

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.

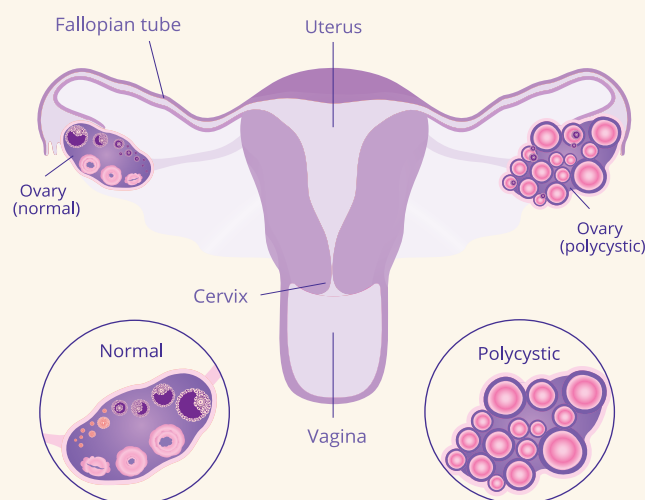
PCOS and fertility

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 TasIVF?

If you suspect your patient has 2 or more of the PCOS criteria listed, please refer them any of our TasIVF 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 TasIVF 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.



TasIVF 2023 in Review

As we approach the end of another year, it's a fitting moment to reflect on our journey. Our steadfast commitment to innovation and the pursuit of excellence has propelled us to the forefront of reproductive medicine. Our ongoing dedication to self-improvement and expanding our expertise is all aimed at delivering the best outcomes for our cherished patients. Check out our latest pregnancy and live birth rates below!

- ◆ Approximately 37% of patients will take home a baby after one stimulated cycle (including all the fresh and frozen transfers for women of all ages)
- ◆ If you are between 30 and 34 when you have one cycle, the percentage that will take home a baby increases to 48.5%.



Movers and Shakers in Fertility

Professor David Gardner AM, TasIVF'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](#)

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 TasIVF 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 TasIVF fertility specialist will guide them on the most suitable test to ensure they receive personalised and effective care.

[Learn more here](#)

Referrals to TasIVF 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 'TasIVF' 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](#)

Your Fertility Family thanks you

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

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

The TasIVF team extends warm wishes for a joyful and secure festive season, and we eagerly anticipate what 2024 has in store.



Dr Manuela Toledo



Dr Steve Sonneveld



Dr Tim Hasted



Dr Emily Price



Dr Warren Kennedy



Dr Ben Dhanaraj

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

TasIVF55 - 05.12.2023