



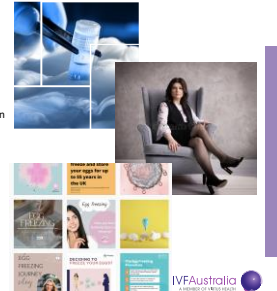
Egg Freezing

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Why are we hearing so much about egg-freezing now?

- Increased age-related female infertility
 - Tertiary education, career opportunities
 - Lack of societal and work supports for having children at the "biological" best time
- Increased consumer awareness
- Improved pregnancy rates from frozen eggs
 - Lab methods & vitrification



Who should consider fertility preservation?

1. Those with an increased risk of premature ovarian failure
 - History of endometriosis or ovarian cysts
 - Family history of early menopause
 - Childhood cancer patients
 - Autoimmune diseases
2. Those with a diagnosis of cancer
3. Elective egg freezing



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Fertility preservation for cancer patients

- Bulk billed rapid response fertility consultation within 24-48h
- Reduced fee cycle
- ART storage funding program pays storage for 10yrs
- Options
 - Embryo freezing
 - Egg freezing
 - Sperm freezing

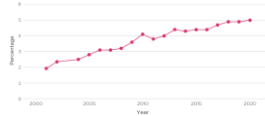


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Elective egg freezing

- Australian women are giving birth later in life (AIHW)
 - Average age at delivery was 30.0 years in 2010 to 31.2 in 2022
 - More women are giving birth aged 35+ (from 23% in 2011 to 27% in 2022),
- One in six Australian couples have infertility
 - Average age of IVF is 36 for female, 38 for male

Figure 18. Women giving birth through ART as a percentage of all women giving birth, Australia, 2009-20



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Who is freezing their eggs?

Most common indication is lack of a reproductive partner

The number of women freezing their eggs

2020: 3642

2022: 6899

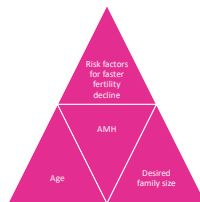
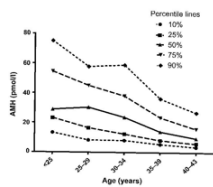
Costs of egg freezing

Non medicare rebate cost is \$10,300

Medical indication (with medicare rebates) ~ \$6,854 out of pocket or \$5000 if hit safety net

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Value of anti-Müllerian hormone



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When should women freeze eggs?

Preferably under age 35

- Egg quality and quantity rapidly decline after age 35

Age at vitrification	< 35	35-40	> 40
cLBR	49%	36%	16%

- ~11% of women return to use their eggs
 - The younger a woman is, the less likely they will be to use them
 - The older a woman is, the less likely it will be successful

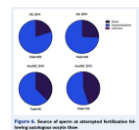
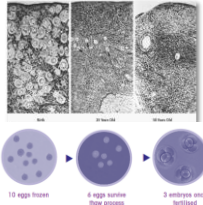


Figure 6. Reasons for using or not using vitrified eggs

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The effect of age



The best age to freeze oocytes is before the age of 35

AGE	<35	35-40	40-42
OOCYTES	6	11	18
MATURE	5	9	16
FERTILISED	4	7	13
BLASTOCYST	2	3	5
EUPLOIDY RATE	60%	30%	20%
EUPLOID BLASTOCYST	1	1	1

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How many eggs need to be frozen?

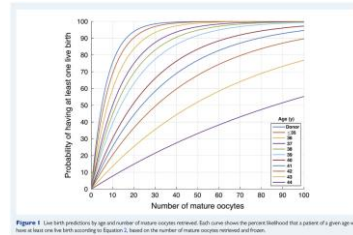


Figure 1. Live birth predictions by age and number of mature oocytes retrieved. Each curve shows the percent likelihood that a patient of a given age will have at least one live birth according to Equation 2, based on the number of mature oocytes retrieved and frozen.

Goldman et al. Predicting the likelihood of live birth for elective oocyte cryopreservation: a counseling tool for physicians and patients; Human Reproduction 2017.

Eggs needed for a 90% chance of achieving one child

- <35yrs 20 eggs
- 37yrs 30 eggs
- 40yrs 45 eggs
- 42yrs 100 eggs

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The process of egg freezing

♦ Counselling session

- Risk factors for future infertility
- Desired family size
- When they are intending to have children
- Are they in a reproductive relationship with a committed partner?
- Discuss how many eggs or embryos they feel comfortable with freezing/achieving



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Process of egg freezing

- Call day one of period
- Hormonal injections 10-12 days
- Regular bloods & scans
- Some bloating but no frequent significant side effects, some risk of OHSS
- Patients can carry out all normal activities throughout the period of stimulation
- Egg pick up & freeze eggs; home 1-2 hours after
- Stop medications



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Let's consider some cases

- AB 22yr old, single. Older sister diagnosed with premature menopause
 - Assess risk with AMH & explore risk factors for prem menopause
 - If high risk, egg freeze / go it alone with donor

Let's consider some cases

- HG 25yr old, several laparoscopies for endometriosis already. Partner not ready for children
 - Assess risk with AMH
 - Severity of endometriosis – risk of recurrence
 - Consider try now with partner
 - ? Egg freeze or embryo freeze (partner or donor sperm)

Let's consider some cases

- KL 35yr old, newly separated after long term relationship. Really wants children.
 - Assess with AMH
 - Discuss implications of age
 - Egg freeze
 - Donor Conception
 - Time to wait and find a new partner

Let's consider some cases

- ◆ RS 29yr old with new diagnosis of breast cancer. Married but no children.
 - ◆ Urgent review and cycle activation after counselling
 - ◆ Discussion on eggs or embryo freezing
 - ◆ Minimised cost
 - ◆ Consider legal consult to discuss – eg Will

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Reproductive health leave

Public sector workers have an entitlement to 10 days paid reproductive health leave (RHL) per year (non-cumulative) from 30 September 2024.



1. What can RHL be taken for?

Clause 6.1 of the RHL Directive states RHL may be taken by an employee under the following circumstances:

- (a) when chronic reproductive health conditions (such as, but not limited to, endometriosis, dysmenorrhea, adenomyosis, polycystic ovary syndrome, and menopause symptoms) require absence from the workplace;
- (b) to receive fertility treatment such as, but not limited to, in vitro fertilisation (IVF);
- (c) to attend preventative screening associated with reproductive health, including, but not limited to, breast and prostate screening; and
- (d) for treatment associated with reproductive health including, but not limited to, hysterectomy and vasectomy.

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Questions?

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