

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.

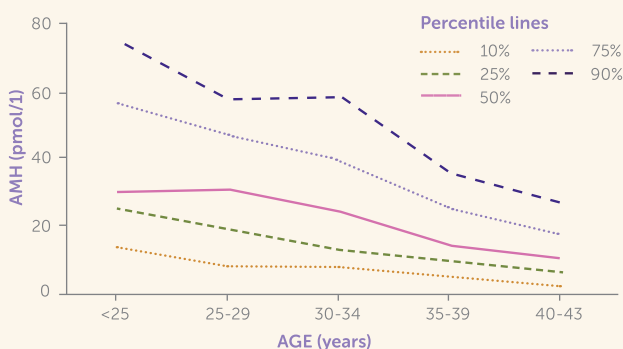
Unlocking the Potential of Egg Freezing

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. Elective egg freezing is a way to preserve future fertility options for individuals who are not currently ready for pregnancy. Medical egg freezing, on the other hand, caters to those facing fertility risks due to medical reasons like cancer treatment.

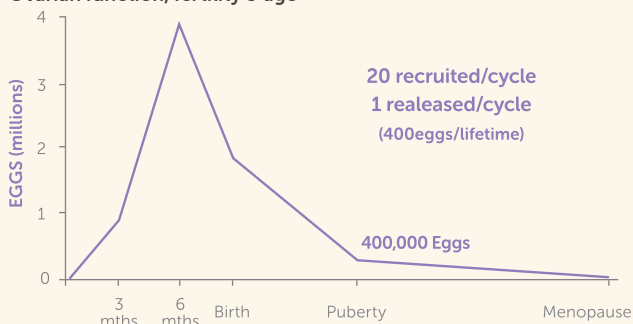
How To Guide Patients on Egg Freezing:

- ◆ Evaluate readiness and suitability.
- ◆ Perform a history check and examination.
- ◆ Understand the patient's family plans.
- ◆ Consider medical reasons such as premature ovarian failure, early menopause, or cancer.
- ◆ Conduct an AMH test to assess ovarian reserve; note that this test does not determine egg quality.

Value of anti-Mullerian hormone



Ovarian function, fertility & age



Who should consider egg freezing:

- ◆ **Medical Reasons:** Medical egg freezing is appropriate for individuals facing heightened risks of premature ovarian failure, those with a family history of early menopause, or those dealing with medical conditions like cancer.
- ◆ **Elective Reasons:** Elective egg freezing is for individuals who haven't found a partner by a specific age or those who desire flexibility in managing 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.

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. The number of eggs frozen depends on your family plans. These numbers typically are for one successful pregnancy.

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

Referring to Melbourne IVF

If your patient aligns with the considerations mentioned, refer them to our Melbourne IVF 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.

Medicare Rebates are available for Carrier Screening

Preconception genetic carrier screening allows your patients to make informed choices as they grow their family. **RANZCOG guidelines recommend that anyone who is thinking about or planning for a family, should undertake genetic carrier screening.** The new MBS items cover Cystic Fibrosis (CF), Spinal Muscular Atrophy (SMA), and Fragile X Syndrome (FXS). Melbourne IVF offers a range of screening options to help your patients understand any risk associated with their family planning goals. Their dedicated MIVF Fertility Specialist will work with your patient to ensure the care they receive is individualised and effective, taking into consideration their medical history and any specific needs.

[Learn more here](#)



Introducing MIVF's newest Fertility Specialist, Dr Marina Demyanenko

Dr Marina Demyanenko is an experienced fertility specialist, boasting over a decade of expertise as a gynaecologist, further enriched by a dedicated year of specialised focus on fertility. Specialising in various facets of fertility, including in vitro fertilisation (IVF), polycystic ovary syndrome (PCOS), ovulation induction, female infertility, and endometriosis, alongside fertility preservation and egg freezing, Dr Demyanenko is actively engaged in both private and public spheres.

Patient-centred care stands as a cornerstone of Dr Demyanenko's practice. She prioritises active patient involvement in decision-making and offers a holistic approach to their fertility journey. Recognising the emotional challenges associated with fertility treatments, she provides sensitive and compassionate care while nurturing a supportive environment through a dedicated team of clinicians, scientists, counsellors, and allied health professionals. Joining Melbourne IVF has provided her with a platform to collaborate with trusted mentors and colleagues, aligning seamlessly with her dedication to teamwork, support, and advancements in medical care.

Available for consults at our East Melbourne clinic, [refer your patients today.](#)

[Learn more here](#)

Why should you refer your patients to Melbourne IVF?

- ◆ We have leading success rates in Melbourne, setting the benchmark for Victoria
- ◆ Comprehensive in-house laboratories: Treatments and testing conveniently located under one roof, eliminating the risks associated with transporting gametes between facilities
- ◆ Our expansive network encompasses over 20 fertility experts, each providing personalised care and individualised treatment strategies for their patients
- ◆ Comprehensive and all-encompassing fertility services are provided, featuring the longest-standing donor bank and genetic testing.

[Refer your patients](#) simply and easily, by using the referral forms now available on Best Practice and Medical Director or simply click the link below to download the forms yourself.

[Download here](#)

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](#)



Upcoming Events

MIVF Holistic Fertility Management Education Dinner

Expand your fertility knowledge and spend an evening with four of our highly regarded Fertility Specialists: Dr Samuel Soo, Dr Kokum Jayasinghe, Dr Violet Kieu and Dr Wan Tinn Teh. Gain insights into the latest clinical updates on assessing both male and female infertility, explore supplementary interventions for fertility, and stay informed about advancements in the management of endometriosis, fibroids, and PCOS.

This event is registered for 3 CPD hours.

Event details:

Date: Wednesday 28th February 2024

Time: 6:00 pm

Location: Box Hill Pavilion, 1115 Whitehorse Road, Box Hill

[Register now](#)

Foundations of Fertility: A comprehensive masterclass for General Practitioners

Event details:

Date: Saturday, March 16th 2024

Time: 9:00am - 4:00pm

Location: State Library of Victoria, 328 Swanston St, Melbourne

This event is registered for 5 CPD Hours.

Melbourne IVF is delighted to invite you to our upcoming fertility masterclass.

This comprehensive program features insightful presentations by leading fertility specialists, providing in-depth insights into the latest advancements and best practices in reproductive health. You will have the unique opportunity to engage in hands-on simulator experiences, gaining valuable insights into the fertility journey of your patients.

This masterclass is designed to empower general practice professionals with the expertise needed to navigate the intricate landscape of fertility care.

[Register your interest](#)

For more information on the above, contact Nicola Kontaxis at nicola.kontaxis@virtushealth.com.au or 0429 183 205.

