

Taking control of your reproductive health

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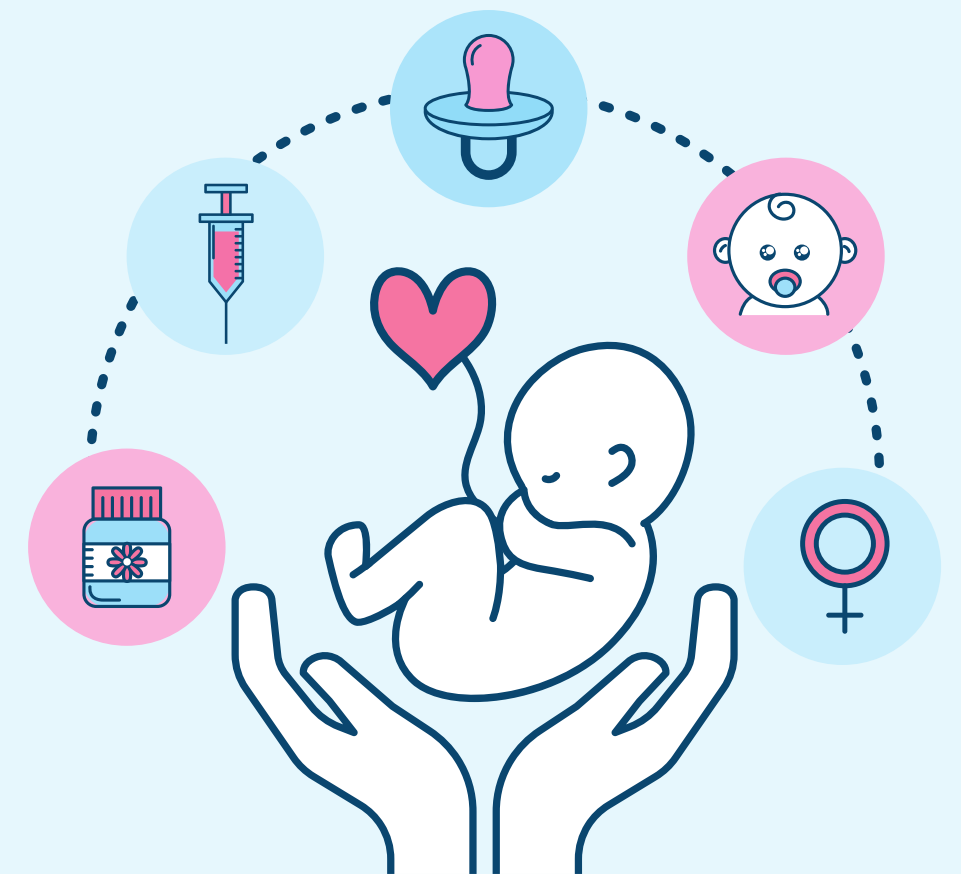
Trying to conceive (TTC)

