



**SOCIAL EGG  
FREEZING**

**ISAR FERTILITY PRESERVATION  
SPECIAL INTEREST GROUP**

### What is social egg freezing?

Egg freezing is a procedure to preserve a woman's eggs to enable women to delay conception and pregnancy until a later time. The eggs are extracted, frozen and stored. Women may choose to have the eggs thawed, fertilized via IVF, and transferred to the uterus as embryos to enable a pregnancy. Social egg freezing is a term used to describe the practice of freezing a woman's eggs for non-medical reasons. This is usually done with the intention of delaying childbearing for personal, professional, financial, or psychological reasons.

### How is egg freezing done?

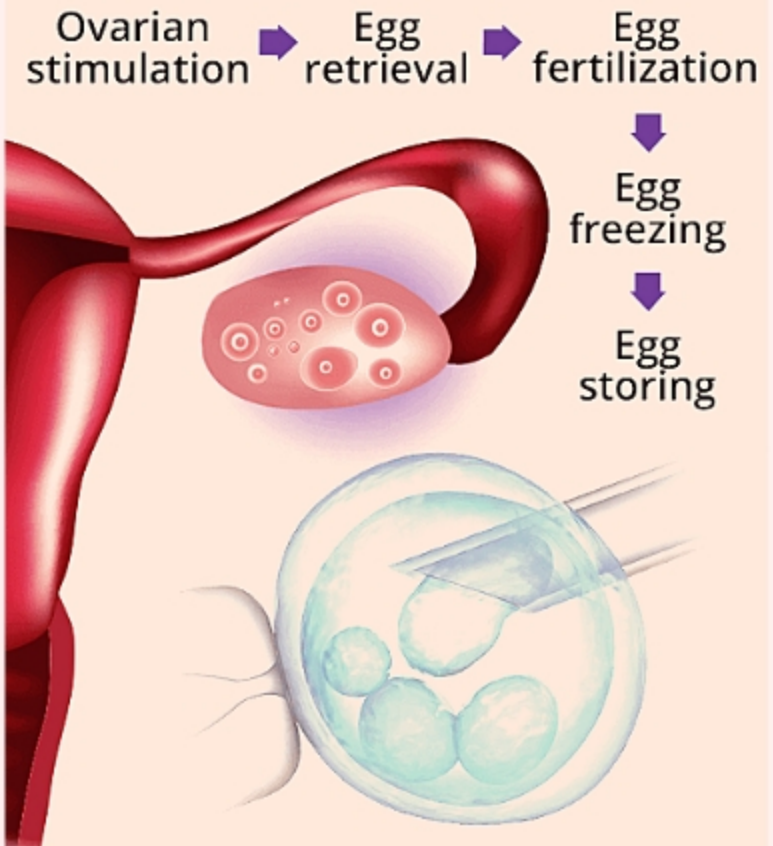
There are steps involved, which are following-

**Counseling & ovarian reserve testing** - The lady who wants to undergo egg freezing is counselled regarding the overall chances of pregnancy with the procedure. She is investigated by evaluating the AMH (Anti Mullerian Hormone) and AFC (Antral Follicle Count). These tests will indicate the overall chances of retrieval of good number of eggs. The process of egg-freezing, or in medical speak, oocyte cryopreservation, involves stimulating the ovaries with hormones to produce multiple eggs, retrieving the eggs from the ovaries and taking them to the lab, where they're cooled to subzero temperatures to be stored and to be thawed at a later date.

### Why should social egg freezing be done?

Social egg freezing, followed by in vitro fertilization (IVF) and embryo transfer, offers two important benefits to women who anticipate becoming pregnant at an advanced age. This is becoming very common as women are getting involved in education and stabilizing their career in their most fertile periods of life. Many women want to freeze eggs because they are unable to find the right partner of their choice. It provides them with the possibility of becoming a genetic parent using their frozen-thawed eggs. It reduces the risk of having children with chromosomal abnormalities associated with ovarian aneuploidy related to ovarian ageing. In addition, for women who do not have a partner or for women who have moral concerns about the status of a developing embryo, egg freezing may be a preferable alternative to embryo freezing.

