

Fertility Preservation and Egg Freezing Outline

Part 1: Female Fertility

- Overview of female fertility.
- What impacts fecundity?
- How important is age in female fertility?
- Why does age negatively impact fertility in women?
- What other factors decrease a woman's fertility?

Part 2: Fertility Preservation

- At what age does fertility begin to decrease?
- What causes Diminished Ovarian Reserves?
- What are the symptoms of Diminished Ovarian Reserves?
- How to evaluate and diagnosis Diminished Ovarian Reserves?
- What can women do to support their fertility and maintain optimum fertility for as long as possible?
- Does birth control influence future fertility positively or negatively?
- Does exercise impact female fertility?

Part 3: Egg Freezing

- Who should consider egg freezing?
- At what age should women consider freezing their eggs?
- What is the egg freezing process?
- What are the short and long-term risks of the fertility medication needed for egg freezing?
- Do you need to have your IUD removed in order to go through an egg retrieval process?
- How many eggs do you need to freeze to provide a fair chance of having a baby?
- Are women with low AMH levels a good candidate for egg freezing?
- How many egg retrieval cycles should you expect in order to have enough eggs for a strong chance for a baby?
- How long can eggs be frozen?
- Does freezing damage the eggs?
- If you don't use your frozen eggs can you donate them?
- What is the success rate for frozen eggs?
- Should you freeze eggs or freeze embryos?
- Cost of egg freezing:
 - Initial egg retrieval.
 - Cryopreservation storage fee.
- What is the process when you want to return to use your frozen eggs?