



THE UNIVERSITY OF
MELBOURNE




the women's
the royal women's hospital

Decision-making needs of women interested in elective egg freezing

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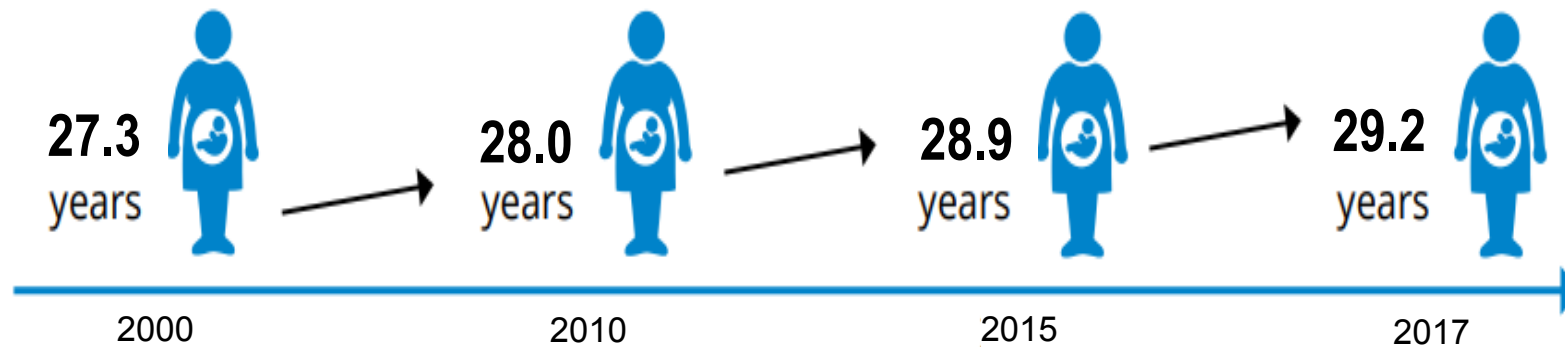
 +61 3 8345 3792

 @DrPeate



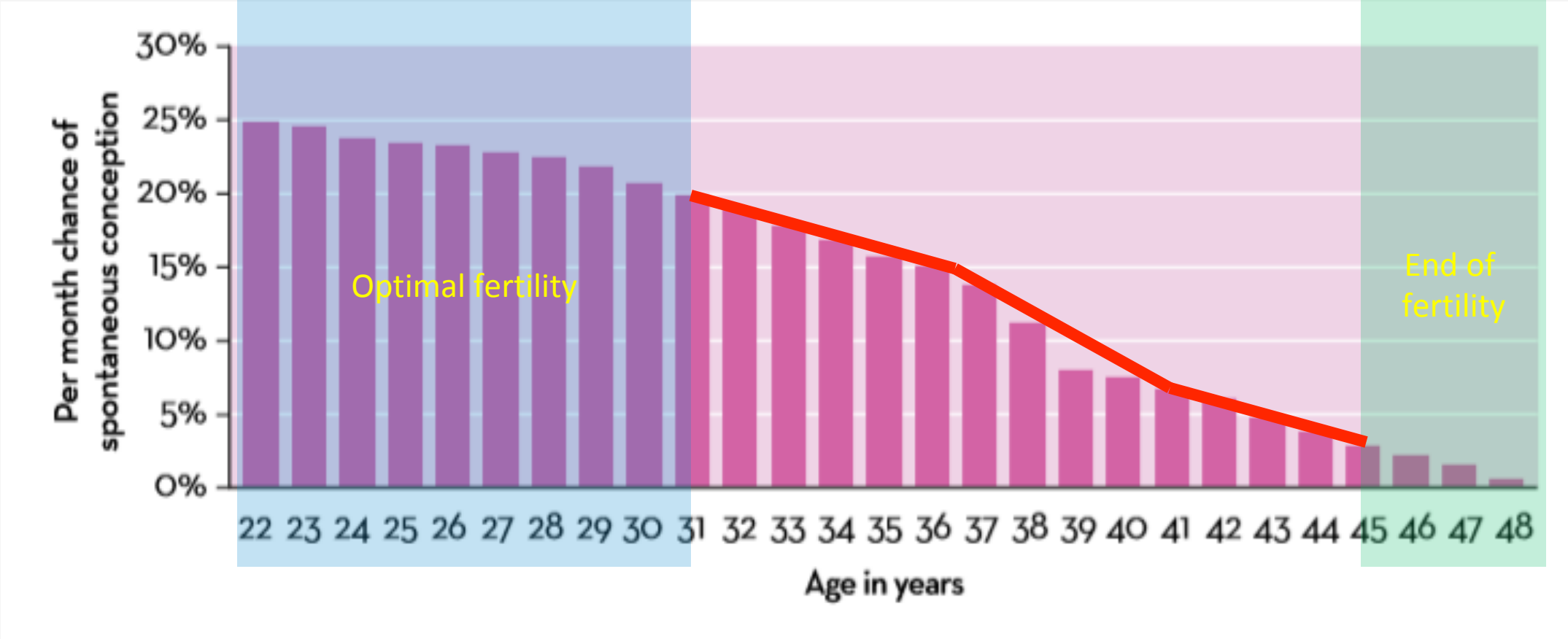
INCREASING MATERNAL AGE

- Average age of first birth is increasing:



AIHW Mothers and Babies reports: 2000, 2005, 2015, 2017

FERTILITY DECLINE



AGE RELATED INFERTILITY

- Many people not meeting parenting goals¹
 - ~1/3 women childless not by choice



1. <https://aifs.gov.au/publications/its-not-lack-wanting-kids-report-fertility-decision-making>; Cooke A, et al: Int J Nurs Stud 2012

ELECTIVE EGG FREEZING A SOLUTION?

For women:

Gives more time?

Greater chance of success later?

Lower risk of foetal abnormalities?

Better financial situation?

Less regret?

For society:

- Better to freeze eggs earlier than using ART later.¹

➤ Exponential increase in egg freezing since ASRM removed “experimental” label in 2013

REASONS FOR FREEZING EGGS

Table 3. Women's reasons for cryopreserving oocytes ($n = 96$).

Reasons listed ('Please tick all boxes that apply')	N (%)
My doctor recommended it	16 (17)
I hoped to have children in the future, but was single at the time	76 (79)
I hoped to have children in the future, but my partner was not willing to have a child	5 (5)
I experienced premature menopause	3 (3)
I had a health condition that prevented me having children at that time	4 (4)
It was an investment in the future	37 (39)
It was insurance against not finding a partner in time	47 (49)
I was prompted to do so by publicity about egg freezing	5 (5)
I was prompted to do so by publicity about women losing their fertility before they were ready to have children	12 (13)
I was concerned about future loss of fertility but didn't want to get pregnant at that time	28 (29)
My parents wanted me to	0 (0)
My partner wanted me to	0 (0)
Other (please specify)	17 (18)

BUT...

