leading IVFAustralia fertility specialists Dr Marcela Martin, Dr Alex Izurieta, Dr Shadi Khashaba and Dr Chandra Krishnan.

This event is RACGP accredited for 2 CPD Hours.

Event Details:

Date: Tuesday 13th February 2024

Time: 6:30pm - 9:30pm

Location: 1908 Cronulla Social Restaurant and Cocktail Bar
1/15 Surf Rd, Cronulla NSW 2230

[Click here to register](#)

Hunter IVF GP Event

Expand your fertility knowledge and enjoy an evening of education and collaboration to enhance your knowledge of Affordable IVF and gynaecological treatment with leading Hunter IVF fertility specialists.

This event is RACGP accredited for 1 CPD hours.

Event details:

Date: Thursday 15th February 2024

Time: 6:15pm - 9:30pm

Location: Earp Distilling Co.
41 Darling St., Carrington NSW 2294

[Click here to register](#)

Big Miracles Season 2

Filmed in Virtus Health Clinics, Queensland Fertility Group is proud to share that Big Miracles is returning for Season 2, airing exclusively on Channel 9 and 9Now on the 5th February 2024. Tune in Monday nights as we witness the miracle work of our very own IVF doctors, nurses and scientists trying to make the dreams of determined individuals and couples come true as they try to fall pregnant.



A remarkable story of hope, heartache and triumph.

[Catch up on Season 1 here](#)

Referrals to IVFAustralia just got easier

Refer your patients simply and easily, by using the referral forms now available on Best Practice and Medical Director.

Simply follow the steps below, and we'll take it from there!

STEP 1: Visit Best Practice or Medical Director

STEP 2: Select 'IVFAustralia' from the dropdown menu

STEP 3: Fill in patient details and print off for your patient

STEP 4: Your patient calls 1800 111 483 to book their appointment.

Can't find the referral forms on the platforms? No problem, simply click the link below to download the forms yourself.

[Download here](#)

