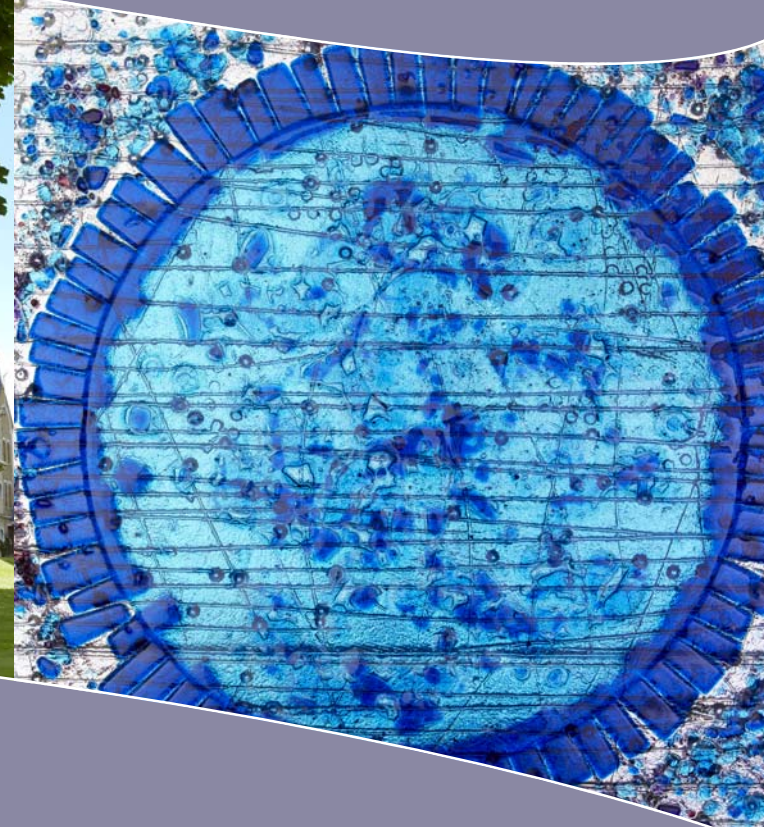


Single parent families

You may discover that you have a low AMH while you are single and not in a relationship. Some of our patients, especially over the age of 35, have decided to start a family as a single parent, with help from our donor sperm service. If this is something you are considering, we recommend you talk to us in the first instance, so that we can arrange Implications Counselling to help you. Counselling is conducted in complete confidence, and will give you the opportunity to ask all the questions you need to make an independent and informed decision.

AMH evaluation is just one part of your fertility analysis

AMH is a good indicator of fertility, but it is important that you do not become obsessed with your AMH level. A woman with low AMH levels has still a good chance of natural conception. It is just one of many factors that we consider when assessing your fertility.



Herts & Essex
Fertility Centre

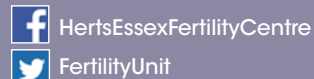


HERTS & ESSEX FERTILITY CENTRE

Bishops' College
Churchgate
Cheshunt
Hertfordshire EN8 9XP

T: 01992 78 50 60
E: enquiries@hertsandessexfertility.com

Follow us on



HertsEssexFertilityCentre

FertilityUnit

www.hertsandessexfertility.com

Anti-Mullerian Hormone
(AMH)

Herts & Essex
Fertility Centre



www.hertsandessexfertility.com

Anti-Mullerian Hormone (AMH)

To ensure that the appropriate treatment journey is chosen for you, one of our first objectives at your initial consultation is to assess your inherent fertility. One of the most important tests for women is the Anti-Mullerian Hormone (AMH) blood tests to check your ovarian reserve or egg supply.

What is AMH?

Anti-Mullerian Hormone (AMH) is a substance secreted by the ovaries. It is well documented that women with lower AMH have fewer antral follicle counts and produce a lower number of eggs compared with women with higher levels of AMH.

AMH testing replaces the Day 3 FSH level previously used to test ovarian reserve. AMH level is much more stable than the FSH level and, unlike FSH, does not vary from cycle to cycle. It is now the test most widely used by fertility specialists.

The AMH test

- Measures your ovarian function
- Is done at any stage of your menstrual cycle
- Is a good indicator of egg quantity
- Can detect if you have entered or about to enter the menopause

The test is very useful for young women who wish to postpone childbearing, but want to check their fertility potential before doing so.

How is AMH tested?

AMH is the most straightforward method of testing egg reserve. It is a simple blood test that can be done at any time of the menstrual cycle and can help to identify women who may be more at risk of losing their fertility than other women. Results are available within 24 hours. (When the test is performed as part of our One-Stop Fertility we will arrange a free appointment to discuss the result with you).



How can the results be used?

Evaluating fertility potential

Many women postpone having a baby to pursue a career and for some it is a decision they may come to regret. One can be lulled into a false sense of security if periods are regular, but for some women, while their egg quality is good enough to produce sufficient hormones to have regular periods, it may not be good enough to make a baby. A low AMH level may help you to prioritise trying for a baby.

Measuring ovarian ageing

Diminished ovarian reserve is signalled by reduced baseline serum AMH concentrations. Therefore women with poor ovarian reserve who have entered the menopause will have almost undetectable levels of AMH.



What to do if your AMH level is low

If your AMH level is low your best option may be to bring forward plans to start your family. If you have not conceived within six months of trying we recommend a full fertility assessment to look at your options for assisted conception.

It is shown that significantly overweight women have lower average AMH levels than women with normal weight. We can assess your weight and lifestyle and advise you accordingly. Research has shown that if your body mass index (BMI) is over 30, just losing 10% of your body weight may be all that is needed to trigger ovulation, make your periods more regular and increase your fertility.