“There are no data to support the safety, efficacy, ethics, emotional risks and cost effectiveness of oocyte cryopreservation for the purpose of circumventing reproductive ageing in healthy women”

Practice committee to ASRM and Society for Assisted reproductive technology, 2013



“Currently, there is no evidence to confirm the effectiveness or usefulness of social egg freezing to secure future fertility”

Mayes et al, 2019

PSYCHOSOCIAL RISKS

- False hope?
 - 8.2% LBR if under age 36
 - 3.3% LBR if age 36-39
- Avoiding the decision?
- 16% regret freezing eggs
- Disposal of 'orphan' eggs
 - 8-12% of eggs are used...

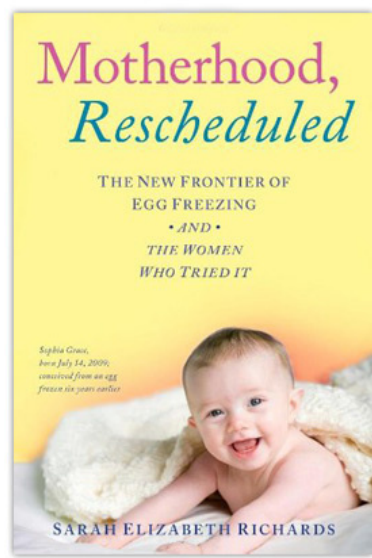
FINANCIAL RISKS

- Expensive
 - Initially ~\$10,000 per cycle
 - Most recommended >1 cycle
 - Ongoing ~\$500 p.a.
- Wasted time and money if not used?
- Increases gender inequality by encouraging women to take on debt?



MEDICAL RISKS

- Oocyte retrieval: 0.8% complication rate
- Ovarian stimulation → ↑ risk OHSS
- More older mothers
- 2x risk of severe maternal morbidity or death following IVF pregnancy
- Risks to the child of advanced maternal (and paternal) age



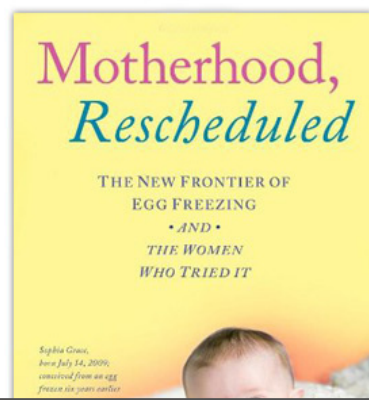
Women In New York Are Not 'Freezing' Parties

LET'S CHILL
WEDNESDAY, SEPTEMBER 17TH
The Screening Room at Crosby Street Hotel
6:30-8:30 PM **JOIN US**
EGG FREEZING EVENT
HOSTED BY EggBanxx

Now the bank of Mum are having your eggs frozen: Parents increasingly spend savings on fertility treatment for daughters

Parents increasingly spend savings on fertility treatment for daughters





'ACCURATE AND RELIABLE INFORMATION IS PARAMOUNT'

ESHRE WORKING GROUP ON OOCYTE CRYOPRESERVATION, 2017

6:30-8:30 PM JOIN US
EGG FREEZING EVENT
HOSTED BY EggBanxx

Now the bank of Mum are
have your eggs frozen: F
treatment to help their c
grandchildren

• Parents increasingly spend savings on fertility treatment for daughters

SUNRISE NEWSFEED
WAIT FOR MR RIGHT?
Single women picking IVF over looking for a partner
MULTIMILLION DOLLAR PONZI SCHEME UNCOVERED IN SYDNEY MEL 32 8.46





About 47,000,000 results (1.00 seconds)

Egg freezing | No interest ever payment plans | chilleggfreeze.com.au

www.chilleggfreeze.com.au/payment_options

We offer interest free flexible payment plans, so financial barriers won't be an issue. Now you can freeze your eggs, without compromising the quality of care and service. Your Fertility, Your Way.

Monash IVF | Victoria | Female Fertility Preservation | MonashIVF.com

www.monashivf.com/Egg-Freezing/Monash 1800 628 533

Egg Freezing Gives You The Gift Of Choice. Preserve Your Fertility & Start A Family Later. Leading Fertility Research & Treatment Centre. Enquire Now About Fertility Preservation. Dedicated Team Approach. 35,000 Babies Conceived. Free Phone Consultation. State Of The Art Clinic.

Melbourne IVF | Elective Egg Freezing | Request An Appointment

www.mivf.com.au/ 1800 111 483

Affordable egg freezing. Take advantage of our payment plan with a \$1500 upfront fee.
Fertility Specialist - from \$150.00 - First Appointment - More

IVF Melbourne | Fertility Specialist Clinics - Genea Melbourne

www.genea.com.au/

World Leading Fertility & Science - Contact Our Specialists Today
Success Rates · Our Technology · Locations & Specialists · IVF Events · Pay later with Zip

Egg Freezing | IVF Australia

<https://www.ivf.com.au/fertility-treatment/fertility-preservation/egg-freezing>

Egg freezing is a method of storing a woman's unfertilised eggs to allow her to try to conceive at a later date, when natural conception would be unlikely.

WHAT DO WOMEN KNOW?

- 332 Australian women
- Recruited through RWH facebook page
- 41% 'single'
- 37% living with partner
- 83% born here
- 96% English speaking
- 40% undergraduate, 40% postgraduate
- 58% FT employed
- 75% 'professional'
- 89% no children

