

Your egg count is low

You seem to have a low amount of eggs for your age. You are at risk of entering menopause earlier than average, but the risk is still relatively low.

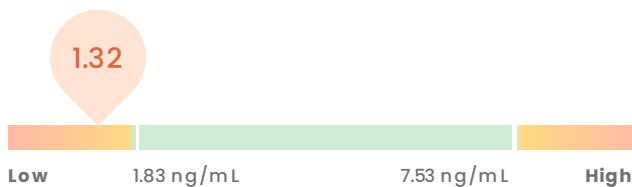
Your AMH (Anti-Mullerian Hormone)

Anti-Mullerian Hormone gets released by the growing follicles in your ovaries. It's the most reliable predictor of egg count that exists. A higher AMH means a higher number of eggs.

1.32

ng/mL

out of range



The median AMH level (the value that occurs most often) for a **28** year-old is **3.25** ng/mL.

Your egg count is around the **10**th percentile. This means that 90% of 28 year-old women have a higher amount of eggs and 10% a lower amount of eggs.

On average, people enter menopause around 51. 'Early menopause' is when people have their last menstrual period before they're 45. You are at a higher risk of 'early menopause' than the average woman, but the risk is still relatively small.

About 10% of the general female population enters menopause before 45, and for the people with your AMH, that's roughly 28% [\(ref 2\)](#). Remember: that means that the majority of people with your egg count enter menopause at an average age!

Hearing that you have a low number of eggs might sound scary, but given your other values, it doesn't have to mean anything bad for your chances of getting pregnant right now.

AMH says nothing about your current fertility, but having a low AMH might mean you're a less suitable candidate for IVF or egg freezing.

Depending on whether or not that's possible for you and how this result makes you feel, you could consider moving up your timeline (so start trying for kids sooner), or to freeze your eggs.

Why do we test it?

Getting pregnant is like rolling a 6 with a dice: the more attempts you get, the higher the odds of getting lucky. As you get older, you have fewer cycles and therefore have fewer attempts at getting pregnant left. Early menopause (before 45) means that you have a shorter 'fertile window', and less chance of getting pregnant.

You were born with all the eggs you'll ever have, and every cycle you lose some in preparation for ovulation. You reach menopause when your egg supply is finished.



What you should look out for:

- Really important to remember: your egg count says nothing about your current fertility, whether you will become pregnant, or how long it will take. You only need one egg to conceive!
- To get pregnant you do not only need enough eggs, but also good quality eggs. Unfortunately, there is not (yet) a single test that can tell us anything about the quality of your eggs.
- The predictive value of AMH for the timing of menopause is not perfect, and there may be variation ([ref 2](#)). To get pregnant you do not only need enough eggs, but also good quality eggs. Unfortunately, there is not (yet) a single test that can tell us anything about the quality of your eggs.
- A low AMH just means an increased risk of early menopause – it doesn't mean it will definitely happen.
- Your AMH can get impacted by hormonal birth control, so if you've only recently (less than 3 months) come off birth control, then that could be a factor.
- About 50% of all cases of early menopause are genetic, so it's worth asking your mother / female relatives when they had their last period.

Ok, so what's next

- A low AMH doesn't have to mean anything is wrong, but we do recommend further examination. Your GP or gynaecologist can do an ultrasound to count how many ripening follicles there are.
- There is no such thing as a perfect age to have kids – the right time depends on a lot more than just biology. You can also consider doing nothing, and retesting your AMH every 6–12 month to understand your personal fertility curve.
- The most important things that affect your egg count are your age and your genes. There is insufficient evidence that your weight or diet can affect your egg count, but if you're a smoker: stopping will definitely help.