

let's talk fertility



1 in 6

people are impacted by fertility issues - or about 186 million individuals. That's more than those impacted by diabetes, breast cancer, or Alzheimer's Disease.

You are not alone. WIN is here to offer clinical expertise and compassionate care to help you navigate the path to parenthood, no matter what your journey entails.

fertility 101

class is in session

fertility facts:

- Women are born with all of their eggs
- As we age, the quantity and quality of our eggs naturally decrease
- Each month, your body naturally develops a group of eggs in the ovaries that then get released
- Age is most important determinant for fertility
- Regardless of your age, it's never too early or late to get informed about your fertility

consider seeing a fertility specialist if you:

- Cannot conceive after 12+ months of trying
- Are 35 or older and cannot conceive after 6 months of trying
- Experience painful periods, irregular periods, or no periods
- Have had more than one miscarriage
- Have significant medical conditions that may impact your fertility
- Are single or in an LGBTQIA+ relationship looking to build a family

1 in 3

women struggle with fertility over the age of 35

50%

of known infertility cases attributed to male factor

2x

as likely for black women to experience infertility than white women

(re)defining infertility

Infertility is traditionally defined as not being able to get pregnant after at least one year of trying to conceive, whether through regular unprotected intercourse or inseminations.

The definition of infertility has been recently broadened by the American Society for Reproductive Medicine (ASRM) to be **more inclusive of anyone that needs medical intervention to achieve a successful pregnancy** - improving equity and access to treatment for single individuals and those in LGBTQIA+ relationships.

fertility 101

acronym cheat sheet

Get familiar with some of the more common fertility terms that you might come across.

IUI (*Intrauterine Insemination*)

The process of placing concentrated sperm directly in the uterus around the time the ovary releases one or more eggs to be fertilized.

IVF (*In Vitro Fertilization*)

The process of extracting eggs, getting a sperm sample, and externally combining an egg and sperm to create embryo(s) which are then transferred into the uterus.

AMH (*Anti Mullerian Hormone*) Test

- Checks how many eggs you have left in your ovaries, aka your “ovarian reserve”
- Predicts how you may respond to fertility medicine, helping your provider know what dose you need

AFC (*Antral Follicle Count*)

- Measurement of antral follicles (eggs) in the ovaries via vaginal ultrasound
- Estimates ovarian reserve, response to fertility medicine, and the chance for successful pregnancy with IVF

HSG (*Hysterosalpingogram*)

- Detects abnormalities inside the fallopian tubes and uterus to help identify issues that may affect fertility
- Testing involves a quick, outpatient x-ray procedure

ICSI (*Intracytoplasmic Sperm Injection*)

- A lab procedure to help couples undergoing IVF with male factor infertility
- A single sperm cell is inserted directly into a mature egg to facilitate fertilization

PGD (*Preimplantation Genetic Diagnosis*)

- Genetic analysis of a live embryo to detect abnormalities or genetic disease
- Determines which embryo(s) are the healthiest to implant in the uterus

eSET (*Elective Single Embryo Transfer*)

- Involves identifying a single embryo with the highest chance of success and transferring that embryo into the uterus
- Produces safer results than transferring multiple embryos at once

fertility 101

the road ahead

This timeline can give you a sense of what the fertility treatment process typically entails. Remember, no two fertility journeys are the same!

cycle preparation

- Start off with bloodwork and a vaginal ultrasound
- Order medications and learn how to administer shots

ovarian stimulation

- This part of the process approximately takes 10-14 days
- Daily injections and regular monitoring to stimulate the maturation of a batch of eggs

egg retrieval

- Prompted by trigger shot once follicles are large enough
- About 10-15 minute procedure under light anesthesia

creating embryos

- Option to freeze eggs or inseminate eggs to create embryos (IVF)
- Embryos can be transferred into the uterus or frozen for later use

recovery and follow-up

- Post-retrieval symptoms may include bloating, cramping, and nausea
- Frozen eggs/embryos are securely stored for as long as needed

need on-demand support?

From late night questions and medication assistance to emotional support, get **ongoing access to our Nurse Care Advocates** 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.

