



Fertility Update

GP guide to PCOS

PCOS, or polycystic ovary syndrome, affects a substantial number of women in their childbearing years, with estimates suggesting that up to 25% may be affected. Surprisingly, many remain unaware of their condition until they actively try to conceive. It is during this period that they discover their difficulties in getting pregnant primarily stem from ovulation issues associated with PCOS.

We recommend using the Rotterdam criteria when assessing your patients and 2 out of 3 of the following are required to make the diagnosis of PCOS:

1. Oligo and/or anovulation
2. Clinical and/or biochemical evidence of hyperandrogenism
3. Polycystic ovaries

PCOS exhibits several clinical features, which may include menstrual dysfunction, acne, hirsutism, male-pattern hair loss, polycystic ovaries, metabolic issues, cardiovascular risks, overweight, insulin resistance, dyslipidemia, infertility, and the potential development of endometrial hyperplasia or carcinoma.

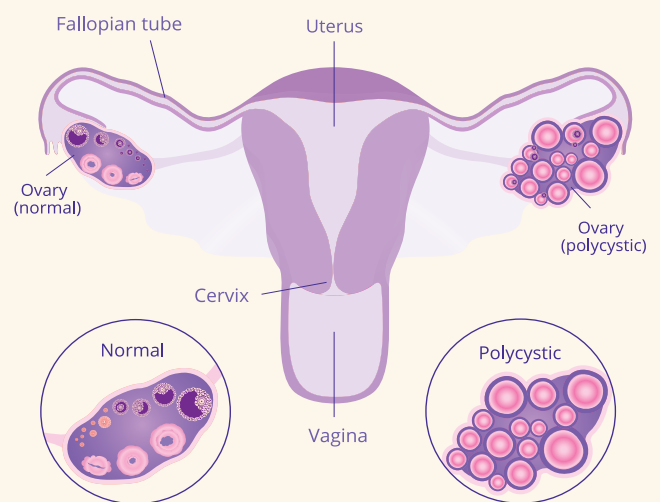
Treatments for women pursuing pregnancy

Treatments for PCOS in women trying to conceive include ovulation induction with medications like clomiphene citrate and letrozole, metformin for managing symptoms and improving fertility, gonadotropin therapy for stimulating ovulation, laparoscopy to address underlying infertility causes, lifestyle adjustments if indicated and in vitro fertilization (IVF) as a more advanced option. These treatments offer choices to women with PCOS, enabling them to collaborate with their healthcare provider and determine the best approach for their specific situation.

PCOS and fertility

When patients present signs of PCOS, diagnostic tests and procedures should be performed to help manage the symptoms and maintain fertility. Diagnosis entails an ultrasound scan to detect polycystic ovaries, as well as blood tests to evaluate hormone levels. Treatment options for PCOS encompass lifestyle modifications aimed at weight loss, administration of insulin-sensitizing medications like Metformin, use of ovulation-inducing drugs such as Clomiphene, and, in severe cases, consideration of IVF treatment.

In our next edition, we'll provide a guide to egg freezing.



When should I refer my patient to IVFA?

If you suspect your patient has 2 or more of the PCOS criteria listed, please refer them any of our IVFA specialists for further review. If a patient's menstrual cycle tests are normal but they have irregular cycles and are unable to conceive, you may refer them to a fertility specialist at IVFAustralia in the following situations: prolonged infertility despite normal menstrual cycle tests, known or suspected underlying fertility issues, such as hormonal imbalances or structural abnormalities, advanced maternal age (typically above 35), and unexplained infertility after thorough evaluations.

IVFAustralia operates a PCOS clinic once a month at our Greenwich and Westmead clinics to provide patients optimum care for the condition, whether they're trying to start a family or not. The clinic was founded by Dr Rob Lahoud who has extensive clinical experience with PCOS and has recently been appointed co-chair of Aspire, a group that aims to improve knowledge and awareness of ART and infertility-related services with a focus on reproductive endocrinology.

If you need a second opinion on your PCOS patients, refer them to Dr Rob Lahoud's PCOS clinic.



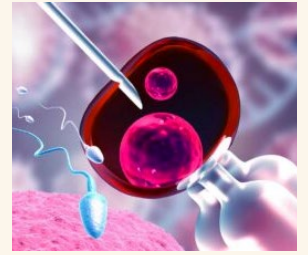
Lifetime achievement for Prof David Gardner

Congratulations are in order for Professor David Gardner, the Group Director for ART, Scientific Innovation, and Research at Virtus Health, after

he was awarded with a prestigious lifetime achievement award by the American Society of Reproductive Medicine. Prof Gardner's unwavering dedication to embryology and reproductive biology has played a pivotal role in shaping the scientific practices that underpin modern IVF procedures. His pioneering contributions have left an indelible mark on the field, and his award is a well-deserved recognition of a lifetime committed to advancing the frontiers of reproductive science.

Prof David Gardner's Therapy Update: Conceiving the future of ART

Professor David Gardner, the Group Director of ART, Scientific Innovation, and Research at Virtus Health, contributed an op-ed featured in the Australian Doctor magazine. The 'Therapy Update' article discusses how new technology in support of IVF is expected to drive significant advancements over the next decade, potentially enhancing the success rates and accessibility of infertility treatments.



[Read it here](#)

Age-related fertility decline proves major factor in conception



Esteemed Fertility Specialist, Dr Manny Mangat recently featured on the Today Show to discuss a global research study that found an antioxidant substance, called spermidine, improves the quality of eggs and fertility in mice of advanced age.

"With ageing there's a decrease in spermidine, leading to a decrease of egg quality as well as quantity, and researchers found that replenishing this substance actually increases the ability of the eggs to mature again, and it increased the number of eggs and enhanced the ability of the eggs to form blastocysts," she says.

"As this is new findings, it has to be interpreted with caution, further validation and confirmation of the effect on humans needs to be carried out."

[Watch the interview here](#)

New podcast: All about endo with Dr Frank Quinn



Unlock the latest insights on endometriosis and infertility with this new HealthED podcast! Join Dr Terri Foran as she delves into crucial discussions with Dr Frank Quinn, addressing burning questions sourced directly from GPs & health professionals across Australia. Learn about the

significance of ultrasound in diagnosing endometriosis, strategies for managing the condition while preserving fertility, and the role of GnRH analogues in treatment, including their potential limitations.

[Listen here](#)

NSW Gregory Hills GP education session

Our low-cost sister clinic, The Fertility Centre, warmly invites you to join their local fertility specialists in a discussion on the latest updates and clinical advancements within the fertility field. Enjoy an evening of education and collaboration to improve your understanding in an 'Update on Endometriosis' and 'Male Infertility'. This event is RACGP Accredited Event for 2 CPD Hours.

Event details:

Date: 29th November

Time: 6:30pm (for a 7pm start) - 9:00pm

Location: Amano Ristorante E Pizzeria
5 Emerald Hills Blvd, Leppington 2179

[Register here](#)

Carrier screening rebate available now

Medicare has introduced a new rebate for genetic carrier screening! Your fertility patients can discover their carrier status for Cystic Fibrosis (CF), Spinal Muscular Atrophy (SMA), and Fragile X Syndrome (FXS) when referred to QFG for fertility treatment. The new MBS items are ideal for those planning or already on their pregnancy journey. RANZCOG guidelines recommend that anyone who is thinking about or planning for a family, should undertake genetic carrier screening. Based on your patient's specific needs and medical history, their dedicated QFG fertility specialist will guide them on the most suitable test to ensure they receive personalised and effective care.

[Learn more here](#)

