



April



## MFC News

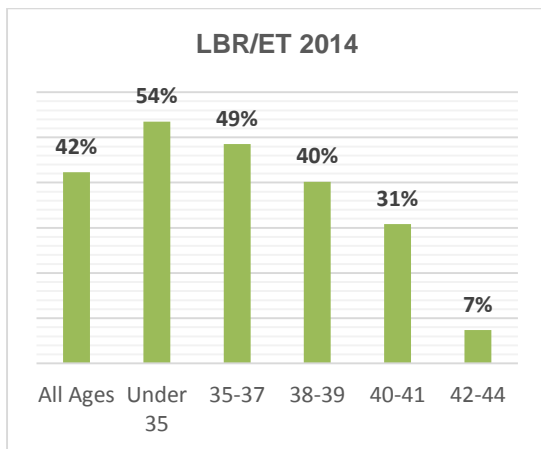
### **Oocyte Vitrification**

We are delighted to announce our new Egg freezing (Oocyte Vitrification) service.

It is an option for women not currently in a position to conceive but who hope to do so in the future e.g. women who are concerned that they are getting older and have not met the right partner or women with cancer, severe endometriosis or low ovarian reserve.

The younger the woman the better the success rates – ideally the woman will be 35 or under. Honest counselling regarding the success rates and limitations of this treatment will be central to our program.

### **Livebirth Rates 2014**



Livebirth rate or “take home baby rates” cannot be reported until all women have delivered. It is wonderful to report our Livebirth rates for 2014. These are exceptional by international standards.

While women under 35 have over a 50% chance of a baby with one completed cycle, sadly, in women aged 42 and above, livebirth

rates are only 5-7% due to the lower pregnancy rate and increased miscarriage rate. This is in line with international figures. It is vital that older couples contemplating treatment are aware of these limitations of treatment.

### **Not just IVF Pregnancies**

We recently audited couples who attended MFC and had a spontaneous pregnancy in 2015, without requiring assisted reproduction treatments (ART). There were 117 such pregnancies.

Nine couples conceived after laparoscopic surgery, one with home artificial insemination and 39 had been investigated and advised to continue trying naturally for a while longer. The remainder were considering ART treatment.

We feel these results are important as a reassurance to patients that, at MFC, we explore all options prior to recommending ART.

### **Pre-pregnancy planning**

If you have patients (male or female) with significant medical problems requiring medication (e.g. methotrexate) that needs to be stopped prior to conception, we recommend you consider arranging a fertility assessment prior to stopping medication. This will help minimise the time the patient is off their usual medication.

With access to specialized medical and surgical services at the National Maternity Hospital, MFC is ideally placed to manage medically complex cases. Patients can be seen at MFC or at our public fertility clinics in the hospital.

**Dr Mary Wingfield, Clinical Director**

**Merrion Fertility Clinic is a not for profit organisation at the National Maternity Hospital**