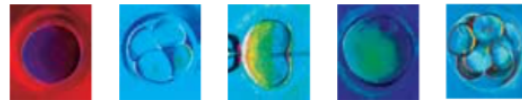


Louis Weckstein, MD
Mary Hinckley, MD
Deborah Wachs, MD
Evan Rosenbluth, MD
Sara Reid, MD
Michael Homer, MD
Erin Lewis, MD
Kristen Ivani, PhD



FERTILITY FACT SHEET

San Ramon / Orinda / Los Gatos / Foster City

Should I Freeze my Eggs?

Recent advances in medicine are now allowing individuals the opportunity to delay pregnancy through egg freezing. For many young people, their most fertile years may not feel like the right time to start a family, yet they want to keep the option open to conceive when they feel ready. The "right time" might be based on their relationship status, reaching a certain point in their career, or when they are healthy enough for pregnancy.

In the past, pregnancy outcomes with frozen eggs were limited by the technical challenges of freezing and thawing eggs. With the development of vitrification, a rapid and highly efficient freezing technology, the majority of eggs now survive freezing and thawing. When these previously frozen eggs are used for IVF, the probability of leading to successful pregnancies is nearly the same as with eggs that have never been frozen. In light of this dramatic improvement in success rates, egg freezing is no longer considered experimental and is available to a wide range of individuals interested in fertility preservation.

Who is a good candidate for egg freezing? In general, any person who is a candidate for conceiving with their own eggs via IVF, is likely to be a good candidate for egg freezing. Also like IVF, success rates are better for those who are younger (ideally less than 35) and who have good ovarian reserve markers (AMH, AFC, FSH).

We have identified certain clinical situations where we feel the chance to have a successful egg freezing cycle and subsequent pregnancy is good. We recommend considering treatment if you are in one of these groups.

- Ideal age 35, but allowed up to age 43 if other parameters are met.
- Women with:
 1. FSH < 12
 2. AMH > 1.0
 3. AFC > 8

The process of freezing eggs is very similar to what individuals undergoing IVF experience. There is a period of stimulation, where a person takes daily injectable medications to prepare their ovaries for a retrieval. The retrieval is a minor surgical procedure, performed with anesthesia, where several eggs are removed from the ovaries. Those eggs are then frozen and can remain, suspended in time, for years until a person is ready to use them. If they decide they want to try to conceive with those eggs at some time in the future, the eggs are thawed and fertilized with sperm in order to make embryos and complete the IVF process.