30% in 1st month

75% in 6 months

90% in 1 year

96% in 2 years



Vitamins

Folic acid 400mcg or 5mg

Vitamin D

Vitamin C & E

B vitamins

Omega 3

CoQ1

zinc

selenium

vitamin A



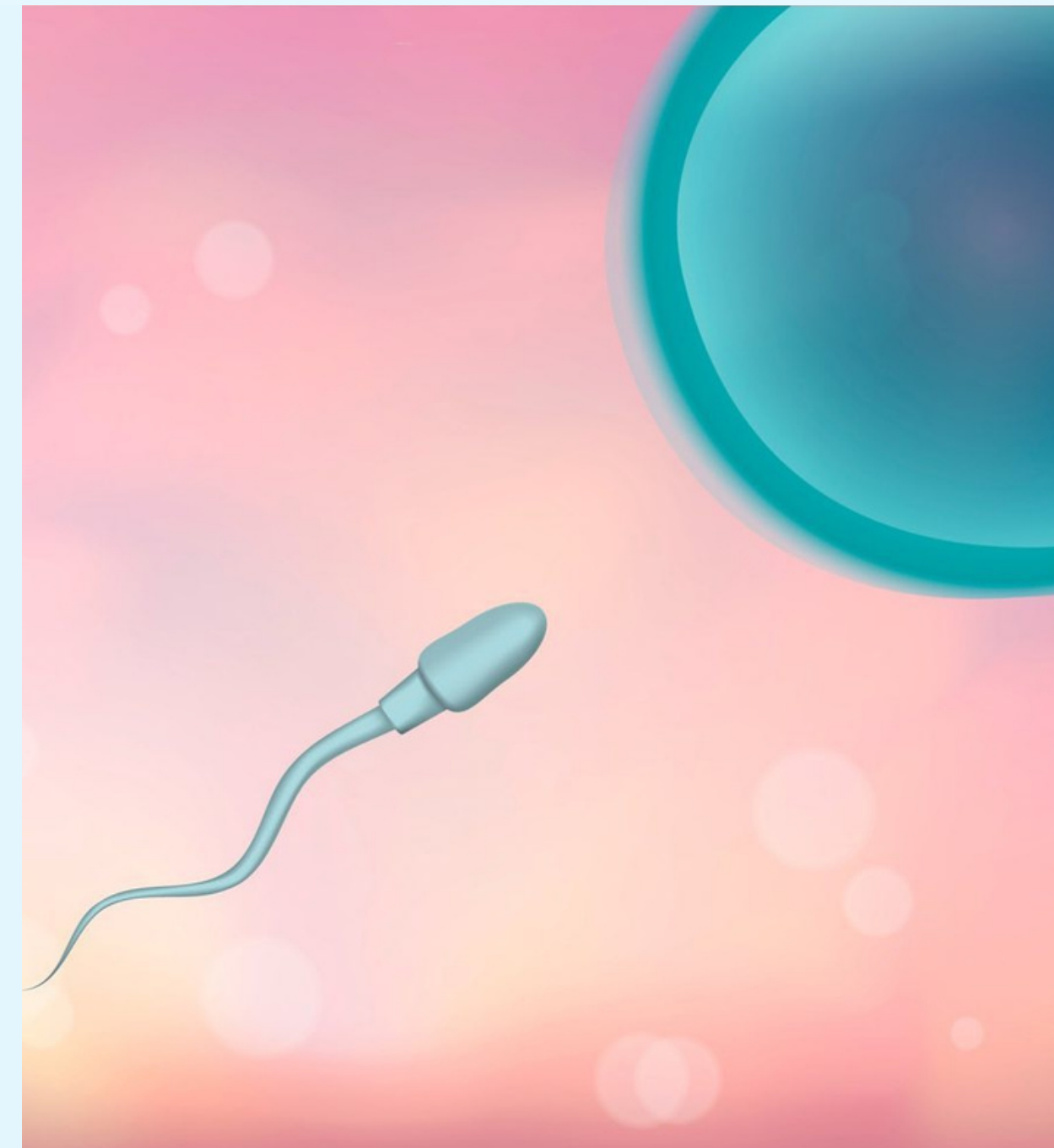
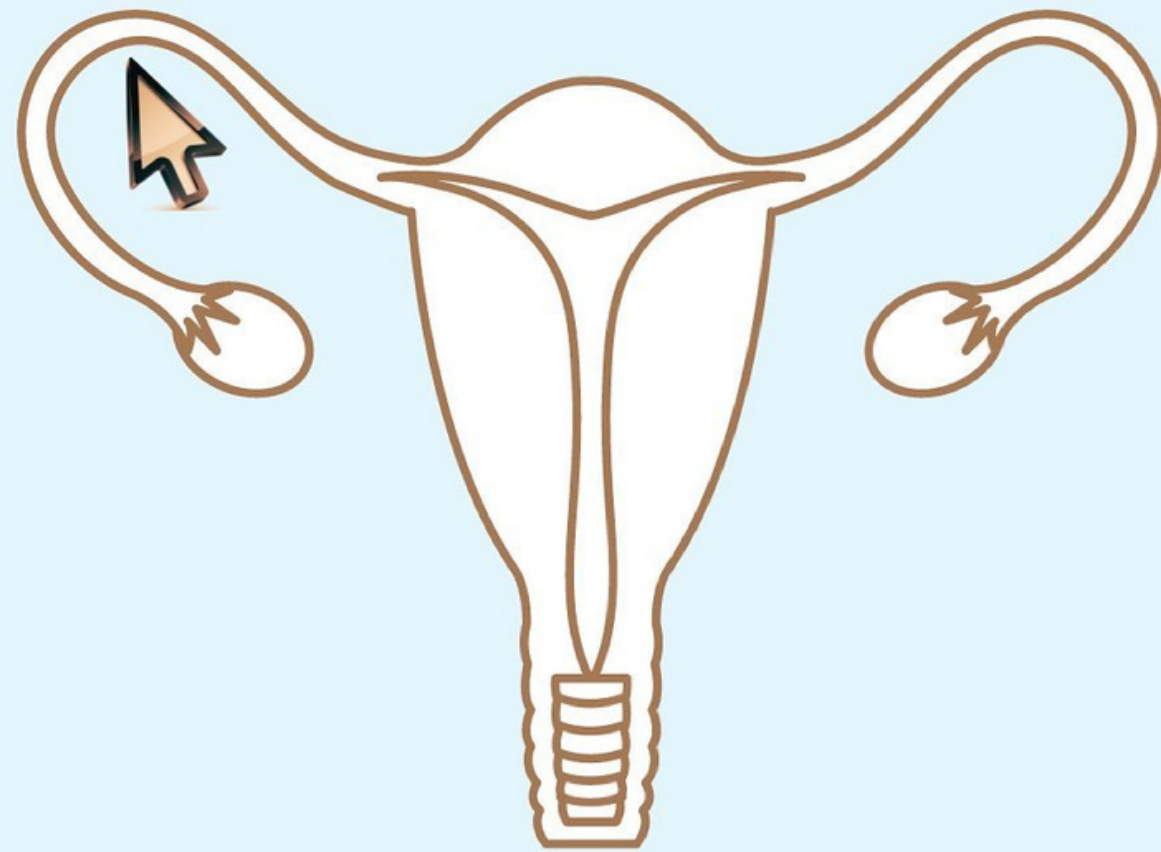
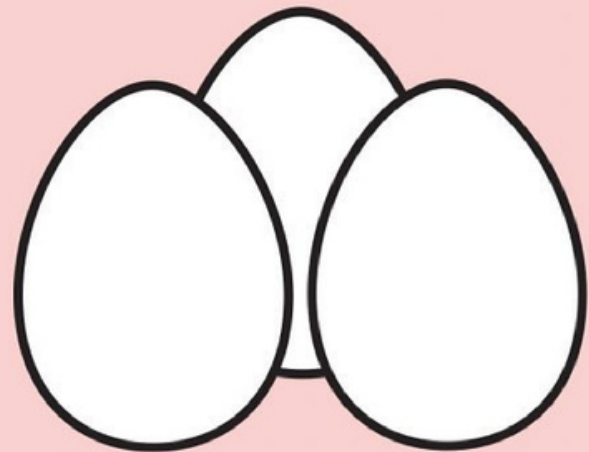
WHEN TO SEEK HELP

