



shady grove fertility

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# When to refer to Shady Grove Fertility

If your patients are having irregular or absent periods, have experienced two or more miscarriages, or have been diagnosed with a thyroid disease or PCOS, we recommend you refer to a fertility specialist at SGF without delay as early diagnosis and treatment leads to the best outcomes and highest pregnancy rates.

If your patients have a medical condition that could affect their fertility but are not experiencing an irregular or absent period, there may be no need to see a fertility specialist **unless they are:**

Learn more about what standard bloodwork could say about your patients' fertility →

-  **under 35** with regular cycles, unprotected intercourse and **no pregnancy after 1 year**
-  **35 to 39** with regular cycles, unprotected intercourse and **no pregnancy after 6 months**
-  **40 or over** with regular cycles, unprotected intercourse and **no pregnancy after 3 months**

# What standard blood work can say about your patients' fertility

Routine blood tests performed at annual wellness visits can unearth medical conditions with the potential to affect your patients' ability to conceive naturally or pose pregnancy complications.

Annual wellness visits complete with routine blood work provide physicians and patients a timely, comprehensive status of one's health, whether or not symptoms or "red flags" are present. Oftentimes, levels found in routine blood work can alert if an undiagnosed medical condition is present. Shady Grove Fertility (SGF) reproductive endocrinologist, Anne Hutchinson, M.D., who treats patients at SGF's Center City - Philadelphia office, evaluates some of the most commonly screened blood tests, and how levels that fall beyond average parameters could signal risk factors potentially affecting the patient's fertility. If these blood panels indicate a medical condition is present, here's how you can counsel your patients to detect if infertility could pose a possible concern.

"Having regular wellness visits further empowers patients and allows them to more quickly seek fertility care if a medical condition that could affect fertility is identified," shares Dr. Hutchinson. **"Seeking fertility care can be a time-sensitive issue as early diagnosis and treatment lead to the best outcomes and highest pregnancy rates."**

These conditions will not necessarily lead to fertility issues for all patients, but they could be indicators of fertility issues if a patient is also experiencing irregular or absent cycles or has experienced two or more miscarriages.

Test	Potential conditions	Red flags for fertility	Counseling questions
<b>Thyroid stimulating hormone (TSH)</b>	Hypothyroidism Hyperthyroidism	<ul style="list-style-type: none"> <li>TSH levels at either extreme can interfere with ovulation and lead to irregular menstrual cycles.</li> <li>Women with hyper or hypothyroidism are more susceptible to miscarriages.<sup>1</sup></li> </ul>	<p><i>Do you have irregular menstrual cycles?</i></p> <p><i>Have you experienced one or more miscarriages?</i></p>
<b>Fasting glucose or HbA1C</b>	Type 2 diabetes	<ul style="list-style-type: none"> <li>Patients with diabetes may develop Polycystic Ovary Syndrome (PCOS).</li> </ul>	<p><i>Do you have irregular menstrual cycles?</i></p>
<b>Complete blood count (CBC)</b>	Anemia	<ul style="list-style-type: none"> <li>Iron deficiency can cause anovulation.<sup>2</sup></li> <li>Anemia could signal fibroids in the uterus.</li> </ul>	<p><i>Do you have heavy menstrual cycles?</i></p> <p><i>Are you regularly ovulating?</i></p>
<b>25-Hydroxy vitamin D</b>	Vitamin D deficiency	<ul style="list-style-type: none"> <li>Optimal vitamin D blood levels of 30 ng/mL or higher are associated with higher pregnancy rates and improved pregnancy outcomes.<sup>3,6</sup></li> </ul>	<p><i>Have you been trying to conceive for more than six months?</i></p>
<b>Lipid profile</b>	High cholesterol	<ul style="list-style-type: none"> <li>High cholesterol has been linked to poor egg quality, which can affect fertility.</li> </ul>	<p><i>Have you been trying to conceive for more than six months?</i></p>

<sup>1</sup>Taylor et al. *J Clin Endocrinol Metab.* 2014. <sup>2</sup>Chavarro et al. *Obstet Gynecol.* 2006; 108(5):1145-52. <sup>3</sup>Paffoni et al. *J Clin Endocrinol Metab.* 2014; 99(11):E2372-6. <sup>4</sup>Ozkan et al. *Fertil Steril.* 2010; 94:1314-19. <sup>5</sup>Rudick et al. *Hum Reprod.* 2012; 27(11):3321-7. <sup>6</sup>Garbedian et al. *CMAJ.* 2013;1(2):E77-82.

**US Fertility is the Official Fertility Partner of the Portland Thorns FC**



US Fertility is now the Official Fertility Partner of Portland Thorns FC, an accomplished National Women's Soccer League (NWSL) team. As the club's Official Fertility Partner, US Fertility will support Thorns FC players, so they do not have to choose between their careers and their plans for building a family by providing fertility preservation options and other needed fertility resources.

