

Fertility Update

GP guide to PCOS

PCOS, or polycystic ovary syndrome, affects a substantial number of women in their childbearing years, with estimates suggesting that up to 25% may be affected. Surprisingly, many remain unaware of their condition until they actively try to conceive. It is during this period that they discover their difficulties in getting pregnant primarily stem from ovulation issues associated with PCOS.

We recommend using the International criteria when assessing your patients and 2 out of 3 of the following are required to make the diagnosis of PCOS:

1. Oligo and/or anovulation
2. Clinical and/or biochemical evidence of hyperandrogenism
3. Polycystic ovaries or high AMH levels

PCOS exhibits several clinical features, which may include menstrual dysfunction, acne, hirsutism, male-pattern hair loss, polycystic ovaries, metabolic issues, cardiovascular risks, overweight, insulin resistance, dyslipidemia, infertility, and the potential development of endometrial hyperplasia or carcinoma.

Treatments for women pursuing pregnancy

Treatments for PCOS in women trying to conceive include ovulation induction with medications like clomiphene citrate and letrozole, metformin for managing symptoms and improving fertility, gonadotropin therapy for stimulating ovulation, laparoscopy to address underlying infertility causes, lifestyle adjustments if indicated and in vitro fertilisation (IVF) as a more advanced option. These treatments offer choices to women with PCOS, enabling them to collaborate with their healthcare provider and determine the best approach for their specific situation.

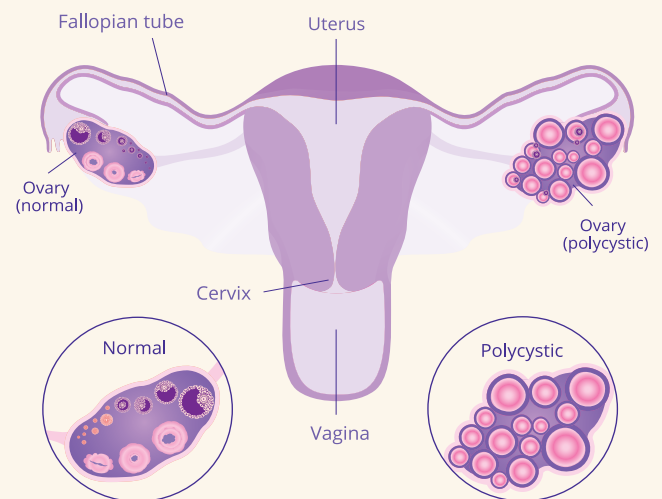
PCOS and fertility

When patients present signs of PCOS, diagnostic tests and procedures should be performed to help manage the symptoms and maintain fertility. Diagnosis entails an ultrasound scan to detect polycystic ovaries, as well as blood tests to evaluate hormone levels. Treatment options for PCOS encompass lifestyle modifications aimed at weight loss, administration of insulin-sensitizing medications like metformin, use of ovulation-inducing drugs such as clomiphene, and, in severe cases, consideration of IVF treatment.

When should I refer my patient to MIVF?

If you suspect your patient has 2 or more of the PCOS criteria listed, please refer them any of our MIVF specialists for further review. If a patient's menstrual cycle tests are normal but they have irregular cycles and are unable to conceive, you may refer them to a fertility specialist at Melbourne IVF in the following situations: prolonged infertility despite normal menstrual cycle tests, known or suspected underlying fertility issues, such as hormonal imbalances or structural abnormalities, advanced maternal age (typically above 35), and unexplained infertility after thorough evaluations.

In our next edition, we'll provide a guide to egg freezing.





Movers and Shakers in Fertility

Professor David Gardner AM, Melbourne IVF's Scientific Director, and Group Director for ART, Scientific Innovation and Research, Virtus Health.

Congratulations are in order for Professor David Gardner after he was awarded with a prestigious lifetime achievement award by the American Society of Reproductive Medicine. Prof Gardner's unwavering dedication to embryology and reproductive biology has played a pivotal role in shaping the scientific practices that underpin modern IVF procedures. His pioneering contributions have left an indelible mark on the field, and his award is a well-deserved recognition of a lifetime committed to advancing the frontiers of reproductive science.

Professor Gardner contributed an op-ed featured in the Australian Doctor magazine. The 'Therapy Update' article discusses how new technology in support of IVF is expected to drive significant advancements over the next decade, potentially enhancing the success rates and accessibility of infertility treatments.

[Read it here](#)

Our Donor Bank - Australia's longest-running donor bank

At Melbourne IVF Donor Bank, we understand the deeply personal nature of the family-building journey, particularly for General Practitioners seeking to assist their patients in this process. As Australia's longest-standing donor bank, we offer a wealth of experience and expertise to support individuals and couples as well as the healthcare professionals who guide them on their family-building journey. Our commitment to innovation and excellence in reproductive medicine positions us as a valuable resource for GPs seeking the best possible solutions for their patients.

Our ethical and empathetic approach ensures that every step of the donor process is conducted with the utmost care, sensitivity, and respect, making it a trusted option for GPs and their patients. We actively raise awareness about the need for donors, recognizing the invaluable gift they provide to families striving to expand. Our personalized care approach acknowledges the uniqueness of each patient's journey, allowing GPs to collaborate closely with our dedicated team to create tailored plans that align with their patients' specific needs and desires.

Whether GPs are considering referring patients to our donor program or need information to better assist their patients, our team is here to provide support at every stage. We empower GPs with information and unwavering support to make them feel valued as they help their patients navigate their unique path to parenthood.

[Discover more about our donor bank here](#)

Carrier screening rebate available now

Medicare has introduced a new rebate for genetic carrier screening! Your fertility patients can discover their carrier status for Cystic Fibrosis (CF), Spinal Muscular Atrophy (SMA), and Fragile X Syndrome (FXS) when referred to MIVF for fertility treatment. The new MBS items are ideal for those planning or already on their pregnancy journey. RANZCOG guidelines recommend that anyone who is thinking about or planning for a family, should undertake genetic carrier screening. Based on your patient's specific needs and medical history, their dedicated MIVF fertility specialist will guide them on the most suitable test to ensure they receive personalised and effective care.

[Learn more here](#)

Your Fertility Family thanks you

As 2023 draws to a close, we want to extend our heartfelt gratitude for your invaluable support in helping Victorians on their journey to parenthood.

Your referrals have been instrumental in making a positive difference in the lives of many individuals and families.

Here's to continuing our joint mission to provide world class fertility care into the new year. Wishing you a happy and safe festive season!



Referrals to Melbourne IVF 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 'Melbourne IVF' from the dropdown menu

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

STEP 4: Have your patient call 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](#)

