



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

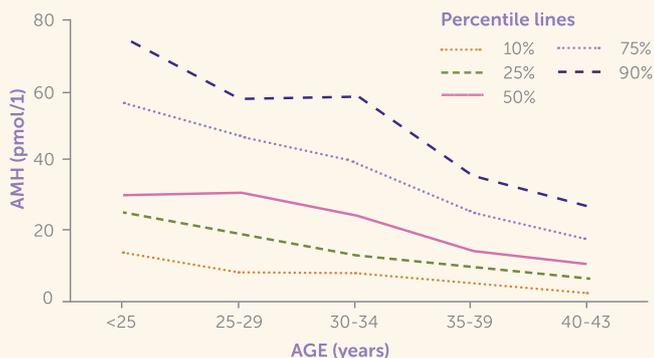
Originating in the 1980s, egg freezing involves collecting and preserving a woman's unfertilised eggs through vitrification. This freezing method suspends the eggs until the woman decides to use them. Thawing and fertilisation with sperm complete the in vitro fertilisation (IVF) process, aiming to develop 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 Queensland Fertility Group

If your patient aligns with the considerations mentioned, refer them to our Queensland 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).

Queensland Fertility Group offers a range of screening options to help your patients understand any risk associated with their family planning goals. Their dedicated QFG 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](#)

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

SAVE THE DATE
Women's Health
GP Masterclass
Saturday 9th March 2024



Save the date for our upcoming Women's Health GP Masterclass designed to enhance your skills in all things women's health. The educational sessions will include, "Navigating the fertility pathway" and "Carrier screening in general practice". The interactive small group case studies will include:

- ◆ Sexual dysfunction & male infertility
- ◆ PCOS
- ◆ Endometriosis
- ◆ Managing miscarriage
- ◆ Egg freezing
- ◆ Iron deficiency in pregnancy
- ◆ Patient centric approach
- ◆ Menopause
- ◆ Obstetric complications
- ◆ Contraception

This event is RACGP accredited for 5 CPD hours.

- ◆ Education activity: 2 Hours
- ◆ Reviewing performance: 3 Hours

Event details:

Date: Saturday March 9th 2024

Time: 9:30am - 4:30pm

Location: Hotel Grand Chancellor,
23 Leichhardt Street, Spring Hill

[Click here to RSVP](#)

Referrals to Queensland Fertility Group 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 'Queensland Fertility Group' 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](#)

If you wish to stop receiving communications from Virtus Health, please email events@virtushealth.com.au

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QueenslandFertilityGroup

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