

repro**med**

A woman with dark hair tied back, wearing a white t-shirt and black leggings, is smiling while lifting two teal dumbbells. She is standing outdoors in front of a corrugated metal wall. To her right, a white dog is sitting and looking up at her. The scene is brightly lit, suggesting a sunny day.

Fertility Health
Pre-Assessment



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 you and your partner can have answers about your fertility to help make informed decisions about your future.

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

And what is great is that you do not require a referral to have a Fertility Health Pre-Assessment.

The Repromed Fertility Health Pre-Assessment includes:

- Anti-Mullerian Hormone (AMH) Blood Test
- Semen Analysis (if appropriate)
- 3 Gene Carrier Screening Test
- Review Appointment

When to seek help?

If you are under the age of 35 and have been trying to fall pregnant for 12 months without any luck, then we strongly suggest it is time. If you are over 35, wait only 6 months before seeking help.

Under 35

**12 months
of trying**

Over 35

**6 months
of trying**

An initial consultation with a Repromed Fertility Doctor is a great first step towards understanding your fertility health.



AMH Test for women

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 blood test provides a snapshot early on so a decision can be made on when to start trying for a baby and when to access fertility treatment. 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 test for men

Smoking, alcohol, certain chemicals and a variety of other factors can affect the health of sperm. A Semen Analysis is the single most important piece of information needed to assess male fertility.

It measures the amount and quality of a man's semen and sperm – assessing characteristics such as sperm movement.

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. Samples are analysed within an hour of collection to get the most accurate results.

3 Gene Carrier Screening test (female partner)

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^[ii] 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^[ii] 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.

- 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

Infertility

With today's busy lifestyles, many couples plan carefully to ensure the time is just right to achieve a pregnancy and start a family. For the vast majority of couples, pregnancy occurs naturally within 12 months of trying to conceive.

However, for up to 20% of couples it is a different story. They keep trying and nothing happens, or they achieve a pregnancy only to miscarry.

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.

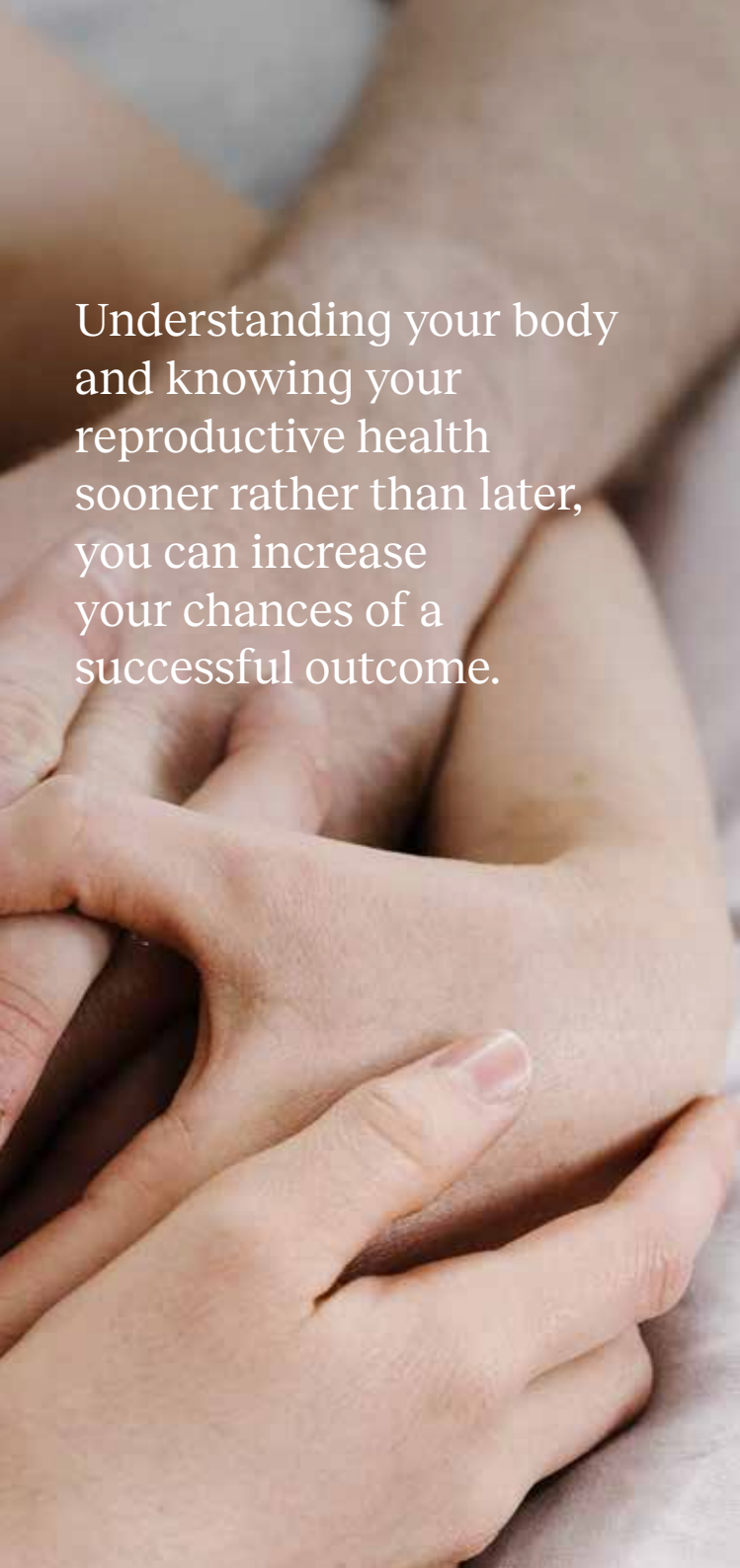


Fertility facts

- Approximately one in six 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.

Getting started

For more information, or to make an appointment, please contact us on **08 8333 8111** in South Australia or **08 8945 4211** in the Northern Territory or visit us at **repromed.com.au**

A close-up photograph of several hands of different skin tones being held together in a supportive grip. The hands are positioned in the center and lower half of the frame, with fingers interlaced or resting on each other. The background is a soft, out-of-focus light color, possibly a wall or a surface. The overall mood is one of care, support, and solidarity.

Understanding your body
and knowing your
reproductive health
sooner rather than later,
you can increase
your chances of a
successful outcome.

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