

FOR IMMEDIATE RELEASE

Contact:

Jaime Ringel

KMR Communications, Inc.

Ph: 212.213.6444

Jaime@kmrcommunications.com



HOW FAST IS YOUR BIOLOGICAL CLOCK TICKING?

Expert Reproductive Endocrinologist Uses Revolutionary Technique
In Predicting the Duration of a Woman's Fertility

(Reston, VA) In contrast to healthy men whose sperm continuously divide and renew themselves well into later life, healthy women are born with all the eggs that they will ever have. A female fetus contains approximately seven million eggs, but by the time that fetus has become a baby girl and is born, the number of eggs in her ovaries is down to between one and two million. By puberty, a normal girl will have lost all but 400,000 of those eggs, and she will continue, throughout her adult life, to lose approximately 1,000 eggs each month. Although a woman's reproductive age may not correspond to her biological age, women are most fertile when they are younger (late teens and twenties) making getting pregnant more difficult by the mid-to-late thirties.

According to Dr. Fady Sharara, board certified reproductive endocrinologist and Medical Director of the Virginia Center for Reproductive Medicine, "Women who are worried about having babies later in life can find out just how fast their biological clock is ticking, how long they will be fertile and when they are likely to go through menopause by having a specialist measure their "ovarian reserve." The term "ovarian reserve" refers to a woman's current supply of eggs, and is closely associated with reproductive potential, therefore the biological clock. The greater the number of remaining eggs, the better the chance for conception. Conversely, low ovarian reserve greatly diminishes a patient's chances for conception.

It is also true that over time, the quality of eggs that are left in the ovaries becomes compromised. This means that the risk of having a baby with birth defects increases significantly after the age of 35, and especially after 40. In addition, for women who are pursuing in vitro fertilization treatment, it is a necessity to determine both the quality and number of viable eggs in the ovaries. Testing will give the doctors a better sense for where women stand in terms of their ovarian reserve, and how "loudly" this biological clock is ticking.

To date, the most specific and important test to measure ovarian reserve is the **Transvaginal Ultrasound**, which Dr. Sharara has been performing and published on in many leading fertility journals for the past seven years. The ultrasound is performed using a vaginal probe on the third day of the patient's period. Both ovaries are examined, measured in three dimensions, and the small follicles (early egg sacs) in each ovary are then counted. According to Dr. Sharara, "Women with small ovarian volumes and fewer than five follicles per ovary are much more likely to have an earlier menopause and have a much higher incidence of failed treatment cycles. In contrast, women whose ovaries are determined to be larger than average and have more than five follicles per ovary are likely to have a later menopause." The daily application of this test has enabled many women to move aggressively with treatment once their ovaries have been noted to be compromised, and therefore avoid losing very precious time. It is important to note that small ovarian

volumes and low antral follicle counts have been seen in all age groups, and therefore being young should not be a reason to delay this very important but simple and non invasive test.

According to Dr. Sharara, ovarian reserve testing is a must for any infertile couple hoping to become pregnant, and for any woman interested to know the status of her "biological clock". "The accurate assessment of ovarian reserve has revolutionized the management of women requesting infertility treatment and those who are considering delaying a family for personal or professional reasons."

For more information regarding ovarian reserve or to set up an interview with Dr. Fady Sharara, please contact Jaime Ringel at KMR Communications, Inc. at 212-213-6444 or jaimer@kmrcommunications.com.