

Egg Freezing at Shady Grove Fertility

When to Refer and What Patients Can Expect

With an over 1200% increase in egg freezing cycles over the past decade, more women are considering egg freezing as insurance against an uncertain future. Ovarian reserve and egg quality decline with age with nearly zero pregnancy potential by age 45. Recent advances in egg freezing technology have enabled women to maintain egg quality at the time of freezing for potential use at a later date. Ideal candidates for referral include women:

- Ages 30-40 not considering conception in the near future (women in early- to mid-30s have the highest chance of success)
- With a history of endometriosis
- With a family history of premature ovarian failure or menopause
- With a recent cancer diagnosis

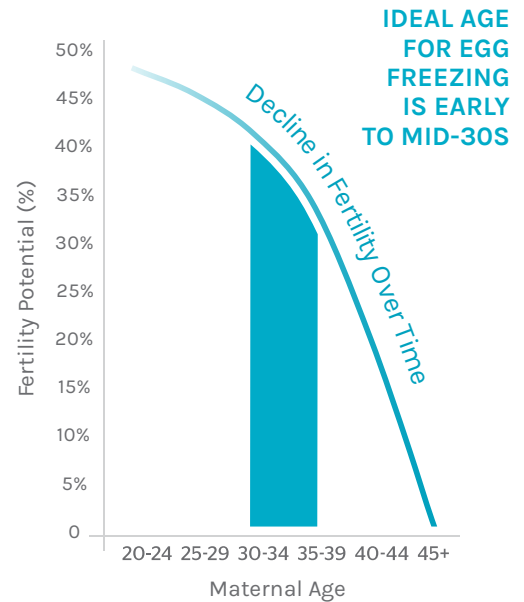
WILL PATIENTS TAKE HOME A BABY WHEN READY TO CONCEIVE?

When a patient is ready to conceive using frozen eggs, the first step is to begin hormonal preparation of the uterine lining. Some or all of the eggs are then thawed and fertilized using intracytoplasmic sperm injection (ICSI). Resulting embryos are transferred directly into the uterus through a small catheter.

Success rates are based on the age of the patient at time of retrieval of the eggs, not the age at time of transfer. Given SGF's extensive experience in egg freezing and over 400 thaw cycles to date, Shady Grove Fertility physicians published the largest study in the U.S. of its kind showing the success rates associated with egg freezing. As a result, physicians can not only answer patient questions with even greater confidence, we can give women a better idea of how likely they are to conceive based on the number of eggs they have frozen and their age at the time of freeze. The study showed:

Women < 38 with 15-20 frozen eggs have a 70-80% chance of taking home a baby.

Women 38-40 with 25-30 frozen eggs have a 70-75% chance of taking home a baby.



HOW EGG FREEZING WORKS

STEP 1 OVARIAN TESTING

- Transvaginal ultrasound to determine antral follicle count (AFC)
- Day 3 bloodwork to measure follicle-stimulating hormone (FSH), estradiol (E2), luteinizing hormone (LH), and anti-Müllerian hormone (AMH) levels

STEP 2 OVARIAN STIMULATION & EGG RETRIEVAL

- Short course of birth control pills followed by 8 to 12 days of ovarian stimulation via injectable hormones
- 6-9 monitoring visits during stimulation followed by trigger injection
- Egg retrieval takes approximately 20 minutes at SGF surgery center

STEP 3 EGG FREEZING

- Eggs are frozen using vitrification technology and can be stored indefinitely
- Entire egg freezing process takes 6 to 8 weeks
- Multiple retrievals may be required to achieve desired egg quantity for freezing



shady grove fertility

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MEDICAL UPDATE

Lab Expertise and Published Egg Freezing Data Drive Successful Outcomes

Shady Grove Fertility is one of the only fertility centers in the United States with published pregnancy outcomes using thaw data from frozen eggs. With this information, women have a better idea of what to expect from their egg freezing cycles in terms of the probability of taking home one or more children.

Not every lab has the expertise and experience to vitrify eggs and have them survive the thaw, fertilize, and develop into an embryo that will allow a pregnancy and delivery. The techniques used to freeze and thaw eggs involve specific highly specialized protocols, extensive experience of the embryologist, and very careful and precise technical skill. **SGF performs over 500 egg freezing cycles per year** and the number of egg thaw cycles each year continues to grow. Over the last year, the number of egg thaw cycles grew to over 400 cycles, making SGF the center with the **largest collective egg thaw experience in the nation.**



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