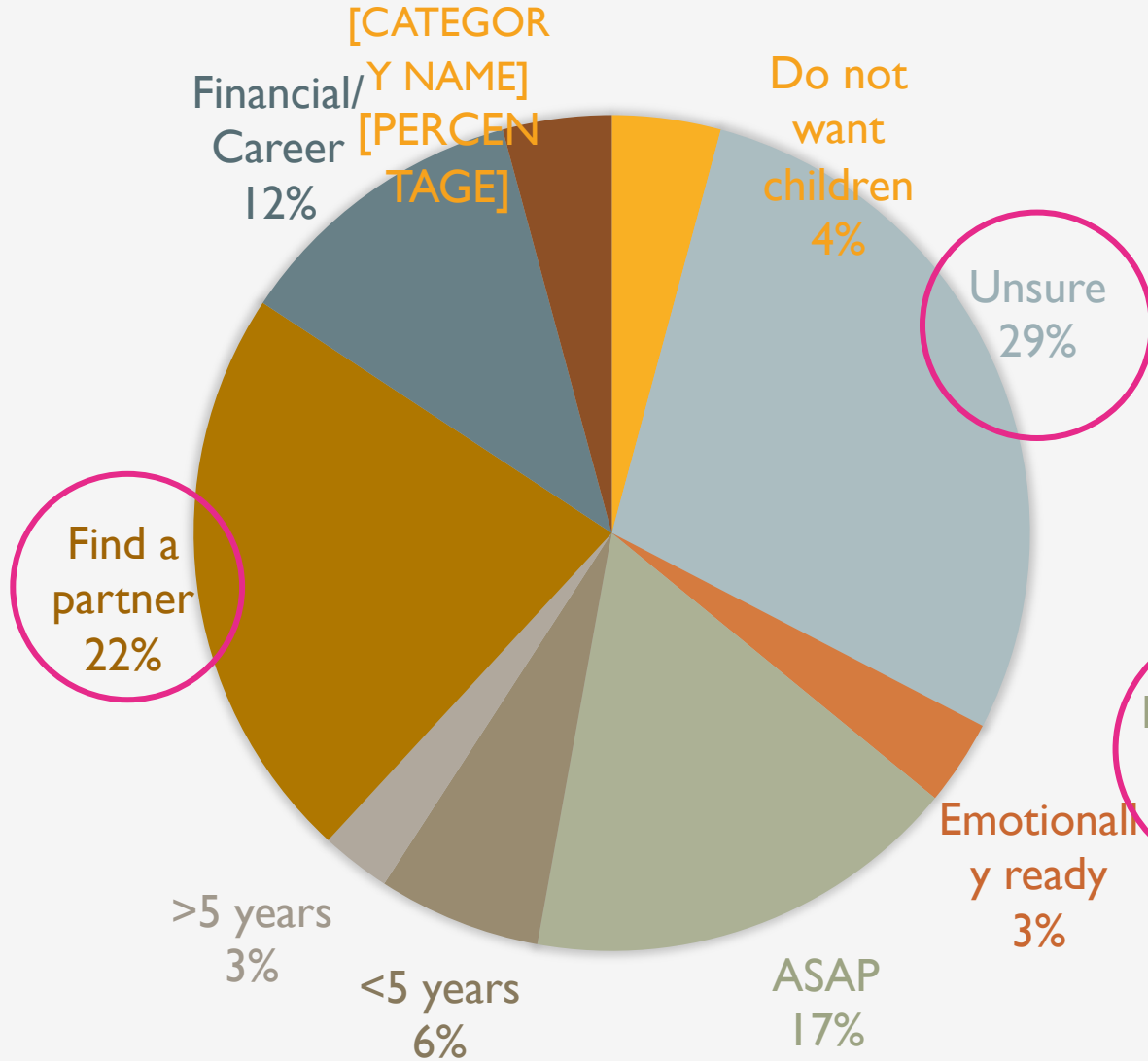
The Royal Women's Hospital
December 19, 2018 · 🌐

Have you ever thought about freezing your eggs for a family further down the track? We are inviting women aged 18-45 to take part in a survey:
<http://go.unimelb.edu.au/guc6>

