



shady grove fertility

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Refer your patients with confidence

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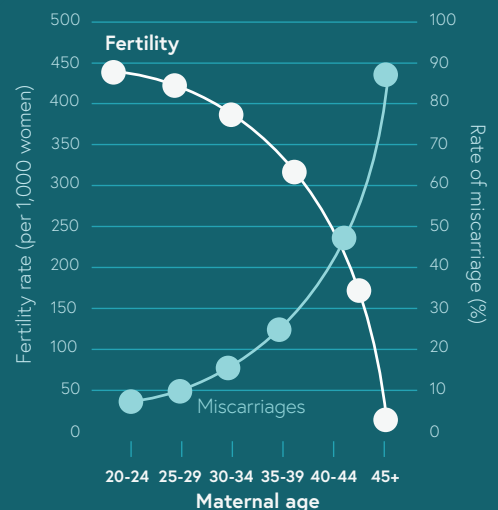
MEDICAL UPDATE | April 2025

Age is the #1 indicator of female fertility

Partnering to empower your patients

Many patients remain unaware of the impact of age on their fertility potential. Your expertise is pivotal in guiding patients through their reproductive health journeys. Shady Grove Fertility partners with you to inform patients about their options and empower them to take proactive steps toward building their families. Whether exploring egg freezing or trying to conceive, early referrals provide the best opportunity for success.

Learn more about female age and fertility potential →



The effect of female age on fertility potential

Age is the most critical factor influencing a woman's fertility potential. Fertility naturally begins to decline in the early 30s, with a sharper decrease after age 35. This decrease coincides with a higher risk of chromosomal abnormalities and miscarriage.

For patients actively pursuing pregnancy

Egg quality and egg supply are the primary factors in age-related fertility decline. A comprehensive fertility assessment—including follicle-stimulating hormone (FSH), anti-Müllerian hormone (AMH), and estradiol (E2) levels, along with an antral follicle count (AFC) ultrasound—provides critical insight into ovarian reserve. Evaluating these levels, alongside testing for fallopian tube patency and semen parameters, helps determine the most effective treatment pathway.

Early evaluation is crucial to optimize outcomes.

Maternal age	<35	35-40	>40
When to refer	No pregnancy after 1 year	No pregnancy after 6 months	Seek treatment immediately
Typical chance of pregnancy per month (without medical assistance)	20%	10%	<5%
Chance of egg chromosomal abnormalities ¹	40%	50-60%	70%
Intrauterine insemination (IUI) pregnancy rate per cycle ²	15-20%	10-15%	5%
In vitro fertilization (IVF) clinical pregnancy rate per embryo transfer at SGF ³	57%	41%	24%
IVF with donor egg clinical pregnancy rate per embryo transfer at SGF ⁴	60%	60%	60%

For patients planning future pregnancies

For those not yet ready to conceive, understanding fertility potential and the impact of age is key. Encourage them to undergo a fertility assessment early to proactively plan and identify any potential challenges that could impact their family-building goals later.

Egg freezing

Women ages 30 to 40 who want to preserve their fertility options may be ideal candidates for egg freezing. This is especially important for those facing cancer treatment, managing endometriosis, or at risk for premature ovarian failure.

Educational events for your patients

Shady Grove Fertility offers a variety of in-person seminars and virtual webinars designed to help patients navigate their fertility options with confidence.

These events provide expert-led education on topics such as egg freezing, IVF, LGBTQIA+ family building, and financial planning for treatment.

All SGF events are free and conclude with a live physician Q&A.

Event calendar

Patients may register for an upcoming event by visiting our event calendar:



ShadyGroveFertility.com/events

Refer with confidence: 888-348-5599

¹ Franasiak J, Forman E, et al. Aneuploidy Versus Age. *Fertility and Sterility*. 2014, 101: 656-663.

² Pregnancy rate per cycle following ovulation induction (OI) or superovulation with a minimum of 9 million total motile sperm (2014-2015).

³ Preliminary Shady Grove Fertility 2023 IVF and FET statistics.

⁴ Shady Grove Fertility 2023 Donor Egg success rates.