Primary infertility is trying to conceive for more than 1 year if the woman is under 35 years old

If the woman is 35 year old or more or has an underlying condition that affects fertility see a specialist after 6 months of TTC



Fertility



AMH

AGE

Average RANGE

25-29

15-45

30-34

8-28

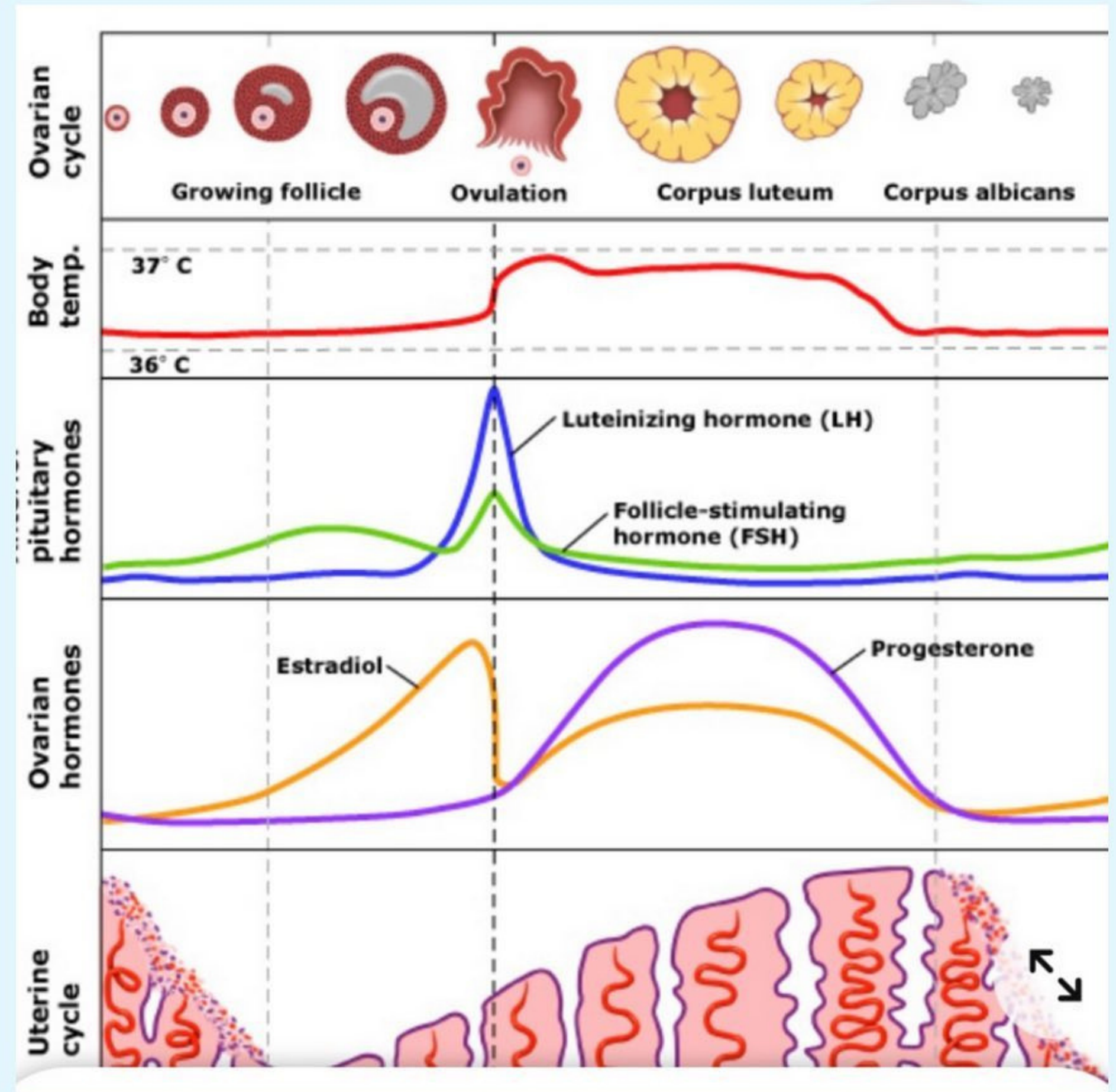
35-39

4-23

40-42

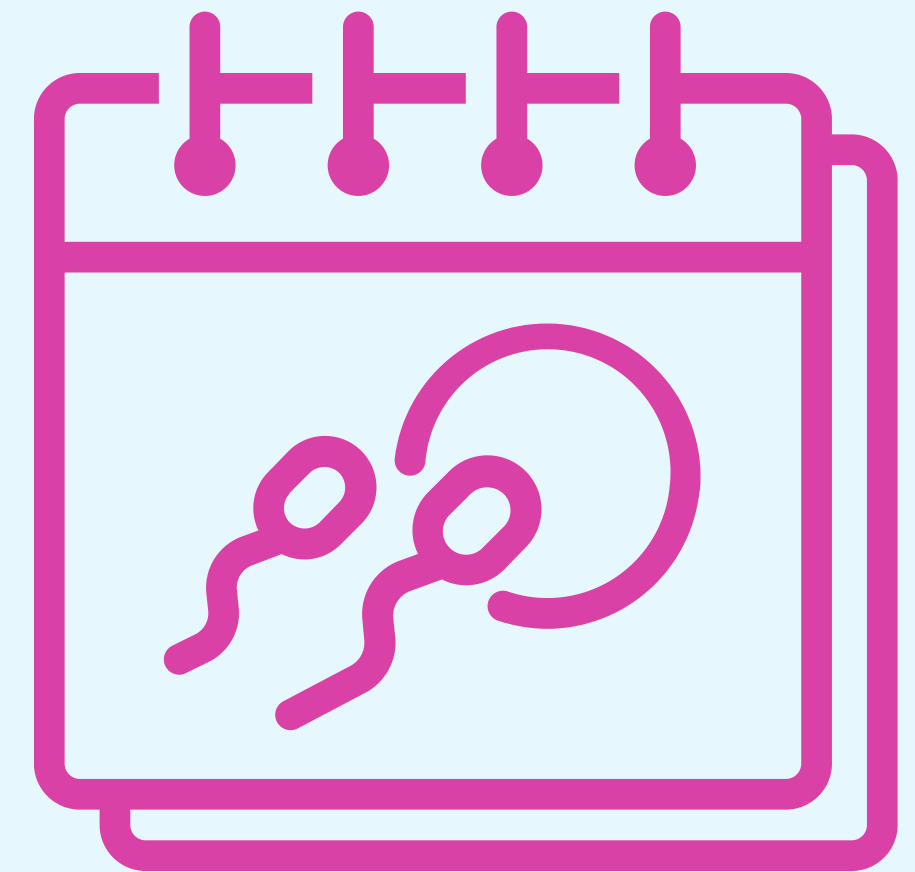
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Hormones & the menstrual cycle



Ovulation tests

- 1) Ovulation home tests
- 2) Basal body thermometer
- 3) Change in cervical mucus
- 4) Menstrual cycle
- 5) Progesterone level



Are you ovulating?



Causes of anovulation

PCOS

High prolactin

Under or overactive thyroid

Breastfeeding

Premature menopause

Lifestyle factors- weight and exercise

Stress

PCOS

Polycystic ovarian syndrome affects 10% of women
It is the commonest cause of irregular periods
You may not be ovulating



A large orange circle is positioned on the left side of the slide, containing the text 'PCOS' in a brown, sans-serif font.

PCOS

Diagnosis:

- 1) menstrual cycle >35 days
or anovulation**
- 2) signs of high androgens**
- 3) polycystic ovaries on
ultrasound scan**

