

ANNE MARIE DROSTE

**GRIP
FERTILITY
REPORT**

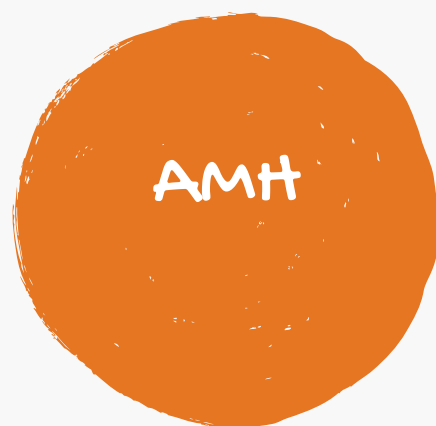
About you

- You are 30 years old
- You are on hormonal birth control
- You do not get periods
- You are not on any medication
- You were tested for the following hormones:
 - AMH (Anti-Mullerian Hormone)

Your blood sample was analyzed on 06-04-2020.

Your blood was analyzed by an ISO15198 certified lab.

This report has been validated by Drs. Emma Dickinson-Craig.



Quick summary

You have a normal amount of eggs for your age.

Based on AMH of 1.78 ng/ml

This is a technical term for "how many eggs you have left". Your range is adjusted to your age. AMH correlates with the number of follicles (small egg sacs) you currently have, and whether this is normal for your age. The number of eggs does not affect your chance of getting pregnant at this time.

You are likely to go into menopause around the average age

Based on AMH of 1.78 ng/ml

Menopause marks the end of your fertile period: it means that all the eggs you were born with are gone.

AMH correlates with how many follicles you have left, and is the most reliable indicator we have to determine when you will be through your eggs. The average age at which a woman goes into menopause is 51.

Ovarian reserve



YOU SEEM TO HAVE A NORMAL AMOUNT OF EGGS

You seem to have a normal amount of eggs for your age. The median AMH (which is the most common value) for a 30-year-old woman is 2.8 ng / ml (ref 1). A value of 1.78 ng / ml means that you are around the 40th percentile, which means that 60% of 30 year old women have more amount of eggs.

The average age of women entering menopause with is 51. Based on your AMH value, you are likely to enter menopause around the average age. As such, we have no reason to assume that you will enter early menopause (ref 2). AMH isn't a perfect predictor as the interval of age that it predicts you going into menopause is wide and additionally its predictive value decreases the older you get. It's always good to check when your mother entered menopause and whether your periods are regular, too.

WHAT DOES THE TEST **NOT** TELL YOU?

Remember: AMH cannot predict whether you will become pregnant. To get pregnant you 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. In addition, the predictive value of AMH for the timing of menopause is also not perfect and there may be variation (ref 2).

OK, SO WHAT'S NEXT?

Even though your AMH level is normal, it can be nice to know if there is something you can do to keep it that way. The most important things that can affect your ovarian reserve are your age and your genes, but your lifestyle can also have an effect. The biggest lifestyle change that will benefit your ovaries is to quit smoking (if you smoke), even if your AMH levels are in the normal range (ref 3). There is insufficient evidence that your weight or diet can affect AMH. We recommend that you test annually so that you can keep track of whether your AMH is decreasing quickly or slowly.

What's next?



TALK TO YOUR DOCTOR

We recommend you to share y our results with your doctor or gynecologist. Even if everything looks good, it's a good time to talk to your doctor about your fertility.

Your doctor can also tell you more about freezing eggs or other treatments.

COMPLIMENTARY VIDEO CALL WITH GRIP'S DOCTORS

Drs. Noor Teulings is one of the co-founders of Grip. She completed her PhD in maternal cardiovascular health at the University of Cambridge and medical doctoral at University of Utrecht.

If you have questions about your results, or if you want to make a plan how to proceed, you can make an appointment for a free video call with her. You can email her at noor@gripfertility.com, or book a consultation at <https://gripfertility.com/book-online>.