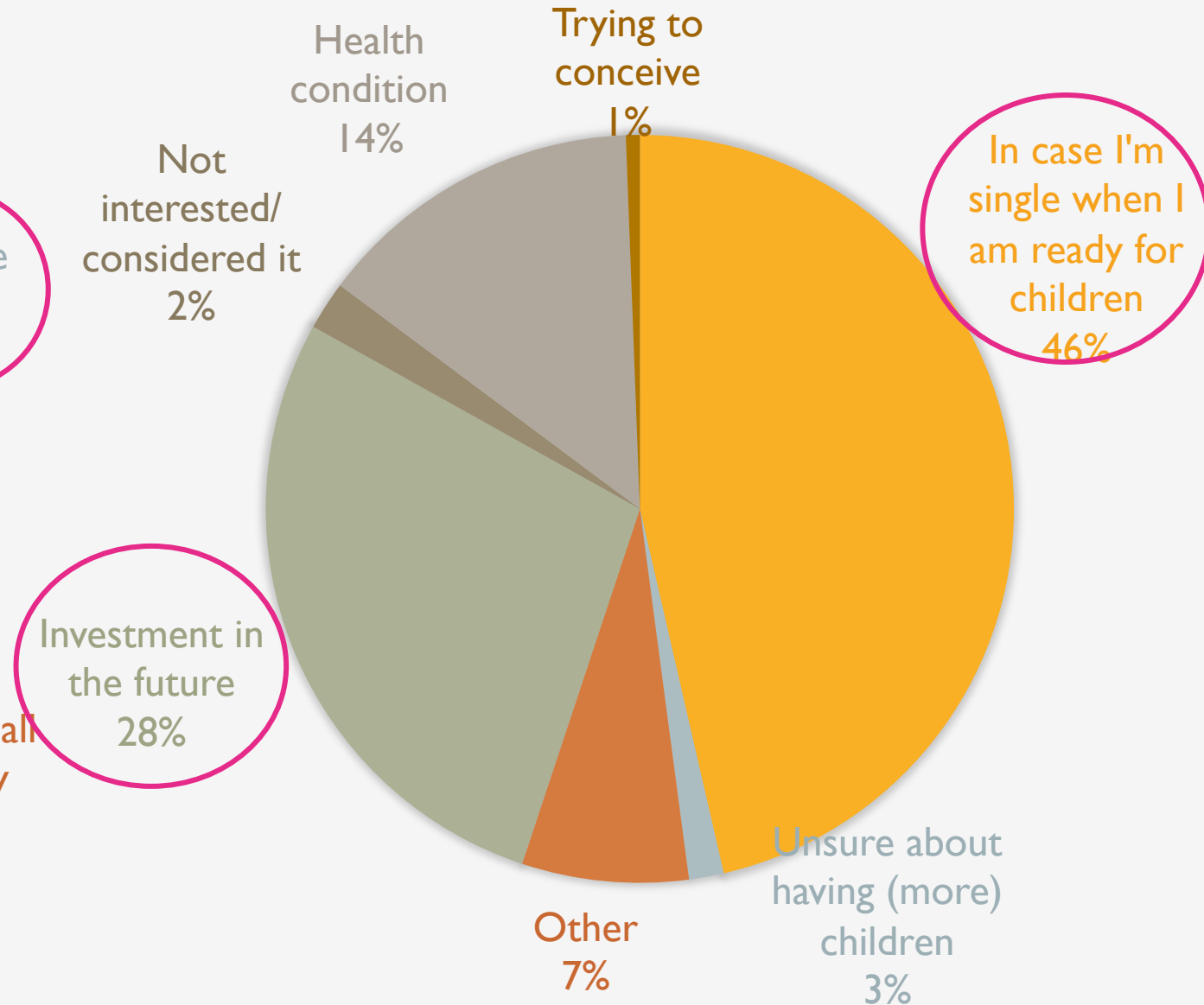
Eggfreezing

You, Sarah Carson and 44 others
18 Comments 8 Shares

WHEN THEY WANT CHILDREN



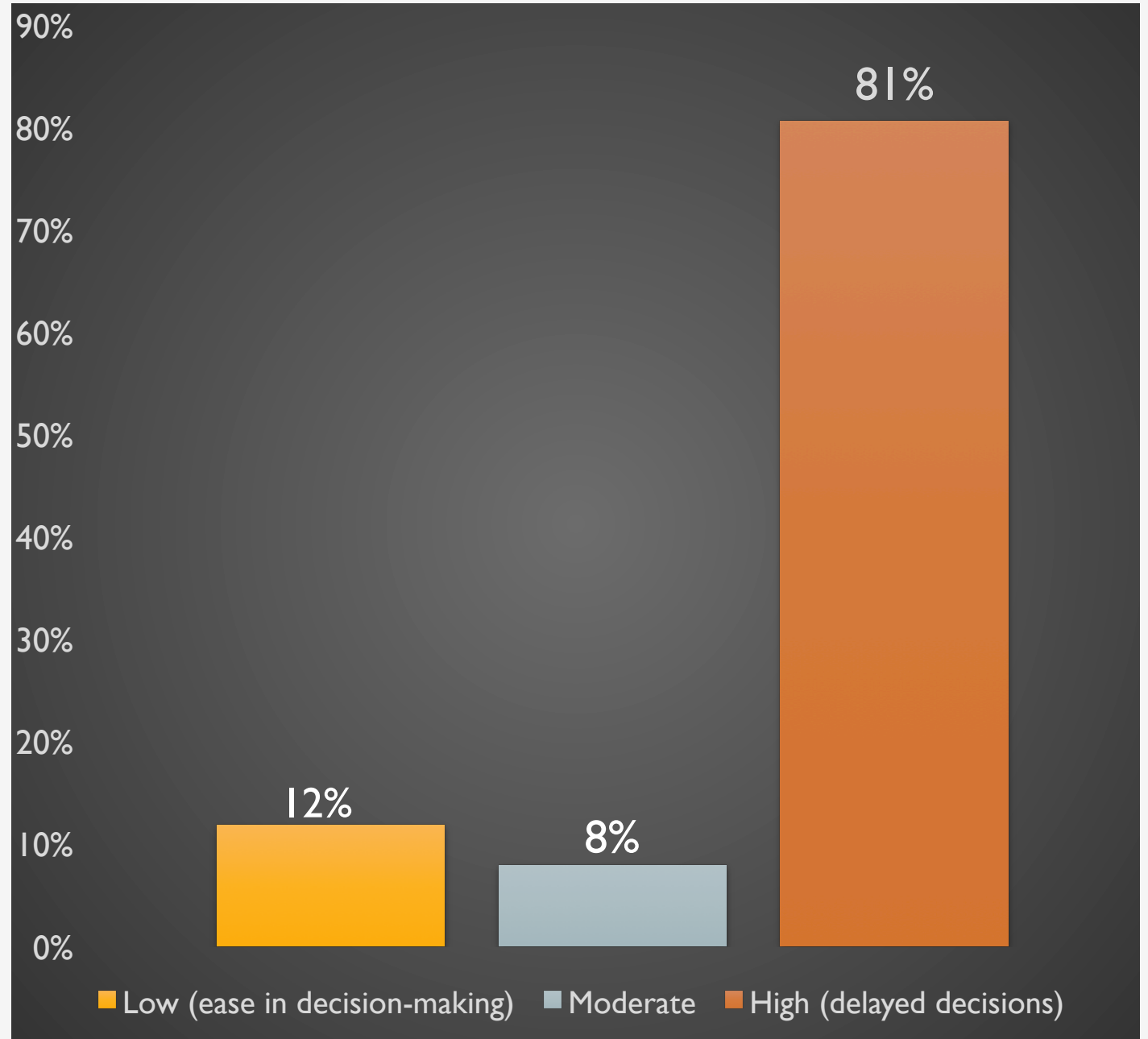
REASONS FOR INTEREST



LEVEL OF UNCERTAINTY (DECISIONAL CONFLICT)

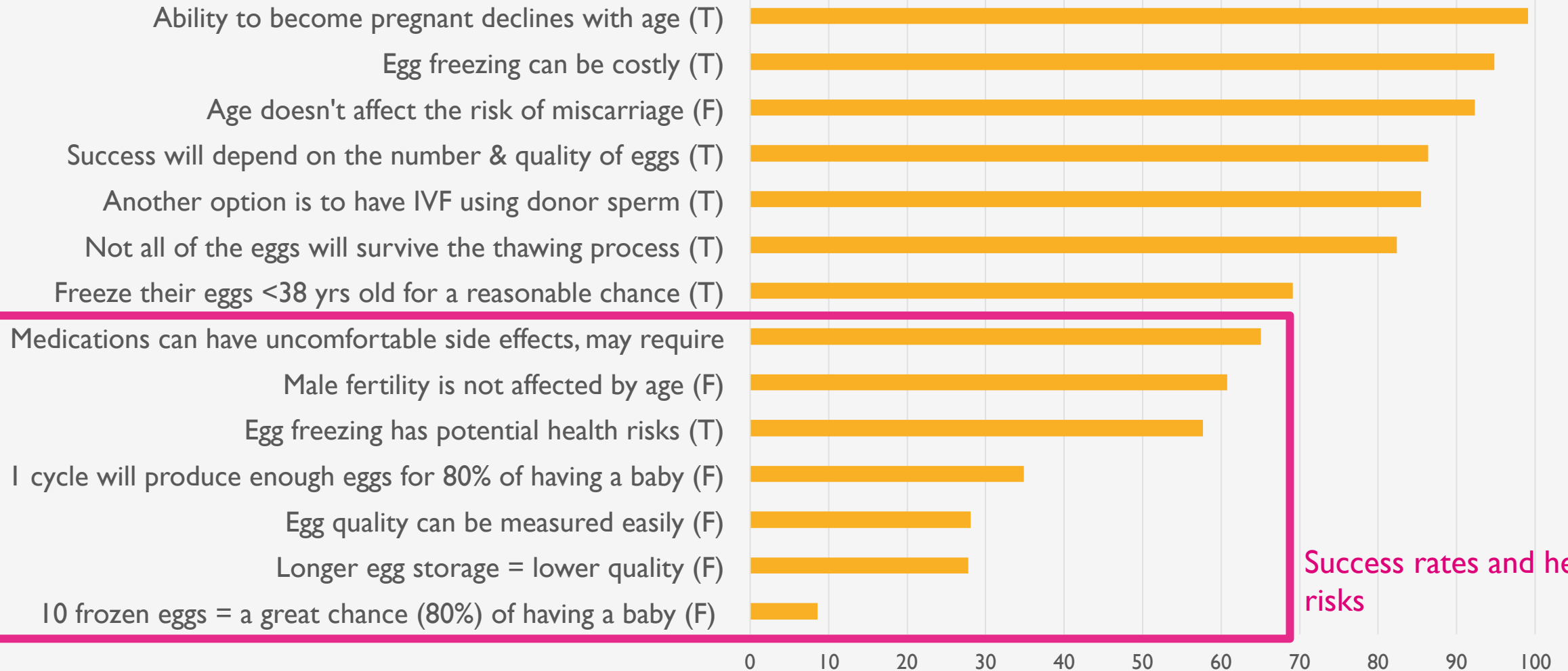
Mean DCS: 59.5(high)