FALLOPIAN TUBE TESTS

HyCoSy

HSG



Laparoscopy

Causes of fallopian tube damage

Endometriosis

STIs

Ruptured appendicitis

Previous pelvic surgery + adhesions

NORMAL SEMEN ANALYSIS RESULT

Volume: 1.5mls

Count: 15 million per ml

Progressive motility: 32%

Morphology: 4%

**Sperm
tests**

**Sperm
tests**

Sperm DNA fragmentation

Normal 25%

Suitable for IVF 25-50%

>50% need ICSI

IMPROVING SPERM QUALITY

Weight

Exercise

Diet

Don't smoke

Reduce alcohol

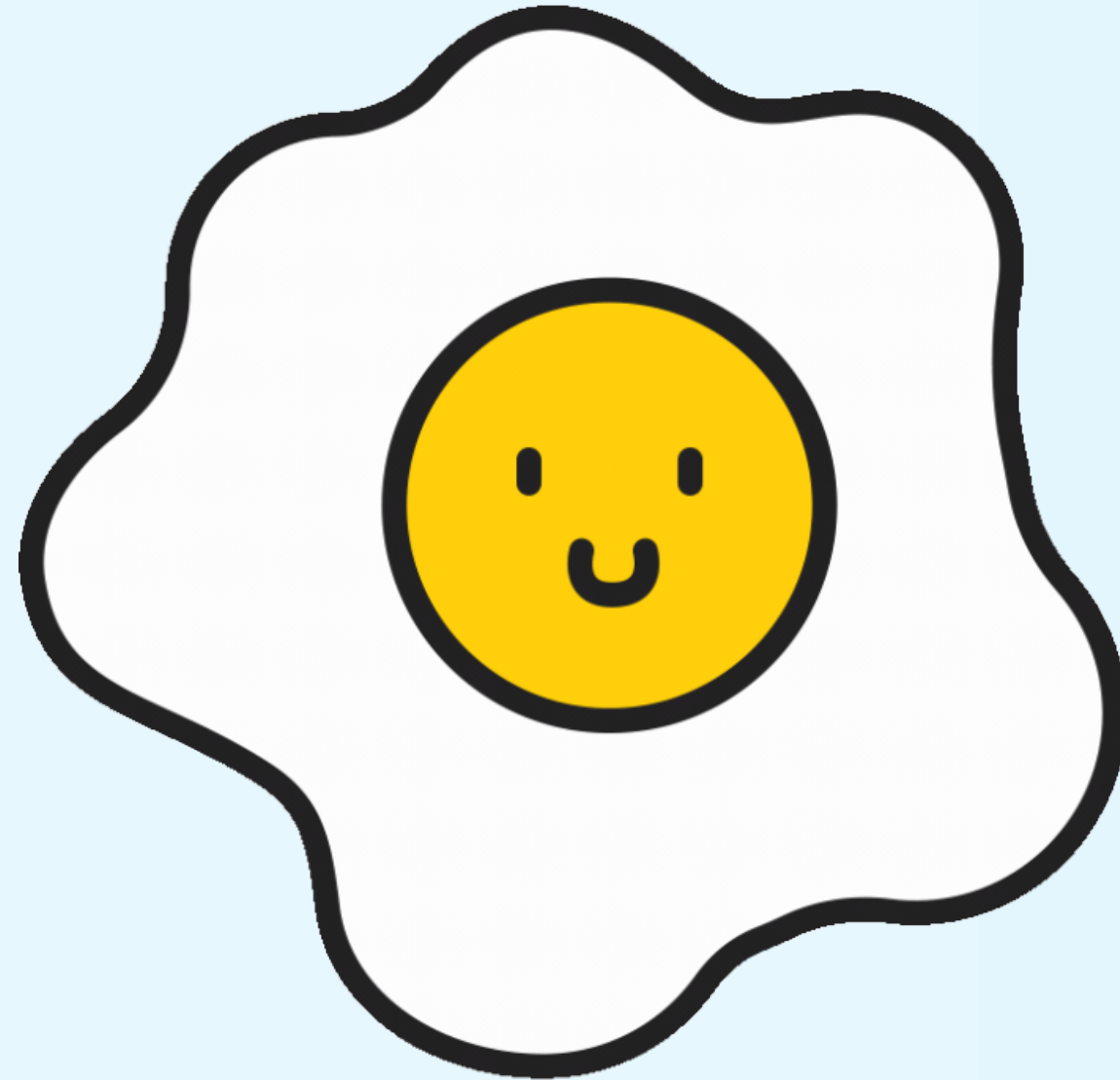
WELLMAN vitamins →

selenium
CoQ-10
Vitamin C
omega 3



ovulation induction medications

Clomid



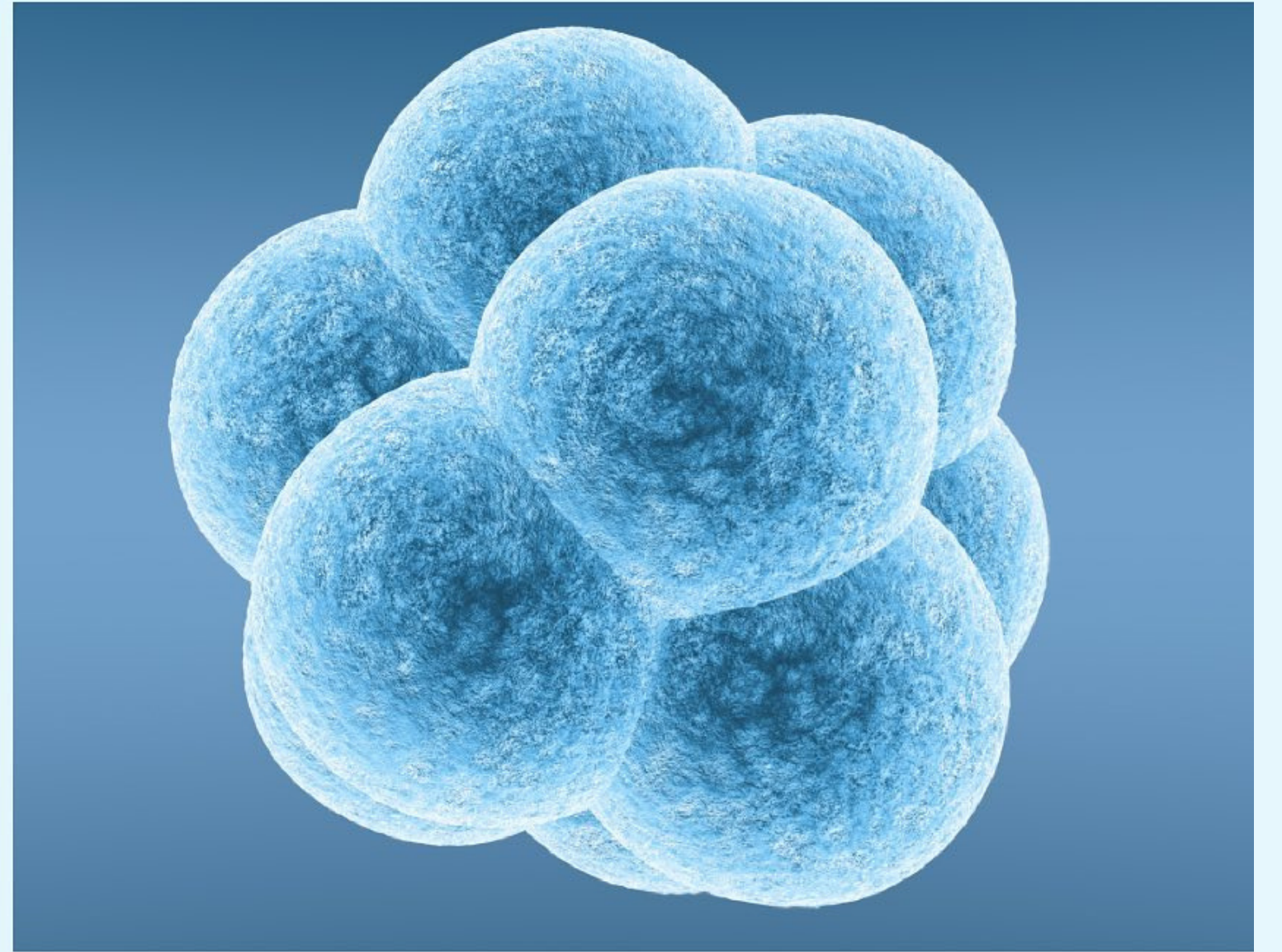
Letrozole



IUI

For unexplained infertility
Same sex couples
Single parent using donor sperm

IVF



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ICSI

A type of IVF that is recommended when there is male factor infertility resulting in low sperm count, motility or morphology

