



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

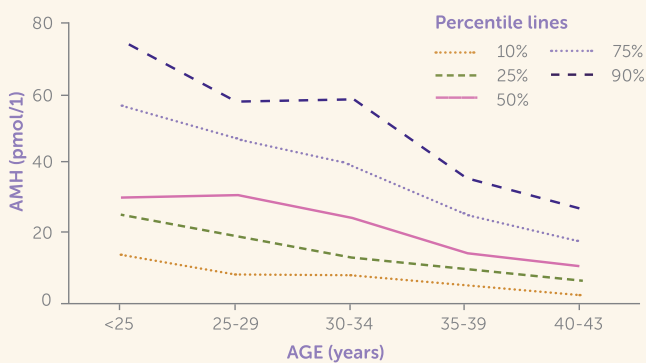
Originating in the 1980s, egg freezing involves collecting and preserving a woman's unfertilised eggs through vitrification. This freezing method suspends the eggs until the woman decides to use them. Thawing and fertilisation with sperm complete the in vitro fertilisation (IVF) process, aiming to develop a fertilised egg into an embryo for transfer to the uterus, offering a chance at pregnancy.

Preparation Considerations

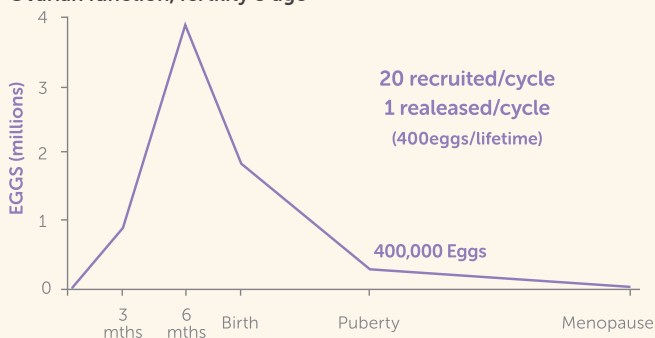
Before beginning egg freezing, assess factors such as the patient's readiness and suitability for the journey. A thorough history check, examination, and understanding the patient's desired family plans are essential. Various medical reasons, such as a heightened risk of premature ovarian failure, family 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



Ovarian function, fertility & age



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 a decade 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.

- ◆ 25-34 yrs: 8 eggs
- ◆ 35-37 yrs: 10 eggs
- ◆ 38-40 yrs: 14 eggs
- ◆ 41-42 yrs: 50 eggs

Referring to TasIVF

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



Introducing TasIVF's newest Fertility Specialist, Dr Tim Hasted.

Dr Tim Hasted is a dedicated fertility specialist and accomplished gynaecologist in Hobart. With a background in women's health and specialised training in urogynaecology, Dr Hasted brings a wealth of experience to his practice.

He is renowned for his exceptional care and expertise in managing various gynaecological issues, including endometriosis, pelvic pain, PCOS, fertility challenges, colposcopy, fibroids, ovarian cysts, menopause, and heavy menstrual bleeding.

Tim's passion for women's health extends to his role as a facilitator for RANZCOG's Communication Skills Workshop and as the lead consultant for education in the Obstetrics and Gynaecology department at the Royal Hobart Hospital. His commitment to ongoing learning ensures that he remains at the forefront of medical advancements.

He believes in a personalised approach to patient care, taking the time to conduct thorough assessments and create tailored treatment plans. Patient education is a cornerstone of his practice, ensuring that individuals are well-informed and actively engaged in selecting the most suitable management options to achieve their desired outcomes.

Available for consults at our Hobart clinic, refer your patients today.

[Learn more here](#)

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). TasIVF offers a range of screening options to help your patients understand any risk associated with their family planning goals.

Their dedicated TasIVF 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](#)

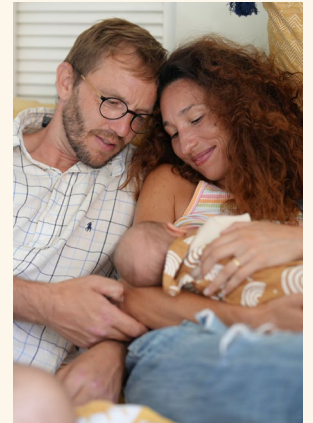
Big Miracles Season 2

Filmed in Virtus Health Clinics, TasIVF is proud to share Big Miracles is returning for Season 2, airing exclusively on Channel 9 and 9Now in 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](#)



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](#)

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

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