Time considering:
20 months (0-96)



KNOWLEDGE

Mean knowledge score: 9/14 (64%), range: 2-14, SD:2.3



Success rates and health risks

INFORMATION NEEDS

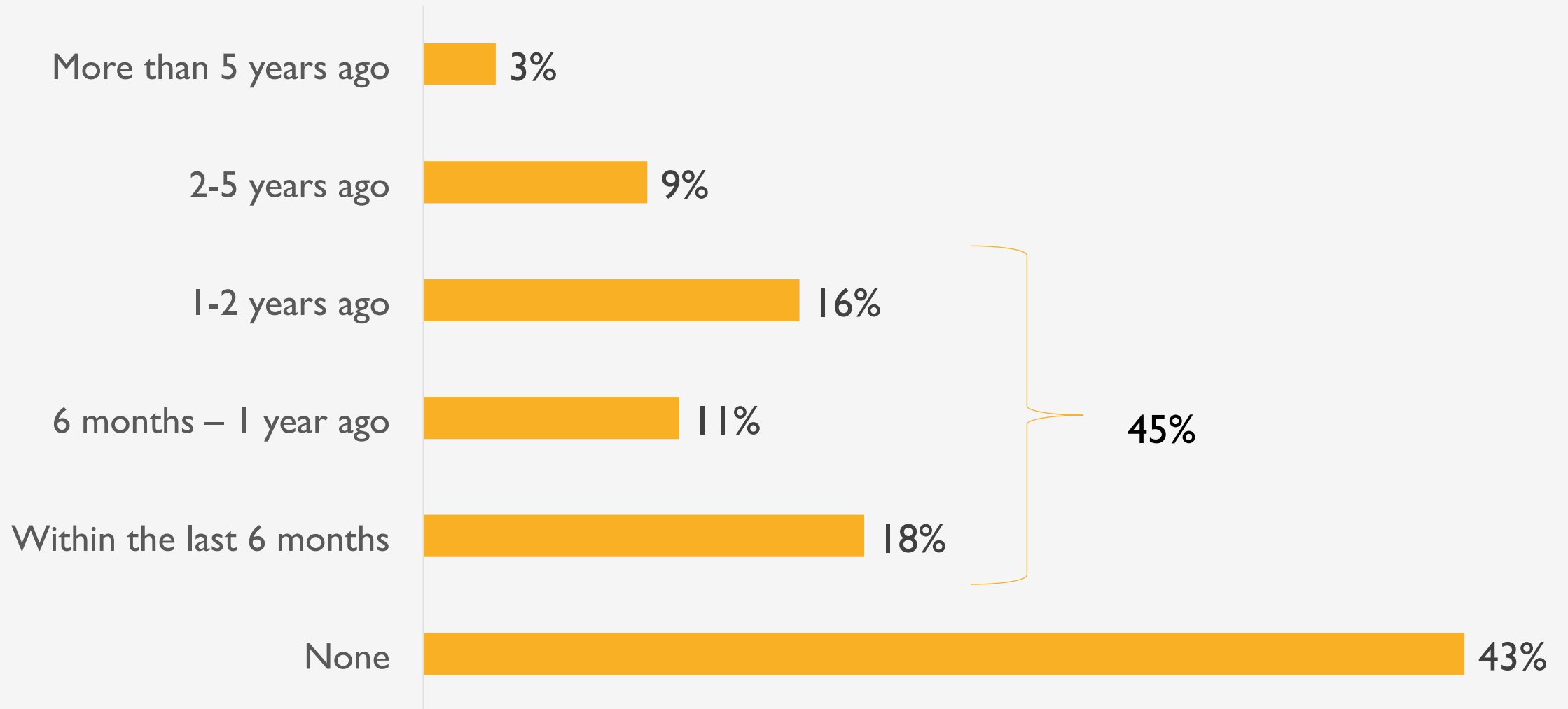
98% said important to be informed about EF

Recommend discussion at 26 years (10-40).

