
THINK OF

Fertility assessment

Be Profertility

Dr. Smriti Bhatta



Fertility assessment

Why does it matter and how we can help

By Smriti Bhatta

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Hello and welcome to the fertility world. Practising as a senior fertility specialist gives me insight and knowledge of how fertility in women constantly declines with age and the pressures of the modern world camouflages the importance of this inevitable biological change in every woman. Fertility investigations in traditional medicine pathways are initiated only when there is an inability to achieve a conception after a certain duration of trying and sadly even the best fertility treatment cannot overcome the natural barrier of age. Therefore, I propose for you to be profertility, to be better informed and to know your options timely. Life happens but infertility happens too! Hope this short guide helps you to see why fertility assessment matters and how we can help.

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Ovaries grow older with you but at a much faster rate with progressive decline in the egg numbers and quality.

A healthy lifestyle dictates fertility.

Female age and fertility

Women are born with a fixed number of immature eggs in their ovaries, approximately 2 million at birth with 300,000 left at the time of puberty when a female starts menstruating. During each monthly cycle, a group of immature eggs are capable of development but only one grows and releases an egg (ovulation), the rest perish. This constant loss of immature eggs accelerates mid-30s and beyond with faster progression beyond the age of 35 years. Besides the number of eggs, the quality of eggs also declines. A double whammy of reduced egg numbers and quality impacts the fertility prospects and reduces the monthly chance of conception. The rate of fertility decline is variable between women and influenced by lifestyle factors, genetics and medical conditions.

Lifestyle and fertility

Unlike the age impact over which we have very little control, lifestyle is totally in our hands. Lifestyle factors like high body weight, smoking, increased alcohol intake or recreational drug abuse can negatively impact fertility. It has been proven beyond

doubt that a healthy lifestyle can improve fertility prospects and also the outcome of any future pregnancies or fertility treatments that you may require. The choice is yours.

What we offer

Initial step would be for you to complete a **fertility assessment questionnaire** which will be sent out prior to the appointment. This provides us with important information about your medical history and any factors that are likely to affect your fertility. You will also be advised to do a couple of **blood tests to check hormones related to fertility (female hormonal profile and AMH)**. If you have regular periods, the blood tests need to be done between day one to five of your period (day one is when bleeding starts) and if you have irregular or no periods the tests can be done at any time.

Pelvic transvaginal Ultrasound scan assessment

This diagnostic procedure involves an internal ultrasound scan of your reproductive organs. You do not need a full bladder and scan be done while you are on a period. A thin probe is passed through your vagina and usually, there is no pain or discomfort. The scan will help us to see your vagina, cervix (neck of the womb), uterus (womb) and ovaries. We can assess your ovarian reserve (egg count) and are able to diagnose any abnormalities of these structures. Fallopian tubes are not seen on a scan unless they are blocked and filled with fluid. Another diagnostic procedure called HyFoSy can be arranged to check the fallopian tubes if you choose.

Consultation and Fertility assessment through questionnaire, hormone blood tests, diagnostic pelvic transvaginal ultrasound scan with the option of adding fallopian tube check procedure.

HyFoSy (hystero salpingo foam sonography)

This investigation allows us to check if your fallopian tubes are open and if there are abnormalities in the womb or its lining. The procedure involves a transvaginal ultrasound scan of your pelvic area, injection of foam through a catheter placed in the neck of your womb(cervix) and visualising the flow of foam through the fallopian tubes on an ultrasound scan.

HyFosy helps to rule out any fertility issues related to the patency of your fallopian tubes with approximately 95% certainty. A normal test provides reassurance. The risks are rare and may include infection, minor discomfort during the procedure and feeling sick or faint after the procedure.

A detailed information leaflet specific to the procedure can be provided.

Consultation for any other fertility matters

Apart from fertility assessment, you can book Consultation only appointments to discuss your fertility matters and any related queries. Male fertility assessment tests are not available presently.

Finally

Just wanted to share a few important thoughts with you.

Fertility is complex and most certainly cannot be taken for granted. Where you sit on the reproductive spectrum is specific to you. Finding it out timely can help to plan and avoid the heartbreak of not being able to have a baby when or if you need it.

I am here to talk about all things fertility and help to inform you better. Please get in touch if you have any queries.