

Planning a Family

with  Genea
WORLD LEADING FERTILITY

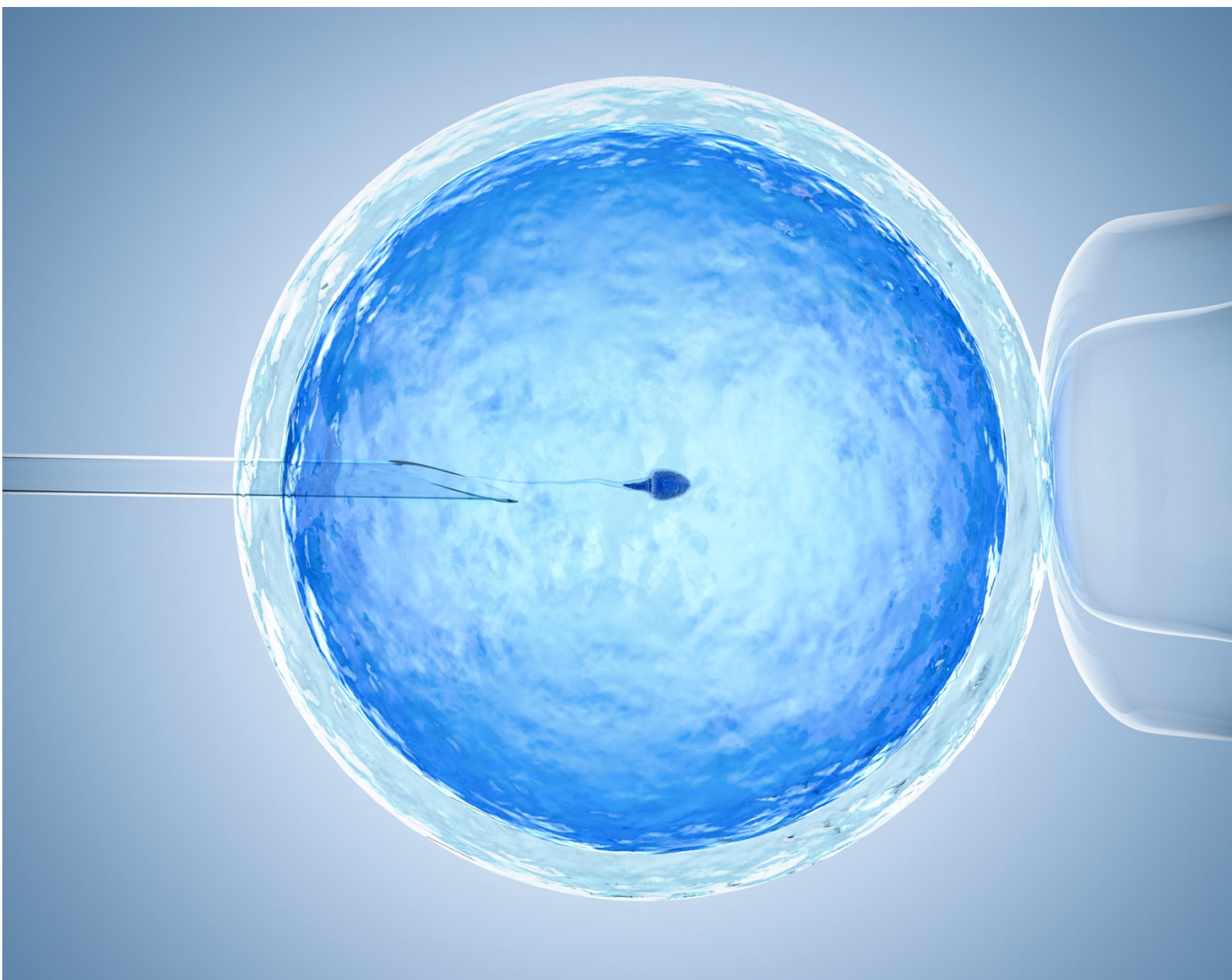


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NOW –

Trying to Conceive & Timing

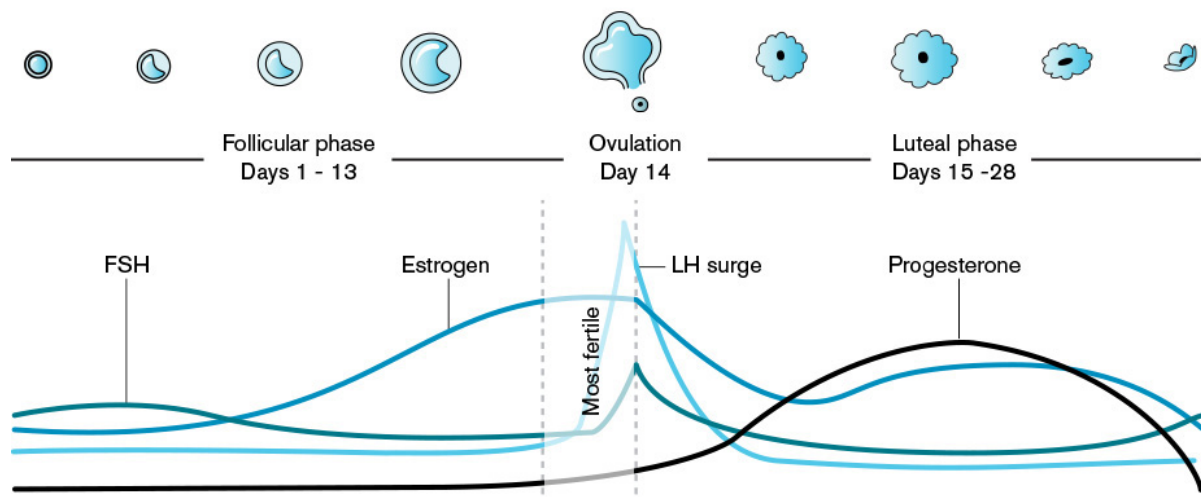
The decision to start or grow your family can be hugely exciting - the plans for you and your future child, imagining who they will look like, the games you'll play and the adventures you'll take together.

Whether you're just considering a baby, about to start trying to conceive or have been hoping for a positive pregnancy test for a few months, a little research is a great way to embark on the road to parenthood.

With that in mind, our partners Genea **Fertility**, a world leading fertility group, have put together some information to help you wherever you are at on the path to parenthood.

Everything you need to know about Genea Fertility and how we can help you achieve your dream of parenthood by visiting genea.com.au or calling 1300 361 795.

For example, did you know there are certain times of the month when you can get pregnant. They're called fertile windows and tracking ovulation helps identify them and ensure you're having intercourse at the right time. There are multiple apps and over the counter products to help you track ovulation but the best method is by monitoring hormones through blood tests.



Genea offers three cycles of ovulation tracking at no out-of-pocket cost*. It is a simple option that involves monitoring key hormones through blood tests, so you know when the best time is to have intercourse. Ovulation tracking can also highlight if there are ovulation issues so further investigation or treatment can be prescribed. Tracking is minimally invasive,

with blood tests conducted at a Genea clinic every few days. You don't need to take time off work as early appointments are available.

Find out more and book in for ovulation tracking on the Genea website: <https://www.genea.com.au/natural-conception/not-just-ivf/ovulation-tracking>

When to Seek Help

One question we're often asked at Genea is when should we ask for help getting pregnant. Or, put another way, how long should we keep trying to get pregnant before seeing a doctor?

