



Dr Mary Birdsall

Medical Director
Fertility Associates
Auckland

Saturday, June 10, 2017

12:10 - 12:20 When to Worry; When to Act



AGE BEFORE BABY...

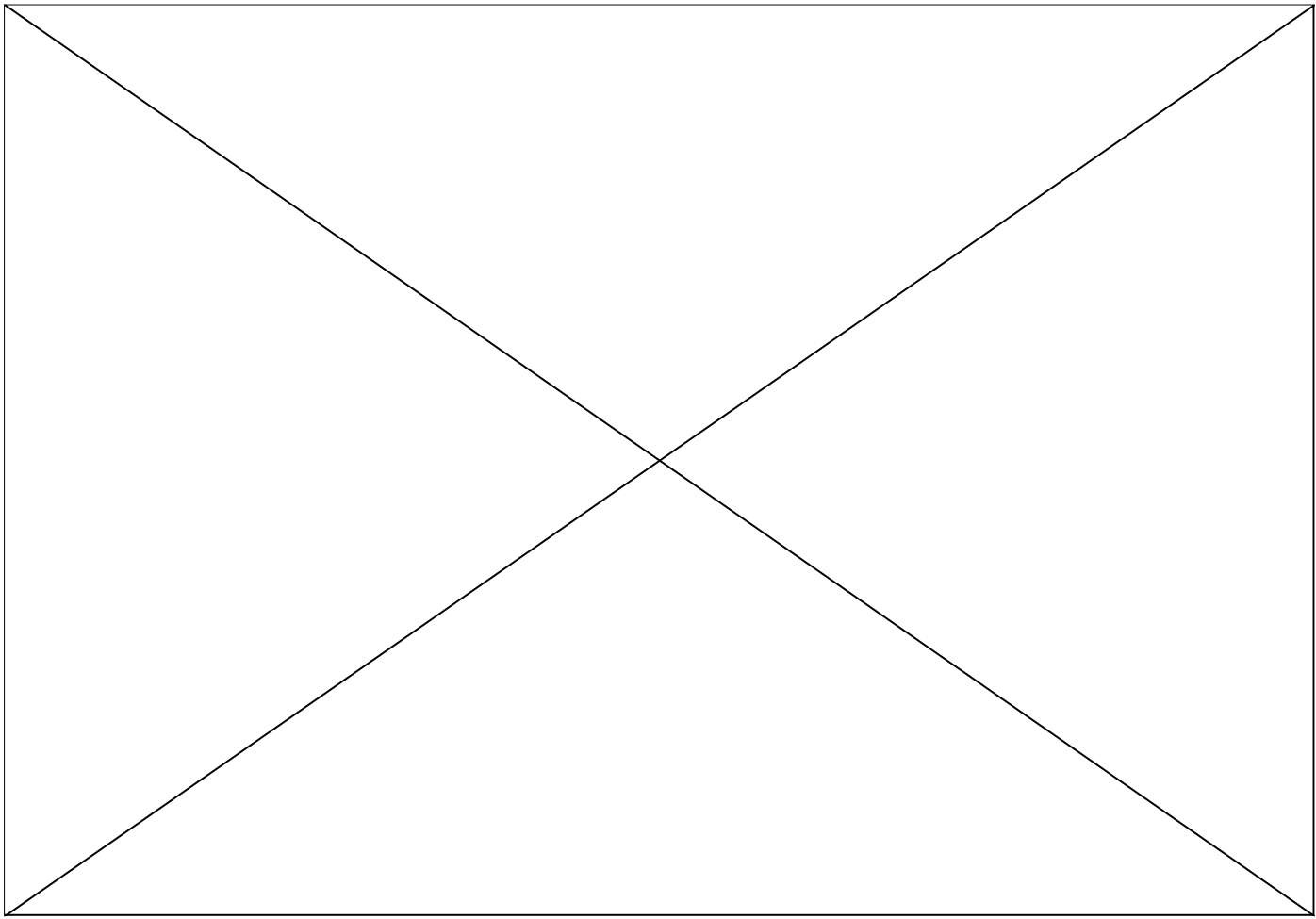
What is the best age to get pregnant? With the average age of New Zealand women having a child now at an all-time high of 30, it seems obvious that with the age of first parenthood increasing, women's fertility is decreasing. Dr Richard Fisher looks at the research surrounding how age impacts on fertility, for both men and women.

When to worry, when to act?

