

# Fertility Preservation Cheat Sheet for Doctors

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## **WHICH PATIENTS MAY CONSIDER FERTILITY PRESERVATION?**

- Women who will be undergoing pelvic surgery, chemotherapy or radiation
- Prepubertal girls undergoing cancer treatment (ovarian tissue can be frozen)
- Women who have had a pelvic infection or severe endometriosis
- Women with a family history of early menopause
- Women who smoke
- Women who are aging (32-42 years old)
- Women who wish to postpone childbearing until later in life

## **WHAT'S EGG FREEZING?**

This procedure allows women with declining egg quality & quantity to save their eggs for later implantation. The leading method is vitrification, which rapidly freezes eggs without creating potentially damaging ice crystals. Although costly, egg freezing may be the only way that some patients will be able to preserve their fertility.

## **HOW GOOD ARE FROZEN EGGS?**

Frozen eggs aren't as good as fresh eggs, and patients should know that. But they're still quite good. Studies have found that while only 1 in 10 frozen eggs will successfully thaw for an ongoing pregnancy, most fertile women will be able to cryopreserve 12-20 eggs in a single stimulated cycle. At our lab, 60% of women who have thawed their eggs have gone on to have an ongoing pregnancy.

## **HOW DO YOU ASSESS A PATIENT'S EGG QUALITY & QUANTITY?**

If your patient may have fertility issues, we can run the following tests to assess whether there's a reason for concern:

- FSH
- Estradiol
- AMH
- AFC
- Ovarian volume

Thanks to Dr. William Schoolcraft, Colorado Center for Reproductive Medicine, 2014 Physicians Update on Assisted Reproductive Technologies, for these tips.