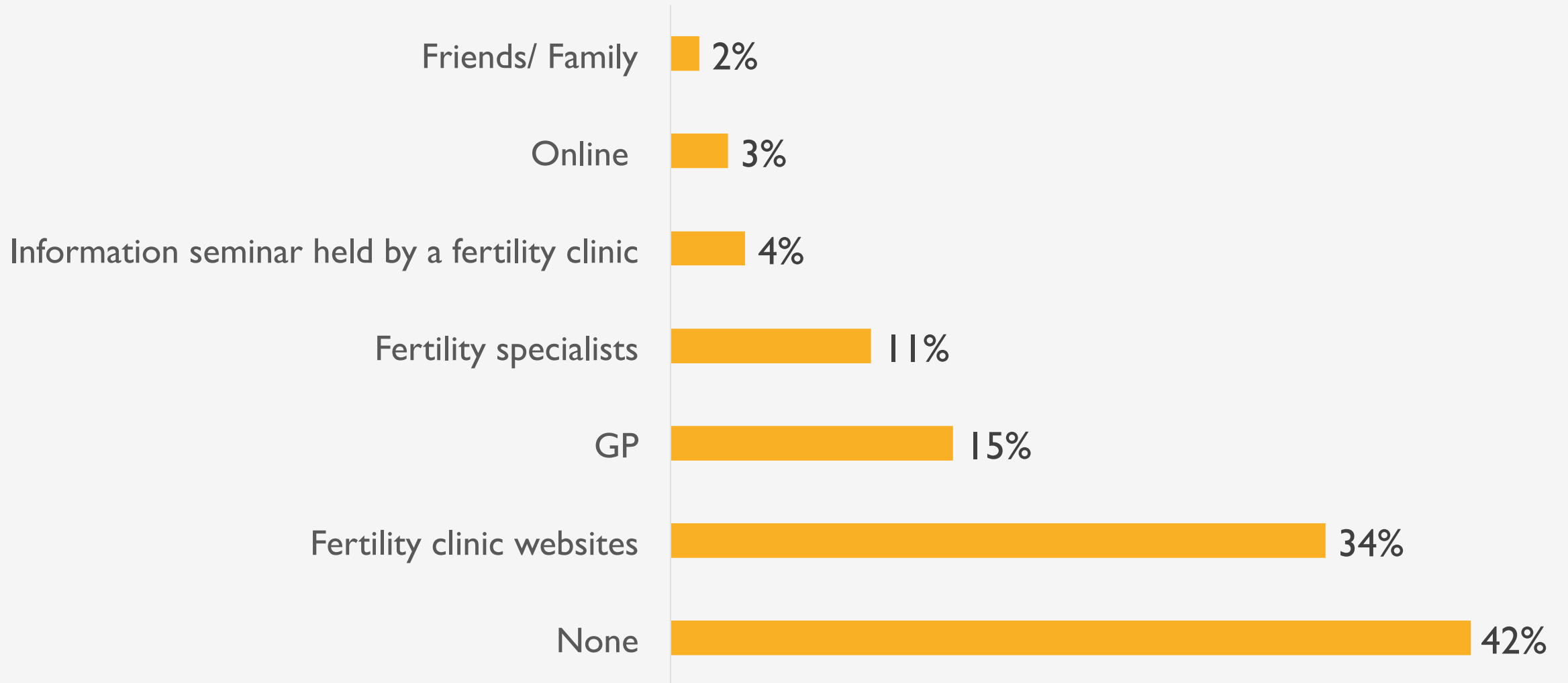
47% discussed with friends

14% had consulted a specialist

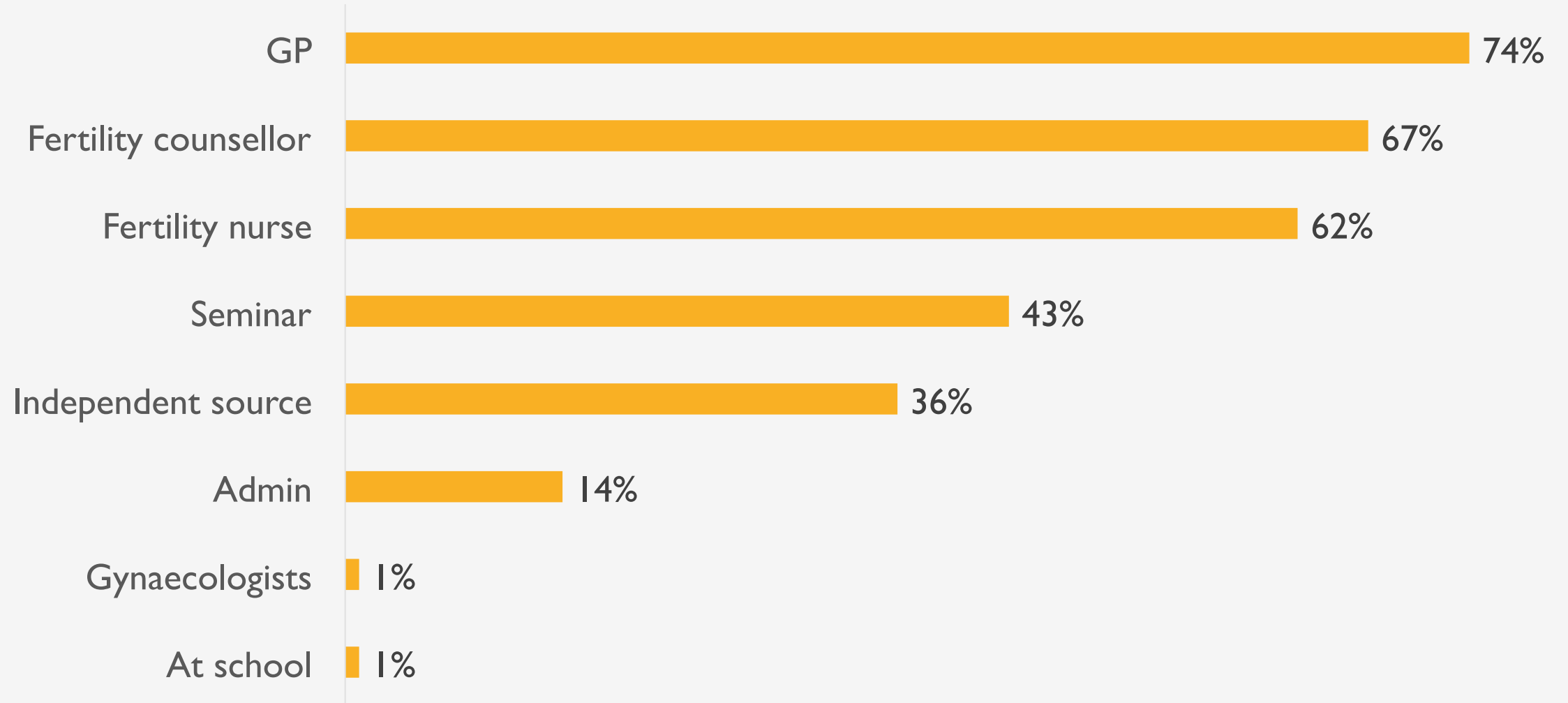
INFORMATION SEEKING



SOURCE OF INFORMATION



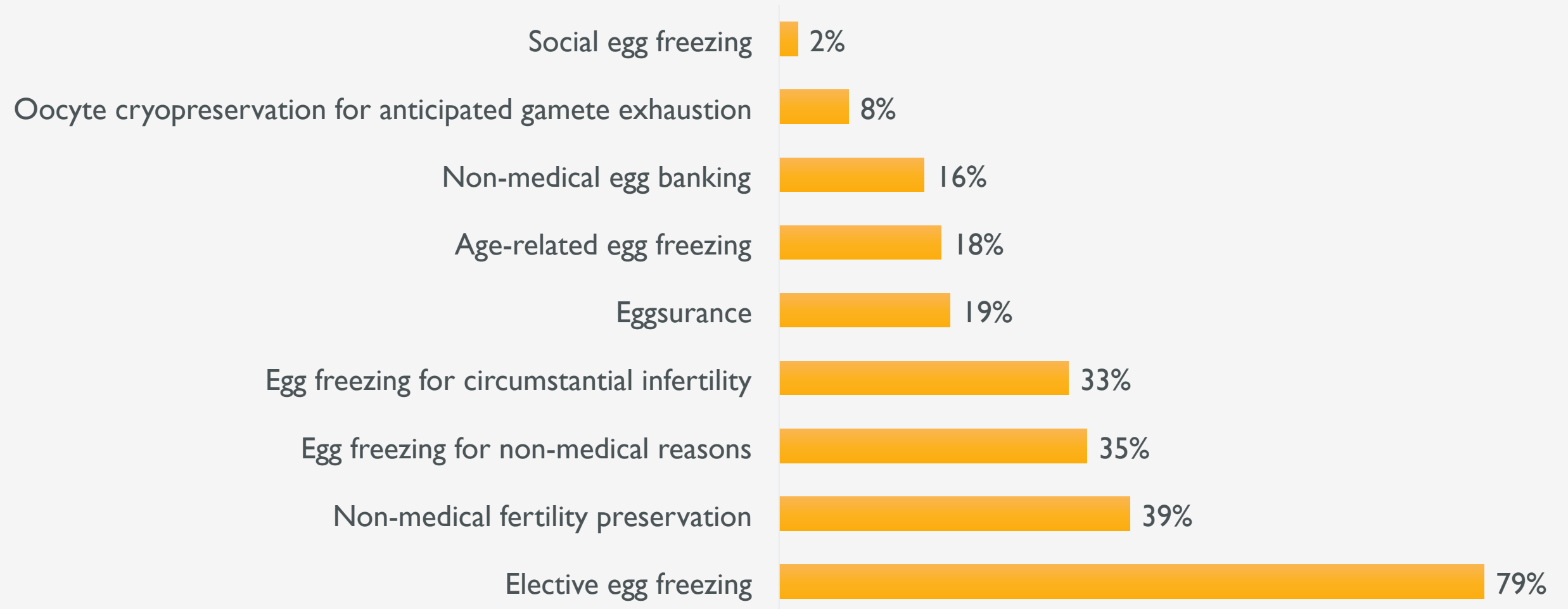
PREFERRED SOURCE OF INFORMATION



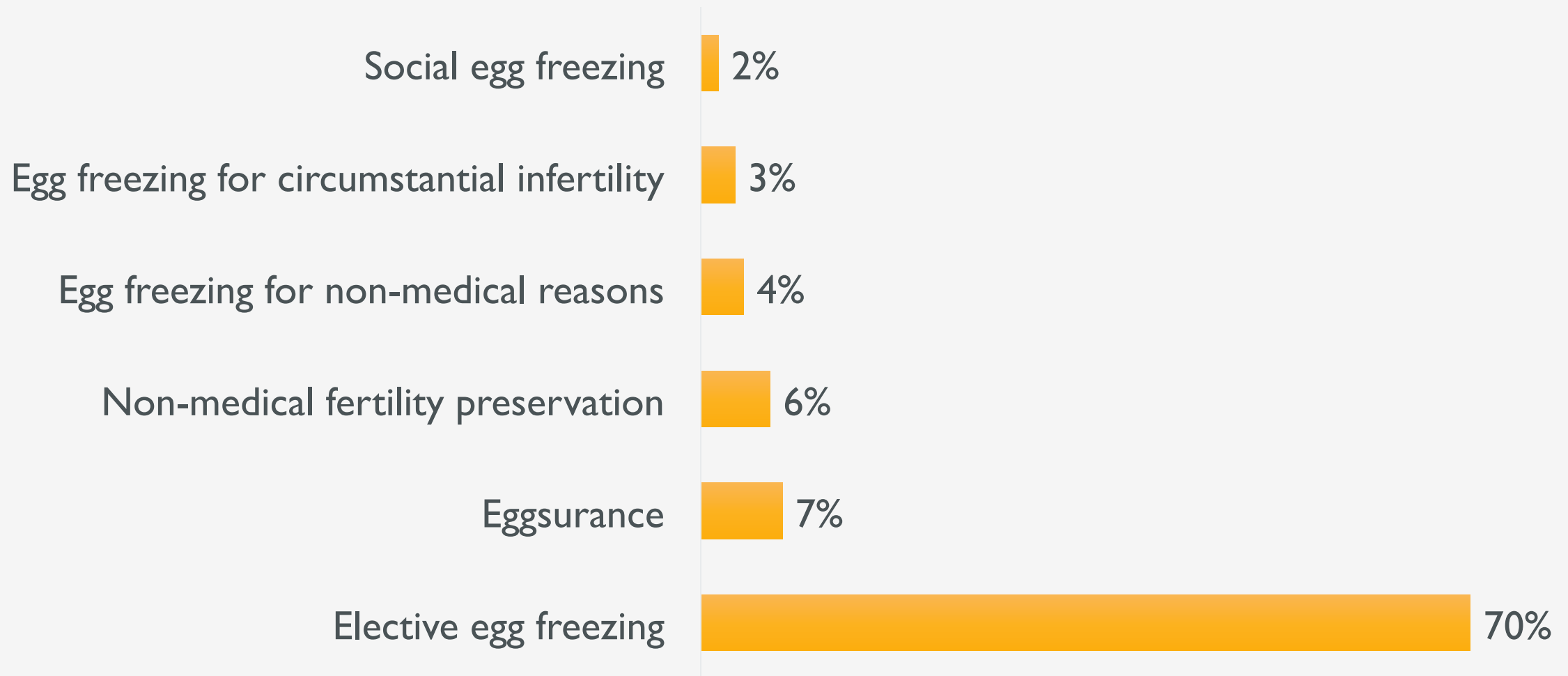
USEFULNESS OF RESOURCES



PREFERRED TERMINOLOGY



BEST TERM



DECISION AID

- Supporting decision-making using a decision aid
- Evidence-based, unbiased information
- Ideal for decisions with no 'right' answer, but based on personal values

The screenshot displays the 'Eggfreezing' website. At the top, there is a navigation bar with the logo and links for 'Download Website', 'My Account', and 'Logout'. A search bar is also present. Below the navigation bar is a teal header with five menu items: 'Egg freezing', 'More information', 'Other options', 'What's best for me?', and 'More resources'. The main content area features a large image of a woman working on a laptop, overlaid with a blue tint. The text reads: 'Making Decisions about Egg Freezing'. Below this, a sub-headline states: 'This is a website for women who are considering egg freezing for personal reasons. It can help you decide if egg freezing is right for you.' A 'Start Here' button is positioned below the sub-headline. At the bottom of the page, there are four columns of links, each with a teal icon and a title: 'Egg freezing' (snowflake icon), 'More Information' (magnifying glass icon), 'Other options' (fork icon), and 'More resources' (book icon). Each column contains a list of specific topics. The footer includes the 'Eggfreezing' logo, a secondary navigation menu, contact information, and copyright details.