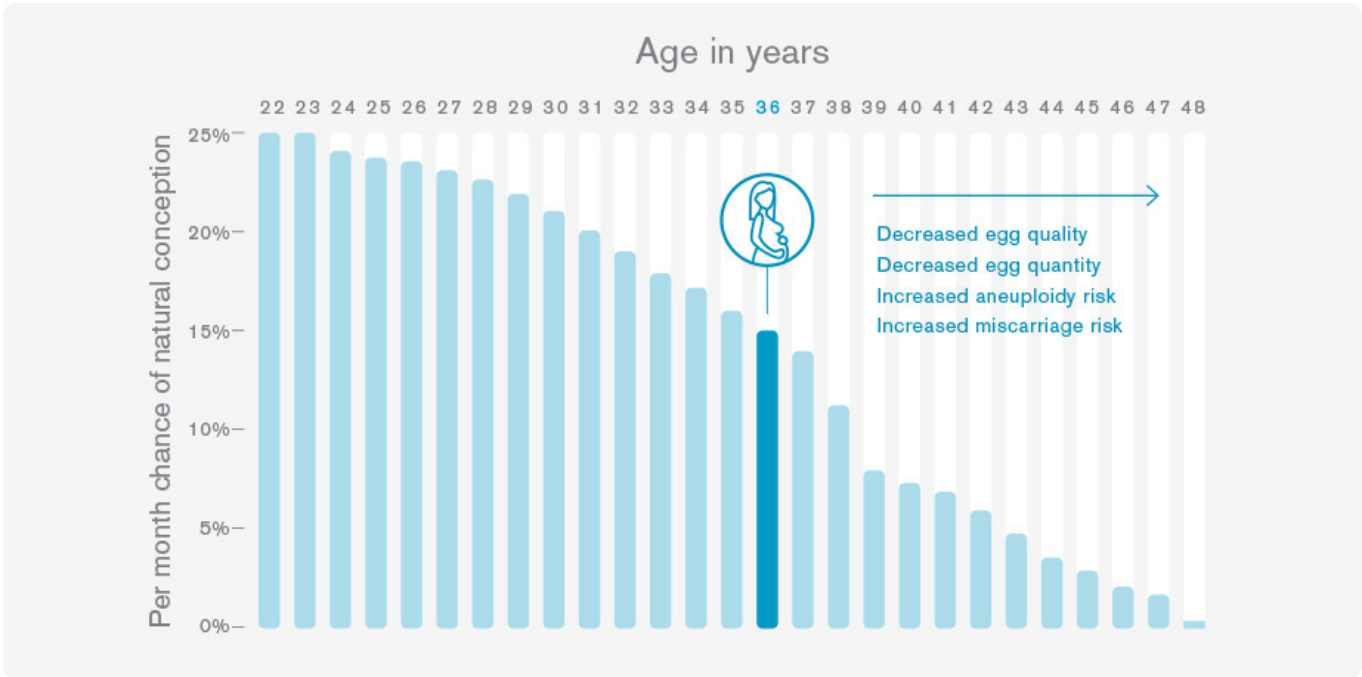
The straightforward answer to that is that if you're under 35, doctors consider 12 months of regular unprotected sex without success an indication of infertility. If you're over 35, that time frame drops to six months. Of course, the best advice is that you should seek help when you are worried about something. So if you're trying to get pregnant without success and it's causing you concern, then make an appointment to see your GP.

Another alternative is a Free Fertility Assessment** with Genea's Fertility GP. A Fertility Assessment is the first step towards getting a clear understanding of what tests may need to be undertaken, whether you can keep trying to conceive naturally or if you need further assistance.

Find out more here: <https://www.genea.com.au/natural-conception>

The main reasons why couples would look at infertility treatments are outlined below.

The first and probably most important is that a woman's fertility is finite. With advances in IVF and celebrities having babies into their 40s, you could be forgiven for thinking that age is no longer a barrier to starting a family. But the reality is that getting pregnant and having a healthy baby becomes more difficult as women get older. By the age of 36, the chance of a woman conceiving each month is decreased by almost half from the time that she was her most fertile in her early 20s. This downward trend continues and by the age of 45 the average chance of getting pregnant each month is just 1%.



Age isn't just an issue for women. Some studies have shown that a man's age can also have an impact on a couple's ability to conceive. Although the decline in fertility for men is not as marked as it is for women, there is an increase in genetic defects in the sperm of men aged 40 and over.

Another reason is that infertility is more common than you may think. Across Australia, 1 in 6 couples will struggle to fall pregnant at some point in their relationship. And if you've already had a child or two, that's fabulous however, unfortunately, it is not an indication that you will remain fertile. So-called secondary infertility is an issue for about 10% of couples.

Fertility Facts & Misconceptions

Age impacts male fertility too. The quality of sperm declines as men get older, starting at about 45 years of age.

The World Health Organisation predicts that infertility and sterility will be the third most serious condition after cancer and cardiovascular disease in the 21st Century

One in 10 women will have some form of endometriosis and endometriosis may be the cause of problems for three in 10 women having trouble conceiving.

A normal sperm has:

- A smooth, oval-shaped head that is 5-6 micrometers long and 2.5-3.5 micrometers wide (less than the size of the head of a needle)
- A well-defined cap (acrosome) that covers 40% to 70% of the sperm head
- No visible abnormality of neck, midpiece or tail

The human egg is one of the biggest cells in a woman's body. It is about the size of a very tiny grain of sand. To put this into perspective, an egg is about four times bigger than a skin cell, 26 times bigger than a red blood cell, and 16 times bigger than a sperm.

Intrauterine insemination (IUI) is often called artificial insemination. It involves placing the sperm directly into a woman's cervix or uterus with a soft, thin plastic tube, close to the time of ovulation. Sometimes the woman is also treated with medicines that stimulate ovulation before IUI.

IVF stands for in vitro fertilization which means fertilization outside of the body. In a typical IVF cycle, Fertility Specialists treat the woman with a drug that causes the ovaries to produce multiple eggs. Once mature, the eggs are harvested from the woman. They are put in a dish in the lab along with the man's sperm for fertilization. After 5 days, the best embryo is implanted in the woman's uterus.

