

## Low-Tech Infertility Treatment Options at SGF

50% of Treatment Cycles at SGF are Low Tech

### An Individualized, Stepped-Care Approach Prioritizes the Patient

Our philosophy at Shady Grove Fertility (SGF) has always been to tailor our patients' treatment to their specific diagnoses and circumstances to ensure patients achieve the best possible chance of success using the simplest and most cost-effective approach. In fact, 50% of all treatment at SGF is a basic or low-tech form of treatment. As a result, many patients begin with basic treatment, achieve a pregnancy, and never have a need for IVF or more advanced options.

For most patients, success rates for IUI and other low-tech options drop off significantly after three unsuccessful cycles. At this point, the patient's age and other key observations from the cycles would be evaluated to determine whether the next level of treatment would be appropriate.

### Always Start with Testing of Both Partners

For patients struggling to conceive, the first step on the path to parenthood is identifying all the factors that might be contributing to a couple's infertility. Whether testing is performed at your office or at SGF, it is vital to test both partners before beginning treatment. There are four simple tests used to assess the key components of conceiving and sustaining a pregnancy – egg, sperm, and female anatomy:

1. Day 3 blood hormone levels
2. Transvaginal ultrasound
3. Hysterosalpingogram (HSG)
4. Semen analysis

These tests will help identify whether ovulatory dysfunction or tubal disease is playing a role for the female partner and/or whether a male factor is present that could be contributing.

#### Help Your Patients Get Pregnant Faster

SGF research revealed that only 44% of couples complete fertility testing at the same time. Without male testing up front, many patients later realize it was a male factor all along.

### DID YOU KNOW?

Patients with PCOS, anovulation, or irregular periods taking Clomid without ultrasound monitoring:

Women <38 should attempt no more than six cycles.

Women 38+ should attempt no more than three cycles.

Patients taking Clomid with ultrasound monitoring:

Women <37 should attempt no more than three to four cycles.

Women 37+ should move on to more advanced treatment immediately.

### How SGF Supports Your Patients

To support our mutual patients during treatment, SGF strives to take care of the whole patient, offering support services during their journey:

#### EDUCATION

Learn from our medical team in 150+ live & virtual events hosted by SGF physicians each year

#### COMMUNITY

Connect with 30,000 SGF followers on Facebook, Instagram, Twitter, and Pinterest

#### PSYCHOLOGICAL

Find support through counseling, support groups, self-help articles

#### WELLNESS

Include holistic care with acupuncture, massage, nutritional counseling, Fit-to-be-Fertile Program

	% Treatment at SGF	Treatment Type	Indications	Goal	Medications	Ultrasound Monitoring	Pregnancy Rate
Low Tech	50%	Ovulation Induction	Used primarily for women who do not ovulate regularly. Can be used in combination with timed intercourse or IUI.	Mature 1 egg at a time	Oral (Clomid, Letrozole)	2-3 Days	10-20%
		Super Ovulation	Used with mild male factor, one blocked Fallopian tube, endometriosis, or unexplained infertility. Used in combination with IUI.	Mature 2-3 eggs at a time	Oral and/or injectable	4-5 Days	15-25%
Advanced	40%	IVF	Used with severe male factor, both Fallopian tubes blocked, and when other treatments have not resulted in pregnancy.	Mature several eggs to produce several embryos for transfer	Injectable	7-8 Days	35-65%
	10%	Donor Egg	Used with advanced maternal age and when other treatments have not resulted in pregnancy.	Mature several eggs to produce several embryos for transfer	Injectable	1-2 Days	60-65%



shady grove fertility

9600 Blackwell Road, 5th Floor  
Rockville, MD 20850

## SHADY GROVE FERTILITY

*Refer Your Patients with Confidence*

**1-888-348-5599**



shady grove fertility

### MEDICAL UPDATE

## Seeing a Fertility Specialist Doesn't Always Mean IVF

Our philosophy at SGF has always been to tailor our patients' treatment to their specific diagnosis and circumstances. We balance the goals of achieving the best possible chance of success with using the simplest and most cost-effective approach. For some, treatment may involve more advanced modalities such as in vitro fertilization (IVF). While IVF has the highest per cycle success rate, it is also more complex and expensive than other treatment approaches. Many patients will be able to achieve a pregnancy with less intensive therapies. In fact, **half of all the treatment cycles we do are considered low-tech, and are successful for thousands of patients each year.**



Trying on Own

Oral Medication

IUI

IVF

Donor Egg

Basic Treatment / Advanced Treatment

**LOW-TECH INFERTILITY TREATMENTS AT SGF** ▶