

AMH LEVELS AND THEIR EFFECT ON PATIENT'S PERCEPTIONS OF OVARIAN RESERVE

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Background: Day 3 FSH and Estradiol are the gold standard of measuring ovarian reserve. Their complicated inverse relationship however, makes it very difficult for a patient to understand the results and their importance in clinical decision making. Recently, we have begun to use AMH levels to assess ovarian reserve in our clinic. We have found the explanation of AMH levels to be simple and straightforward for the patient to understand. We hypothesized that this increased understanding would translate into limiting the number of IVF cycles a patient would choose to undergo before moving on to Egg Donation.

Materials and Methods: We compared the number of IVF cycles a couple was willing to undergo with abnormal Day 3 labs before moving on to Donor Egg vs. the number of cycles a couple with an abnormal AMH level would undergo. We calculated the average number of IVF cycles in each group and compared the results.

Results: We found that the Day 3 lab group had a trend towards increased cycle number; however this difference was not statistically significant.

Conclusions: AMH level remains an accurate and important tool for evaluating ovarian reserve in the IVF clinic, however further research and / or a larger study may be necessary to assess its impact on a patient's treatment choices.