Eggfreezing | Download Website | My Account | Logout

Search

Egg freezing | More information | Other options | What's best for me? | More resources

Making Decisions about Egg Freezing

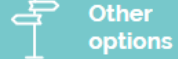
This is a website for women who are considering egg freezing for personal reasons. It can help you decide if egg freezing is right for you.

[Start Here](#)

- Egg freezing**
 - Why freeze eggs?
 - What affects my fertility?
 - What is egg freezing?
 - Using frozen eggs
 - Advantages and disadvantages
- More Information**
 - Egg freezing as 'plan B'
 - Older parenthood
 - Using donor sperm
- Other options**
 - Freezing embryos
 - Trying for a child now
 - Wait and see what happens
- More resources**
 - Definitions
 - Questions to ask my fertility specialist
 - Other useful resources
 - References


Eggfreezing | Egg freezing | More information | Other options | What's best for me? | More resources

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Egg freezing

[HOME](#) > [EGG FREEZING](#)

PRINT 

-  [Why freeze eggs?](#)
-  [What affects my fertility?](#)
-  [What is egg freezing?](#)
-  [Using frozen eggs](#)
-  [Advantages and disadvantages](#)

Is this page helpful?



Egg Freezing

The decision to freeze your eggs can be difficult. It may also be affected by your religious and personal beliefs.

Many people feel better about making a decision, after reviewing all of their options. For some, a written record of what matters to them is helpful.

You may also want to discuss your fertility options with a fertility specialist, or counsellor. However, there are likely to be costs involved with these appointments.

We encourage you to share this website with those who will support you to make a decision.

Please note this website does not replace talking to your healthcare team.

Next >

What affects my fertility?

Women are born with about 2 million undeveloped eggs which are inside follicles in the ovaries. Most of these eggs are lost during early life. By puberty (10-12 years old) there are about 200,000 eggs left, and by age 30 there are only about 35,000 eggs left.

During each menstrual cycle, around 5-20 eggs begin to mature, but usually only one matures fully and is ovulated and released from the ovary, controlled by the body.

To specialise, the body releases a mature egg from her ovaries. This is then fertilised by a sperm. Fertilisation happens when the embryo attaches to the womb.

Menstrual cycle
The monthly changes that happen naturally in a woman's body and include ovulation and periods.

LESS eggs

LOWER QUALITY eggs

Lowers your **CHANCES** of having a baby

00:34

What affects female fertility?

Using Your Eggs



More resources

- Definitions
- Questions to ask my fertility specialist**
- Other useful resources
- References

Is this page helpful?

Questions to ask my fertility specialist

Here are some important questions you can ask your fertility specialist or clinic about egg-freezing. This list may not cover everything you want to know, so have a think about any other questions you might want answered as well.

- Egg Freezing**
- How many eggs do you think I will collect that can be frozen? (Remember this prediction will not always be correct)
 - How many eggs do you recommend I should freeze given my circumstances?
 - How many cycles do you expect I will need to have to reach my goal number of eggs?
 - What is my risk of developing Ovarian Hyper-Stimulation Syndrome (OHSS) during an egg freezing cycle?
 - Will my egg freezing cycle and hormones provided be personalised or will you use a standard approach?
 - Will my doctor personally manage my progress during my cycle, and collect my eggs?
 - What type of anaesthetic will be used when collecting my eggs?
 - What is your clinic's average live birth rate for women who freeze their eggs at my age?
 - Where will my eggs be stored? How will I be notified if there are any changes in their storage location?
 - How long can I store my eggs for? Can I apply for an extension if needed?
 - How will I get information about the status of my frozen eggs (i.e. storage location changes)? How often will I be contacted?
 - What is your experience with egg freezing?

VALUES CLARIFICATION:

What's best for me?

- Pros
- Cons**
- Results

Is this page helpful?

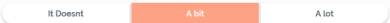


What worries you when thinking about egg freezing?

- Read each statement and rate how worrying it is to you.
- There are no right or wrong answers.

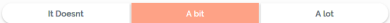
Egg freezing does not guarantee a baby when I am ready to have one.

How much does this worry you?



Egg freezing might be a difficult procedure to go through (i.e. because of time off work and possible side effects).

How much does this worry you?



What's best for me?

- Pros
- Cons**
- Results

Is this page helpful?



What's best for me?

- Pros**
- Cons
- Results

Is this page helpful?



What is important to you when thinking about egg freezing?

- Please read each statement and rate how important it is to you.
- There are no right or wrong answers.

Increasing your chances of having a baby in the future.

How important is this to you?



Doing something about your fertility now, rather later.

How important is this to you?



How sure do you feel?

Based on your answers, the scale below shows how you might feel about egg freezing.



You are leaning towards NOT freezing your eggs Unsure You are leaning towards freezing your eggs

Why are you considering egg freezing?

This is your answer from the start of the quiz

I'm 38, don't have a partner and want to have children.

What does this mean?

You are not sure yet

Based on your answers, you are unsure whether egg freezing is the best option for you. You can talk to a General Practitioner or fertility specialist to help you make a final decision. It can

PILOT RESULTS (N=27)

- 82% read all or most of it
- 52% spent 30 mins reading (26% 1 hour)
- 89% rated the amount of information as “about right”
- 81% thought it was balanced
- All judged it to be clear, easy to read, useful
- 93% found it acceptable
- 88% found it helpful and would recommend it
- Did not cause serious worry or concern
- 96% perceived an improvement in understanding

PILOT RESULTS

	survey = 1	survey = 2	Change score	
	N=27	N=27	N=27	p
Knowledge score	9.0 (7.0-11.0)	11.0 (10.0-12.0)	2.0 (0.0-4.0)	0.0474
DCS score	57.7 (32.3)	31.6 (7.8)	-24.5 (30.6)	0.0020

Are you aged 18 years or over and thinking about freezing your eggs?

We are planning a study to help woman make informed
decisions about egg freezing

If you would like more information, please
click the button below to register your
interest.

Register your interest

We will contact you when the study is ready to start with more
information on how you can join.

If you would like to speak to someone about the study, feel free to
contact us.

✉ egg-freezing@unimelb.edu.au

NEXT: RCT

- Trial to start mid-2019 in
Australia

Register interest:

<https://eggfreezing.org.au/register>



ACKNOWLEDGEMENTS

To our participants.

'Eggsurance?' Study Collaborative Group: Peate M, Sandhu S, Hickey M, Lew R, Braat S, Hammarberg K, Hucker A, Poterie A, Agresta F, Fisher J, McBain J, Ledger W, Norman R, Hart R, Lieberman D, Johnson L, Anderson R, Michelmore J, Parle A, Summers F, Sequeira S, Allingham C, Mudge R.

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