Dr Mary Birdsall,
Fertility Associates

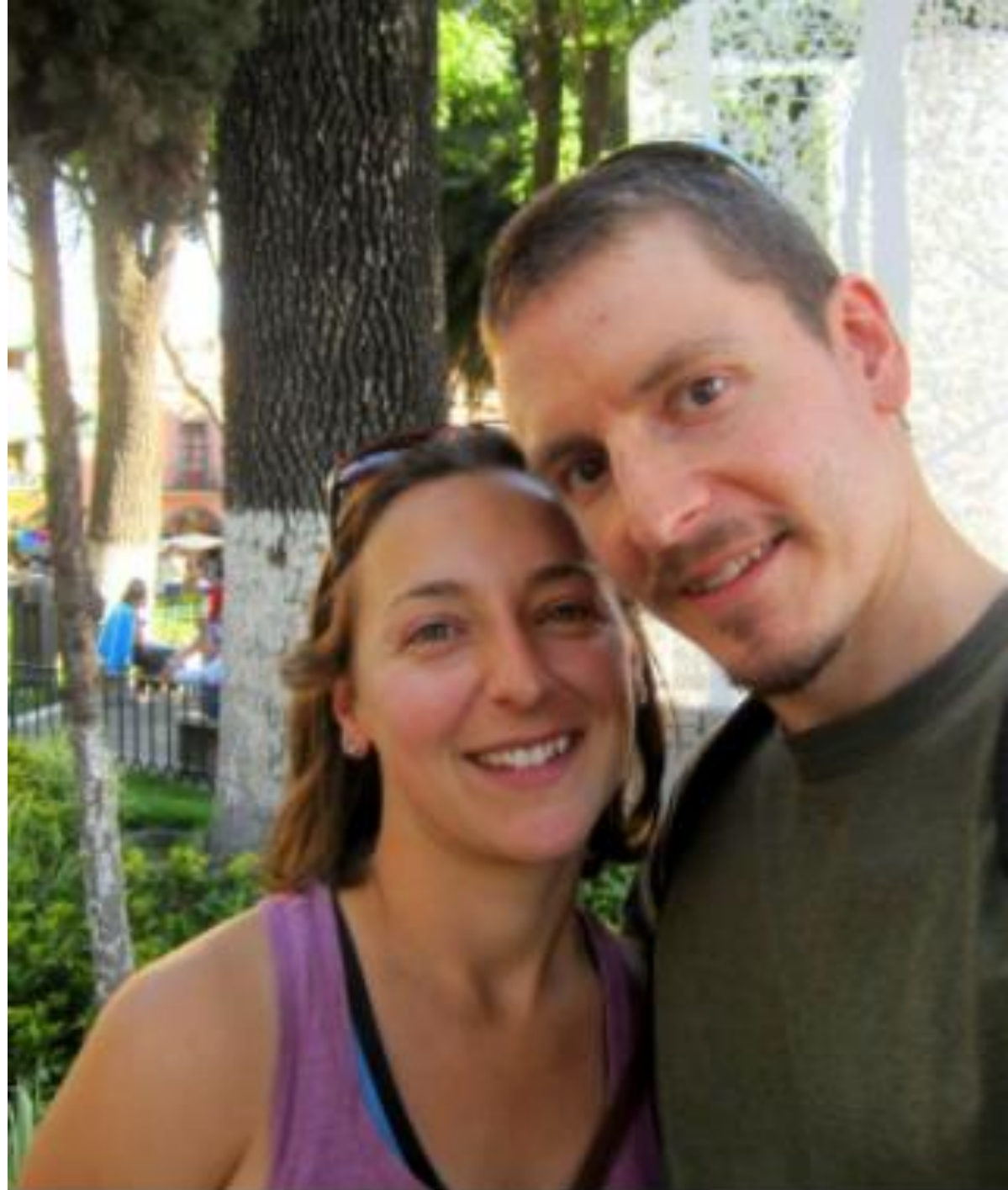


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Nick and Emily

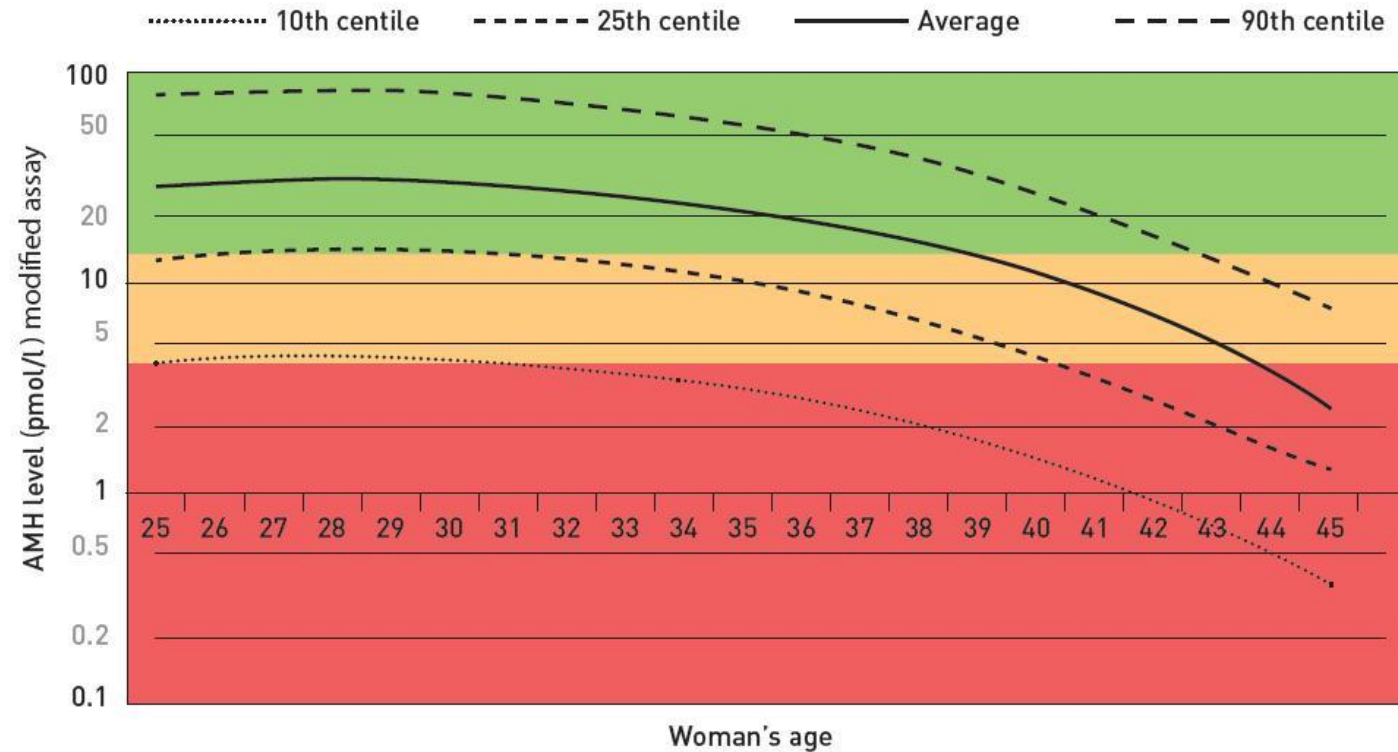
- Age 30 both healthy regular periods no dysmenorrhea
- *We just wanted to check that we were going to be able to have a family easily and wish to start now*



Tests

- Lifestyle advice
- Folic acid
- Hep B, C, varicella, rubella, HIV, TFT, HBA1C, FBC
- AMH
- Semen analysis
- Discuss biological clock
- Timeframe

AMH



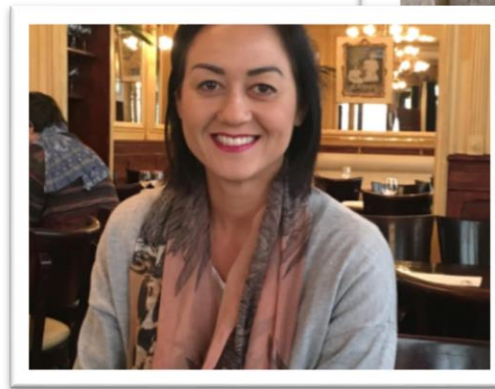
Green zone	Above the 25th centile for younger, fertile women	Very likely normal ovarian reserve – age is the best predictor of your future fertility	80% chance of 6 or more eggs in IVF
Orange zone	Between the 25th and 10th centiles for younger, fertile women	Some women in this range will have reduced ovarian reserve	50% chance of 6 or more eggs in IVF
Red zone	Below the 10th centile for younger, fertile women	Very likely reduced ovarian reserve	20% chance of 6 or more eggs in IVF



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Jonathon and Adelle

- Jono 41 overweight on citalopram and antihypertensive agent
- Adelle 37 regular periods never been pregnant before
- Trying 9 months



