

 **TAKE CONTROL**  
Set your own Biological Clock

## Is Egg Freezing Right For You?

We believe knowledge is power. The Fertility Center of Miami encourages you to ask questions and learn more about your fertility options. There is no disputing the facts: women worldwide are delaying childbearing, the likelihood of achieving a successful pregnancy declines with age, and many women are unaware of their options. The first step to empowering you is a consultation with one of our Reproductive Specialists.



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Helping YOU Make a Baby

[fertility-miami.com](http://fertility-miami.com)



Discover your  
alternatives for  
today and tomorrow

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## Our commitment to Our Patients

Most of us dream of having a family, but few of us ever anticipate that we will have difficulty making it happen. The Fertility Center of Miami is committed to helping you. Established in 1991, we are South Florida's leader in providing Assisted Reproductive Technologies. Our team of board certified fertility specialists excels in achieving positive outcomes, while offering a comfortable setting that revolves around you. As women continue to delay child bearing, whether for personal or professional reasons, it is our mission to make sure your fertility is being preserved so your dreams are made a reality when YOU are ready.

## Conquering your Biological Clock

As our understanding of fertility has evolved over the past 30 years, it is clear that ovarian reserve in addition to maternal age is what matters. Women are born with their lifetime endowment of eggs. Once a woman begins puberty, the "biologic clock" starts to tick. The window of optimal fertility in a woman is from her late 20's through her early 30's. Ovarian reserve, and hence fertility potential, continues a slow decline year after year which accelerates in the mid to late 30's. Both egg quality and quantity continue to decline. In order to preserve today's fertility potential and bring it into the future, women have turned to oocyte cryopreservation. This process, simply known as "egg freezing," is used to pause the biological clock.

## Who Should Freeze Eggs?

- Women who want or need to delay childbearing in order to pursue personal, educational or career goals
- Women diagnosed with cancer undergoing treatments that can impair future fertility

- Women with moral or religious objections to fertilizing excess oocytes, and storing excess frozen embryos
- Women with a family history of early menopause

## When to Freeze Eggs?

The ideal age range to freeze is 28- 35. However, egg freezing can take place at any age. The younger a woman is when she elects to cryopreserve oocytes, the more likely it is that a larger number of eggs will be obtained within a given treatment cycle. The better the ovarian reserve, the more likely it is that when thawed, the eggs will fertilize and result in normal embryos. Since each woman's situation is different, the decision to freeze eggs needs to be individualized. Consideration needs to be given to the present ovarian reserve, medical health, and life plan which might delay the ability to start a family for an extended period of time.

## What to Expect?

Initial consultation and basic preliminary tests are usually accomplished within one menstrual cycle. Ovarian stimulation can occur as quickly as the following month.

- Initial Consultation
- Ovarian reserve and infectious disease screening
- Ovarian Stimulation
- Oocyte "Egg" Retrieval
- Cryopreservation of Eggs

When conception is desired in the future, the eggs are thawed, fertilized and cultured. Preimplantation Genetic Screening can be performed if desired prior to coordinating the embryo transfer in a programmed or natural cycle.

# EGG FREEZING OOCYTE CRYOPRESERVATION

## Is it Safe?

Yes, it is safe. Both the American Society for Reproductive Medicine and the European Society of Human Reproduction and Embryology support the use of egg freezing to preserve future fertility. Oocyte cryopreservation is now commonly practiced worldwide with outcomes no different than traditional in vitro fertilization procedure.

## Is it Effective?

Studies suggest that vitrification, a specific way of freezing eggs, significantly improves egg survival and pregnancy rates. The Fertility Center of Miami uses this technique to freeze eggs and embryos. National studies have confirmed our findings that fertilization and pregnancy rates are similar when comparing vitrified/warmed eggs to fresh, age-matched eggs with IVF/ICSI.

## How long can I wait to use my eggs?

There is no time limit for the length of time that eggs can be cryopreserved. They do not "expire." There are recommended age limits for the transfer of embryos (preferably 50 or younger). As people age, the risk of developing chronic illnesses, such as high blood pressure and diabetes, increases. These chronic medical conditions must be considered because they may have implications on the health of a pregnancy and ultimate delivery of a healthy child.