

Age Related Fertility Preservation: Should you Consider Multiple Egg Freezing Cycles?

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All what we really know for sure about reproductive competence (ability of eggs and sperm to produce a baby) is that embryos that has the correct number of chromosomes has a very high chance of implanting and produce healthy babies. In the majority of cases, the egg is the source of abnormal chromosome material: extra or missing chromosomes.

Female age is the most important fertility factor. As age advances, the number of eggs in the ovary decline and the proportion of abnormal eggs increase. This fact underline the need for modern women think about **reproductive planning** as early as possible, say age 25 to 30. When do you want to get pregnant for the first time? Is it socially feasible to start now? Do you have enough support around you to have a baby now? how large of a family do you want? do you care about the sex of the baby?

In general the following are available options

Try to get pregnant on your own as early as possibly can

Consider Embryo freezing with partner for later use

Consider using donor sperm to create embryos for storage

Egg freezing is a viable option for fertility extension

Egg Freezing

The ovaries are stimulated to produce multiple eggs. Eggs are retrieved using a simple procedure. Mature eggs are frozen using flash freezing (vitrification). The eggs are stored in a special device in liquid nitrogen, indefinitely. The main aim here is to freeze multiple mature eggs at a younger age that can be used at a later female age when eggs are fewer and less healthy.

The most critical part of counseling women here about ultimate chance of conception using egg freezing is accurate estimation of egg reserve via [history, antral follicle count and AMH level](#).

In general women <38years that produce >8 eggs has a very good chance of conceiving and delivering at least one baby from an egg freezing cycle.

[Egg-freezing-study](#)

Women who are older or produce less eggs then would ask do I need more eggs?

Multiple Egg Freezing Cycles

Should you Consider Multiple Egg Freezing Cycles? If you do not produce enough eggs in the first round of egg freezing you can consider another egg freezing cycle. But you now have the advantage of knowing how did you respond the first round. You know a bit more about the quality and maturity of the eggs. You know if the stimulation protocol worked for you and you can discuss with your reproductive endocrinologist methods of improving response. If increasing the number of frozen mature eggs is possible with another cycle of egg freezing, then another cycle should be considered.

On the other hand if the prior response is low, egg quality is low and age is 40 or more, women should consider conceiving as soon as possible.