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Ask the sex question

Claire and Rohan

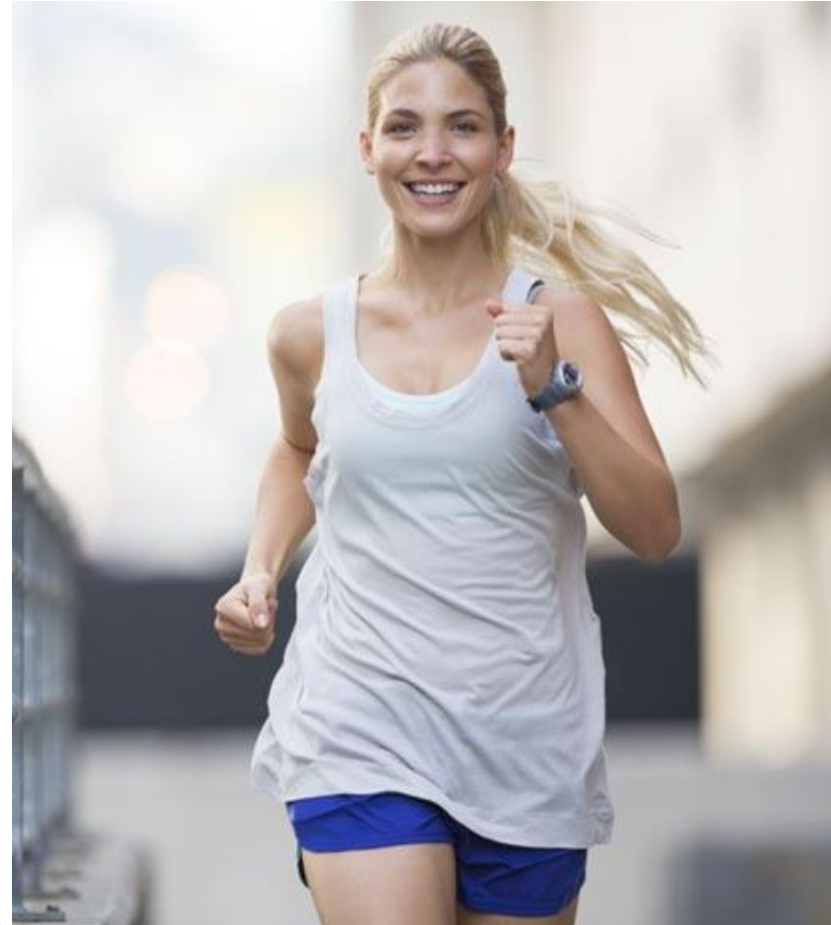
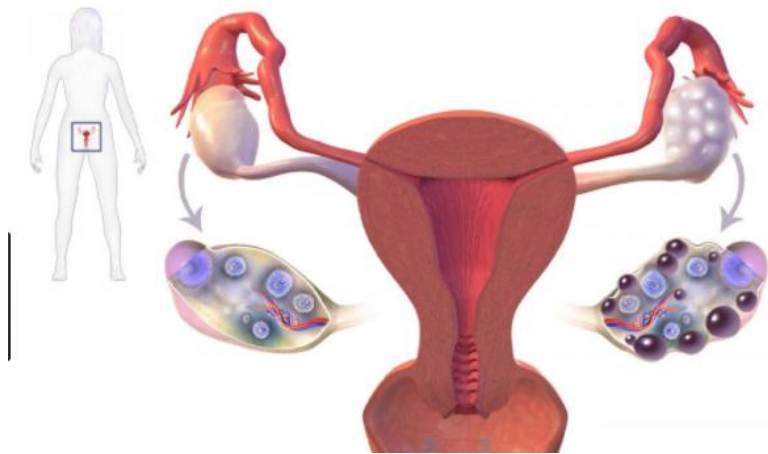
- Claire age 34 trying for a baby for 3 months stopped the pill 2 years ago and v irregular periods



Irregular periods; just refer

- Tests: routine bloods plus prolactin, TFT, testosterone, FSH and LH, hCG, AMH
- Scan: yes but it will be done at the specialist appointment

Irregular periods



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Rob and Michelle

- Age 35 both fit and healthy trying for 6 months
- Nothing in history except Rob had an orchidopexy age 4
- What to do?



Orchidopexy

- 40% of men with history of orchidopexy will have very abnormal semen analysis

