

Four Fertility Case Reviews & Recommendations

When Physicians Collaborate, Patients Benefit

Over the past 25 years, the physicians of Shady Grove Fertility have collaborated extensively with OB/GYN providers to assist with their challenging infertility cases. These colleague-to-colleague collaborations offer a mutually beneficial exchange of information and expertise, with the ultimate goal of providing a seamless continuum of care for patients. Below are just a few recent case review collaborations that demonstrate this productive exchange of information.

CASE REVIEW #1

Symptoms

- Cycles vary between 60 to 90 days
- BMI 29
- History of excess body hair, acne

Test Results

- Day 3 bloods: AMH 4.7, FSH 5.6, LH 10, Estradiol 50
- Pelvic ultrasound: normal uterus; multiple follicles on both ovaries
- TSH, prolactin, 17OHP, lipid profile, HgbA1C normal

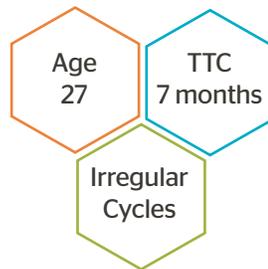
Diagnosis to Consider

Polycystic ovary syndrome (PCOS)

Recommendation

After ruling out pregnancy and verifying no other fertility problems via HSG and semen analysis, consider treatment with Clomid 50mg daily from days 5-9 to induce ovulation. A luteal progesterone > 3pg/ml and a menstrual calendar are helpful to determine if ovulation has occurred. If Clomid induces ovulation, then continue treatment for three cycles.

After three failed cycles, or if Clomid fails to induce ovulation, we recommend referring the patient to a fertility specialist. Alternatively, we would be pleased to see any patient you would like to refer without any prior testing.



CASE REVIEW #2

Symptoms

- Painful periods
- History of endometriosis diagnosed at operative laparoscopy 3 years ago

Test Results

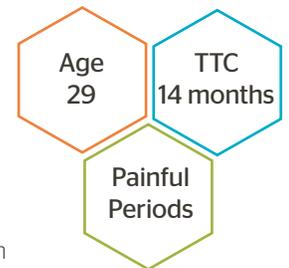
- Pelvic ultrasound: normal uterus; complex right ovarian cyst measuring 3x3cm suggestive of an endometrioma; left ovarian cyst measuring 3x2cm suggestive of an endometrioma
- Day 3 bloods: Not completed

Diagnosis to Consider

Endometriosis, stage 4

Recommendation

Patients with known advanced stage endometriosis who wish to have children should consult with a fertility specialist before having additional surgery. While surgery can be helpful for alleviating pain, it can decrease a woman's ovarian reserve and it will not necessarily improve fertility treatment outcomes.



CASE REVIEW #3

Symptoms

- Regular cycles
- Otherwise healthy

Test Results:

- Day 3 bloods: AMH 6, FSH 8, Estradiol 45
- Pelvic ultrasound, HSG, semen analysis: normal

Diagnosis to Consider

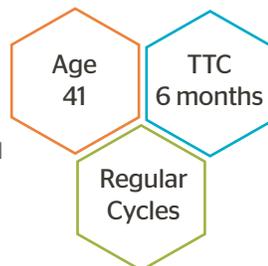
Advanced maternal age

Recommendation

Refer for consultation immediately.

While she is healthy and has regular cycles, her age places her at high risk for infertility and miscarriage. Pregnancy rates show a sharp decline after a woman turns 40. Concurrently, miscarriage rates and the rate of chromosomal abnormalities increase with maternal age.

For women over 40, it is always acceptable to refer immediately for evaluation or treatment.



CASE REVIEW #4

Symptoms

- History of two miscarriages in the past 6 months

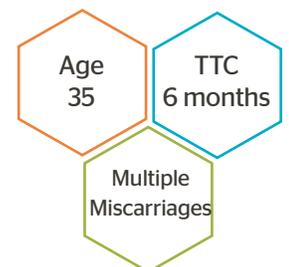
Diagnosis to Consider

Recurrent pregnancy loss (RPL)

Recommendation

After the second pregnancy loss it is appropriate to either begin the RPL work up or refer to a fertility specialist immediately.

Our recommended RPL work up typically will involve a 3D pelvic sonogram and HSG, in addition to screening for thyroid disorders, hyperprolactinemia, antiphospholipid syndrome, and diabetes. We no longer routinely screen for thrombophilias. Working with a specialist can expedite the fertility testing and treatment, which optimizes chances for success during this critical time period of fertility.





FERTILITY UPDATE

SHADY GROVE FERTILITY

Thank you for your continued trust in Shady Grove Fertility.

Shady Grove Fertility has the largest referring physician network in the nation, with more than 1,700 physicians referring their patients to our center for care each year.

As partners in care, this year—our 25th Anniversary—together we've reached an important milestone, with more than **40,000 babies born and counting**—that's 10 SGF babies born every day, more than any other center in the nation.

At Shady Grove Fertility, it's the trust of our referring physicians along with the medical and service excellence that our 35 physicians and over 600 staff provide that have helped make this possible.



believe IT'S POSSIBLE

INSIDE: Four Fertility Case Reviews & Recommendations

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