

Fertility Health Pre-Assessment

Fact Sheet

A Fertility Health Pre-Assessment provides your patients with insights into their reproductive potential, allowing for proactive management of their health and increased chances of achieving their reproductive goals.

Fertility Facts

- Approximately 1 in 6 couples can be affected by infertility.
- Infertility is classified as no pregnancy after 12 months of unprotected intercourse.
- The most fertile time of the cycle is just prior to 12-14 days from the end of a menstrual cycle.
- Fertility decreases with age in women – slightly at 30 years, significantly around 37-38 years, and at the age of 40 it is around a quarter of when aged 30.
- Defects in sperm quality are the sole or contributing factor in over half of all cases of infertility.
- At least 1 in 20 Australian men have a significant problem with their sperm quality leading to infertility.
- Lifestyle factors such as smoking, alcohol, diet and weight, reduces fertility and increases miscarriage rates.

Infertility

In today's busy world, many couples plan carefully to ensure the timing is right for them when starting a family. While most couples conceive naturally within 12 months, up to 20% face a different journey—either struggling to conceive or suffering from recurrent miscarriages despite their efforts.

Infertility is defined as the inability to conceive after a year of unprotected intercourse, or the inability to carry pregnancies to a live birth.

There are many possible causes of infertility among males and females:

- 40% of infertility is due to female factors alone
- 40% of infertility is due to male factors alone
- 10% of infertility is due to both female and male factors
- Up to 10% of infertility remains unexplained

There may also be male or female genetic factors that affect an embryo's ability to develop and this may cause infertility or repeated miscarriage.

Fertility Health Pre-Assessment

At Repromed, we understand that everyone's fertility journey is different. That is why we have developed the Fertility Health Pre-Assessment – so your patients can begin to make informed decisions about their future.

Our Fertility Health Pre-Assessment is a great first step when considering having a baby, especially if your patient has been trying for more than 6 months and has have not fallen pregnant yet, or if they are simply seeking information about their biological clock.

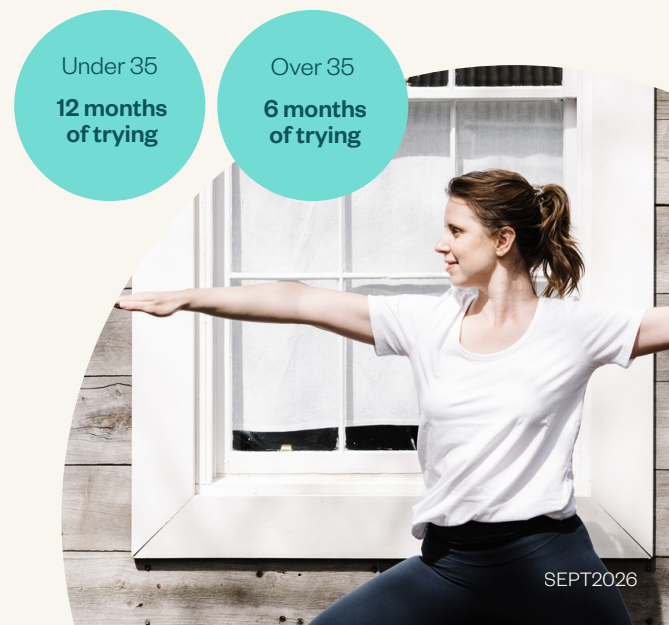
The Repromed Fertility Health Pre-Assessment includes:

- Anti-Mullerian Hormone (AMH) Blood Test
- Semen Analysis (if appropriate)
- 3 Gene Carrier Screening Test
- Review Appointment with a Repromed Fertility Doctor

A Fertility Health Pre-Assessment does not require a written referral, reports can be copied to you as your patients primary care provider.

When to refer your patient?

If your patient is under the age of 35 and has been trying to fall pregnant for 12 months or if they are over 35 and having been trying to fall pregnant with no success, we recommend a referral to the team at Repromed.



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AMH Test

Women with diminished ovarian reserve may have reduced fertility and an increased risk of miscarriage. It is important to identify these women early on, so that they can make decisions about when to start having a family and when to access assisted reproductive technology if required.

The Anti-Mullerian Hormone (AMH) Blood Test helps to measure the hormone associated with a woman's ovarian reserve levels - the lower the number of eggs, the lower the level of AMH will be detected. Women with a diminished ovarian reserve may have an increased risk of miscarriage and reduced IVF success.

This test can be done at any time during a normal menstrual cycle. Anti-Mullerian Hormone has also shown to be a good marker for Polycystic Ovarian Syndrome (PCOS).

Semen Analysis

A Semen Analysis is the single most important piece of information needed to assess male fertility. It provides key information such as sperm count, motility, morphology, and overall semen quality.

40% of infertility is due to male factors alone. After a female's age, male factor infertility is the second most common reason a couple may experience difficulty conceiving. Smoking, alcohol, certain chemicals and a variety of other factors can all affect the health of sperm. Being in peak physical condition and good health is not a guarantee of male fertility.

At Repromed we are committed to providing the highest quality standards when providing a Semen Analysis. We perform our analysis according to the latest World Health Organisation criteria – the gold standard in performing a Semen Analysis.

Pricing

Single \$195.00

- AMH Test, 3 Gene Carrier Screening, and review appointment
OR
- Semen analysis and review appointment

Couple \$345.00

- AMH Test, 3 Gene Carrier Screening, Semen Analysis and review appointment

3 Gene Carrier Screening test - for the female

The Royal Australian and New Zealand College of Obstetricians and Gynaecologists recommends that all individuals planning a pregnancy or in early pregnancy consider genetic carrier screening.

The majority of children with single gene conditions are born into families with no other affected family members, and about 1 in 50[i] reproductive couples who have genetic carrier screening will find out they have an increased chance of having a child with a single gene condition.

The 3 gene panel tests for 3 conditions: Cystic fibrosis, Fragile X syndrome and Spinal muscular atrophy. About 1 in 240[i] couples find out they have a high chance of having a child with one of these three conditions.

Review results

A follow-up appointment will be scheduled with a Repromed Doctor to review the results of these tests and discuss your available options. If required access to our in-house genetic counsellors can also be arranged.

Referrals

Fertility Health Pre-Assessments do not require a referral.

For more information or to book a test

South Australia

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E: enquiries@repromed.com.au

Dulwich

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Dulwich, SA 5065

Also consulting in:

Mawson Lakes, Morphett Vale, Mount Barker,
Mount Gambier and Port Lincoln

i. Archibald, A. D., Smith, M. J., Burgess, T., Scarff, K. L., Elliott, J., Hunt, C. E., ... Amor, D. J. (2018). Reproductive genetic carrier screening for cystic fibrosis, fragile X syndrome, and spinal muscular atrophy in Australia: Outcomes of 12,000 tests. *Genetics in Medicine*, 20(5), 513-523. doi:10.1038/gim.2017.134.

ii. Mackenzie's Mission (2022), Outcomes, 2 July 2024, www.mackenziesmission.org.au