Endometriosis

10% of women have endometriosis

Endometrial tissue outside of the womb

Symptoms: heavy and painful periods

Can cause scarring around fallopian tubes and ovaries

Associated with infertility for some women

IVF

Reducing stress

EXERCISE

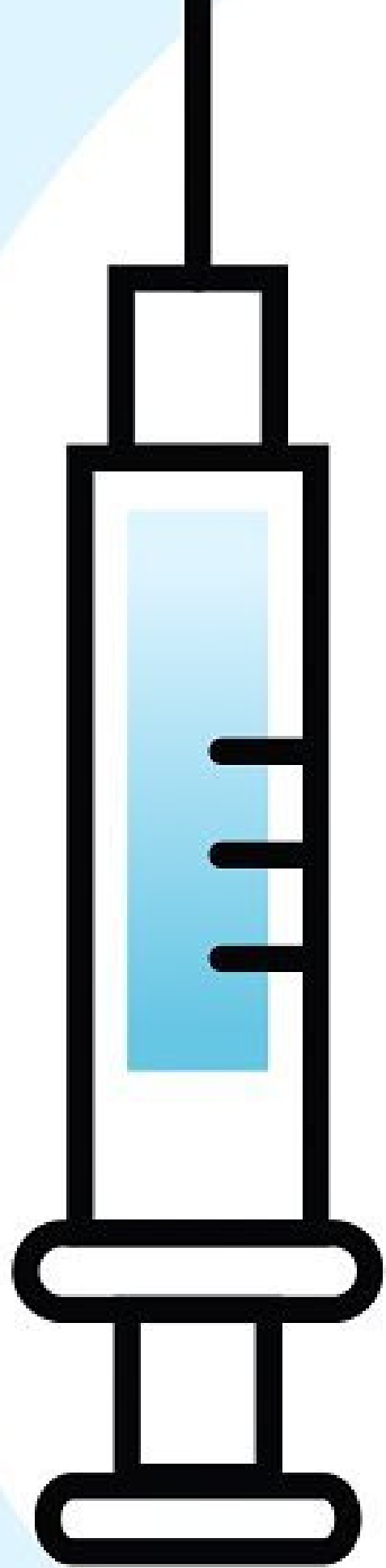
HEALTHY DIET

ACUPUNCTURE

PSYCHOLOGIST



Covid vaccination





miscarriage

20% risk per pregnancy

Risk increase with age

Chromosome abnormality is the commonest cause

Risk is not increased if you have had a miscarriage

Usually associated with bleeding & cramps

Silent miscarriage detected on ultrasound

Reassurance scan from 9 weeks onwards



TREATMENT OF MISCARRIAGE

Wait

Medication

Surgery



PRISM trial

A randomised placebo controlled trial

Women with a history of 1 previous miscarriage & vaginal bleeding, had a lower risk of miscarriage when progesterone was given compared with placebo

RECURRENT MISCARRIAGE

3 consecutive miscarriages
Specialist clinic

70% will conceive and not have another
miscarriage



TESTING FOR CAUSES OF RECURRENT MISCARRIAGE

Hormone profile

Thyroid tests

Prolactin

Diabetes screen

Lupus (clotting) screen

Ultrasound to look for uterine abnormalities

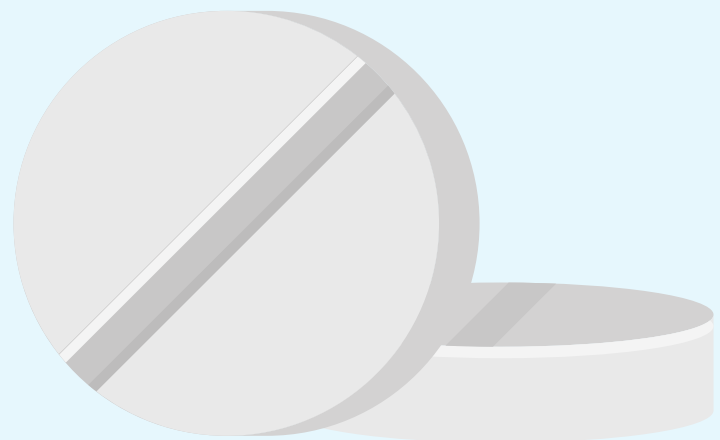
Parental karyotyping

TREATMENTS FOR RECURRENT MISCARRIAGES

Aspirin

Progesterone

Heparin injections



PROMISE trial

A randomised controlled trial of progesterone 400mg given from 6-12 weeks of pregnancy for women with recurrent miscarriages

Ongoing pregnancy was 65.8% in the progesterone group vs 63.3% in the placebo group

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