JOIN OUR PRIVATE CHAT GROUP



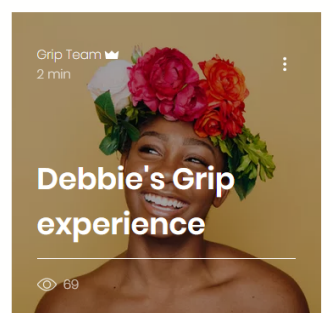
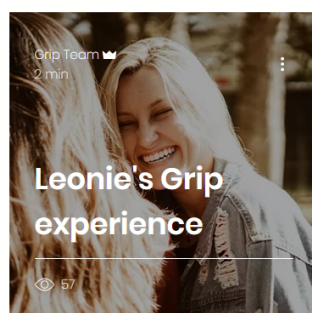
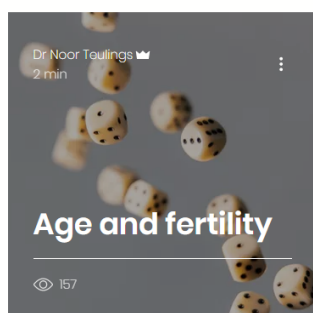
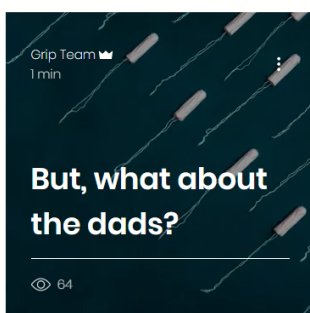
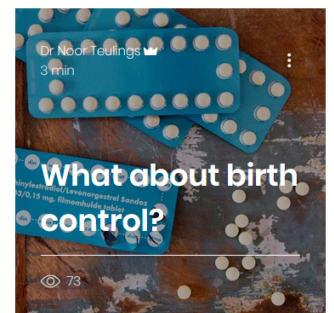
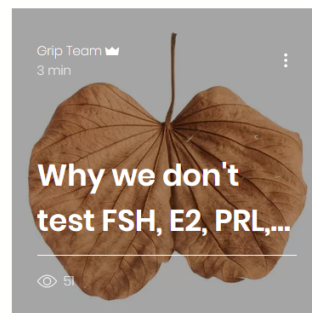
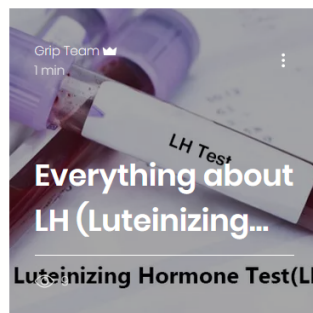
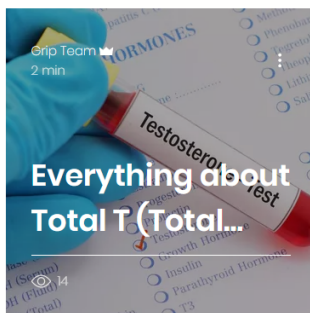
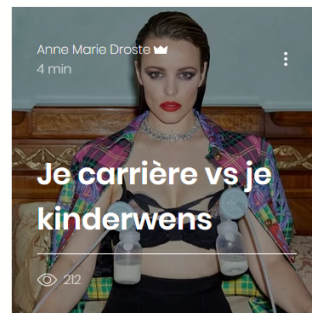
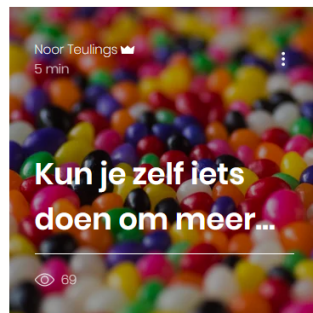
If you are not yet a member of our Slack group, now is the time to do so! Grip is not just a test, but a community of women who have taken matters into their own hands.

You should have an invitation to join our private Slack group in your mailbox. Email us if you have any questions.

Read more

Grip

New insights & stories on our blog every week.



References

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