

# let's talk about AAPI fertility



## empowerment through knowledge and support

In the U.S., the Asian American and Pacific Islander (AAPI) community includes more than 16 million people. However, when it comes to fertility, the AAPI community is largely underrepresented, making it harder for individuals to obtain the knowledge and support needed to pursue family-building and overcome cultural stigmas.

WIN is proud to support the AAPI community through inclusive resources and personalized family-building support designed to empower those on the path to parenthood - no matter what the journey entails.

# AAPI fertility facts

**Members of the AAPI community experience higher prevalence of infertility** compared to their white counterparts, which is why it's never too early to get informed when it comes to learning about your fertility.

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*Studies show that AAPI patients can be more likely to:*

## **Experience greater difficulty conceiving**

People of Asian descent may be predisposed to certain conditions that can make it more difficult to conceive. Asian American women are nearly three times as likely to have endometriosis compared to white women, and some Asian ethnic groups can be more prone to developing Polycystic Ovarian Syndrome (PCOS) - both of which are conditions known to hinder fertility. Similarly, men of Asian descent may also be more likely to have erectile dysfunction, low libido, or abnormal semen parameters compared to white men.



3x

more likely for Asian American women to have endometriosis compared to white women

## **Wait longer to seek fertility treatment**

Cultural attitudes and stigmas towards infertility and fertility treatment vary among different ethnic groups, which can make the decision to undergo fertility treatment an isolating and emotionally challenging experience. This is particularly common for members of the AAPI community, where fertility and family are often strongly tied to traditional beliefs - putting undue social pressure on those who must pursue a different family-building path. Additionally, financial or geographical access to healthcare services can delay an individual's decision or ability to seek fertility treatment.



40%

of Asian patients delayed meeting with a physician at least two years after experiencing problems

## **Have decreased treatment success rates**

Since age is the most important factor when it comes to fertility success, waiting longer to seek help can make fertility treatment less effective. Combining age and genetic predispositions, AAPI women may experience additional factors that can make it harder to conceive through intrauterine insemination (IUI) or in vitro fertilization (IVF), including lower ovarian reserve, poor egg quality, and lower response to ovarian stimulation hormones.



29%

less likely for Asian women to become pregnant after an IVF cycle compared to white women



## Fertility challenges are challenging enough.

For members of the AAPI community seeking fertility care, remember that you are not alone. WIN is here to provide the support and care you need to build your family, connecting you to informative resources and fertility experts who truly understand you, your concerns, and your needs.

### Clinical representation matters

40% of WIN Nurse Care Advocates identify as BIPOC, and 100% are specially trained on inclusive fertility care to create a safe space where members can discuss their appointments and ask follow-up questions relating to their journey.

### Hands-on provider matching

WIN matches members to Reproductive Endocrinologists who understand the unique fertility challenges AAPI members face, and are best suited to provide individualized care.

### Donor education and guidance

WIN Nurse Care Advocates help members understand what's covered under their donor egg and sperm benefit, what to expect, and support them in screening for donor criteria, choosing an agency, and procuring material.

### Individualized behavioral health support

Evidence-based behavioral health support is tailored to each member to help lower stress and improve overall well-being.

### Access to tailored fertility education

WIN provides educational articles, webinars, and more to help support, inform, and empower members about their family-building options.

## need on-demand support?

From late night questions and medication assistance to emotional support, our **Nurse Care Advocates are available 24/7** through the WINFamily App to help you navigate your fertility journey.



### Clinical guidance is a tap away.

Scan to download the WINFamily App and create your account using your company name.