## EGG FREEZING PROCESS



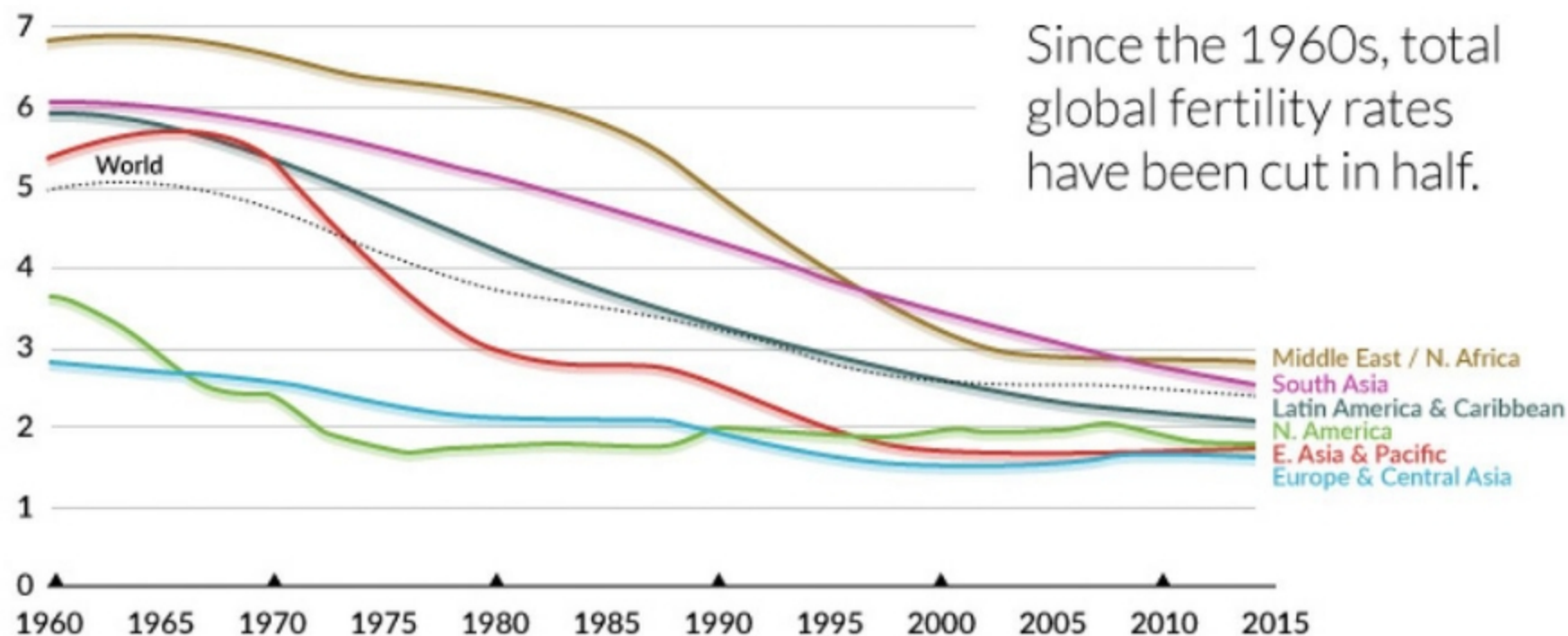


## Declining fertility in the Indian female population.

In India, the mean age of marriage and the percentage of women of working population is increasing. There is a decline in fertility in the Indian female population, especially in urban India. One of the most important reason is ethnicity, as various studies have proven that, women from Indian subcontinent have poorer ovarian reserve than their western counterpart, almost six years of advanced ovarian ageing was noted in our Indian population during a study. Women are getting educated and are focussing on building a career in their twenties and thirties. They are marrying late because of career choices and inability to find the right partner. After marriage, most couples are deciding to delay parenthood. Many couples start trying for conception only when the lady is in her mid-thirties. As we know, the most fertile period of a female is in her twenties and early thirties. After this period, the fertility reduces sharply.



### FERTILITY RATE



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