ICSI stands for Intracytoplasmic sperm injection and involves scientists using sperm microinjection to inject a single sperm directly into the cytoplasm of the egg.

Women who smoke reach Menopause earlier.

Maternal smoking increases the risk of low birth weight and birth defects.

Obesity in men can reduce fertility by lowering testosterone levels and increasing the risk of erectile dysfunction.

Obesity in women increases the risk of miscarriage, gestational diabetes, hypertension, premature birth, congenital abnormalities, high birth weight and stillbirth.

A woman is born with all her eggs, approximately 1-2 million.

Miscarriages can NOT be caused by exercise, travel, sex, a fall, a fright, stress, worrying or previous abortions.

Treatment Options

As we've talked about above, for one in six couples, the journey to parenthood doesn't happen as quickly as they expect and they require treatment to get pregnant.

Whether you require a simple approach, such as ovulation induction or IUI (intra uterine insemination) or more complex treatment such as IVF (in-vitro fertilisation) or ICSI (intra-cytoplasmic sperm injection), the unique care model at Genea means you have a dedicated fertility care team comprising of a Fertility Specialist, nurses, scientists and counsellors, all tailoring your treatment plan for you.

If you know you need help getting pregnant, Genea's dedicated Fertility Advisor can be a great first step. You can speak with a Fertility Advisor on the phone or by email to get guidance on the sorts of fertility treatment options available to you as well as advice on selecting the right Fertility Specialists to see. Genea's Fertility Advisor can also help you book an appointment and explain the tests you should have to get started.

To speak to Genea's Fertility Advisor visit www.genea.com.au

While you're considering where to seek fertility help, it's worth remembering that IVF clinics are not created equal. Genea has been helping people create families for over 30 years and our unique combination of science, success and care means 8 out of 10 patients who started treatment elsewhere wish they came to us first^.

Learn about Genea's success rates: <https://www.genea.com.au/success-rates>

Emotional Support

Undergoing fertility treatment can be a difficult time so emotional support is an important element to consider. At Genea, every patient has access to a team of professionals who will go above and beyond to support you, recognising cultural beliefs and different family structures and offering comprehensive emotional support programs.

Infertility and its treatment is likely to result in a rollercoaster of emotions from anticipation and joy to disappointment and even grief. To help you look after your emotional wellbeing, Genea patients undergoing treatment are offered a counselling service at no cost, through our specially trained fertility counsellors. We encourage patients to see this service as an essential part of our care for you.

Genea also works with Australian not-for-profit The Pink Elephants Support Network. Pink Elephants was formed to support women and their partners and families through miscarriage, pregnancy loss and beyond. The group support women through their grief, nurture them as they heal and empower them as they move into the future.

You can access their resources through the Pink Elephants website:

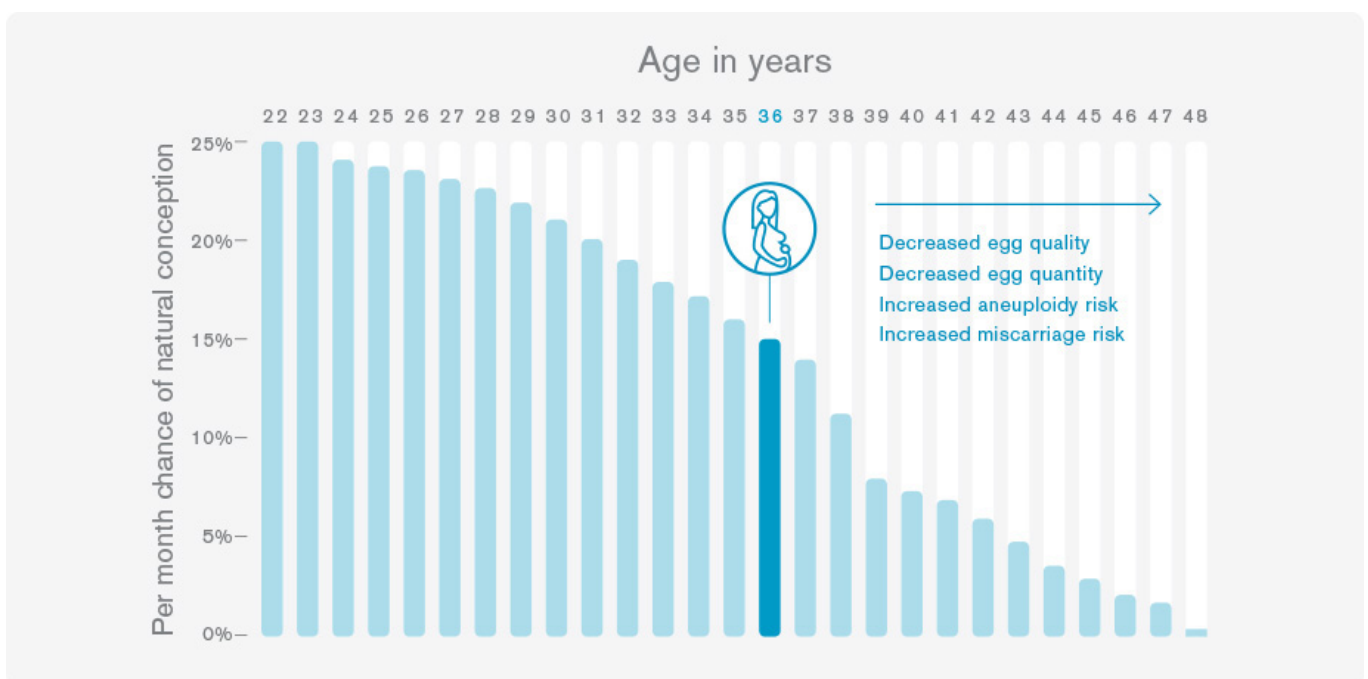
www.pinkelephantssupport.com

You can also find The Pink Elephants Support Network on Facebook and Instagram

IN THE FUTURE –

Impact of Age on Fertility

It can come as a surprise to realise that despite spending years actively trying to avoid pregnancy, the human reproductive system is not all that efficient. At the peak of fertility in a woman's 20s she has just a 25 per cent chance of getting pregnant naturally each month. A woman is born with all her eggs but the quality and quantity of a woman's egg supply rapidly begins to deteriorate after the age of 35.



As age is a key factor in a woman's ability to conceive, it's important to consider if children are a part of your future. More and more women are taking the time to understand the impact of age on fertility and consider their future plans. These musings are leading them to give themselves options in later years by freezing their eggs.

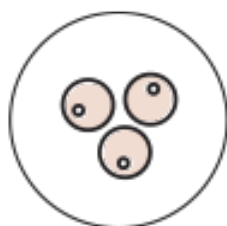
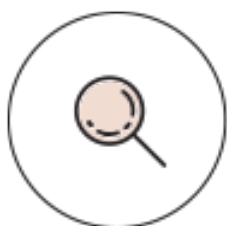
Egg Freezing

If you're not ready for kids right now but you know you want them in the future and you're conscious of time ticking by, egg freezing could be worth investigating. Our partner Genea Horizon offers a Free Egg Freezing Consultation** with their Fertility GP in Sydney and the Horizon Fertility Advisor is available for free phone or email chats to discuss your options.

You can book into this here: <https://bookings.mygenea.com.au/v2/#book/location/1/category/5/count/1/>



As far as egg freezing itself, it's a method that's relatively straightforward. After pre-treatment tests, you will meet with a Fertility Specialist who determines your treatment plan. Counselling will also be offered to help decide if this decision is right for you. Egg stimulation, egg collection, vitrification and storage follow. It's absolutely possible to undertake a cycle of egg freezing with just one or two days off work.



Getting started

Whilst egg freezing doesn't guarantee a baby and is not an insurance policy, many women want to take control of their fertility, to the extent that's possible. Taking some control over the future can be empowering. Egg freezing provides many with a sense that they are doing all they can, investing in themselves and ensuring that when they are ready to have children, they are confident they considered all the options available to them at an earlier age. Egg freezing for many is an insurance against regret. Learn more about the process, hear from women who've frozen their eggs and book an appointment on the Genea Horizon website: www.geneahorizon.com.au

Genea Fertility's Corporate Program - Genea Fertility is also proud to offer a Corporate Program for employees of their corporate partners. The program offers exclusive fertility support and information, including a fast-tracked Fertility GP booking service and additional follow-ups with Fertility Advisors. Corporate partners also have access to discounts on frozen egg storage, free tailored webinars with Fertility Specialists and exclusive Genea Fertility laboratory tours.

Employers wanting to inquire about their company joining the corporate program should call

1300 361 795.
Planning a Family with Genea

Reference Notes

* Applicable for Medicare eligible patients only. If medication needs to be prescribed an ovulation induction fee will apply.

** Applicable for Medicare eligible patients only. No-out-of-pocket Fertility Assessment is for an initial consultation with our Fertility GP at our Sydney Kent St clinic.

^ Of those patients who responded to the Genea patient survey conducted between 1 January 2017 and 31 December 2017 (223 patients).