



THE STRUGGLE OF CONCEIVING DUE TO DIMINISHED OVARIAN RESERVE

Motherhood is the most sought after, and at times the most difficult aspiration for many women. For them, the journey to motherhood can be complex, with various physical and emotional hurdles. One of the most challenging factors influencing fertility is diminished ovarian reserve, a condition that affects a woman's ability to conceive naturally.

What is Ovarian Reserve?

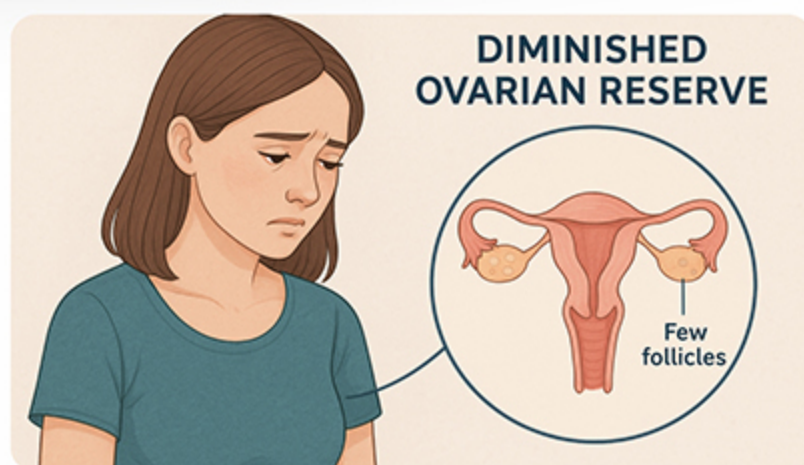
Ovarian reserve refers to the number and quality of eggs (oocytes) remaining in a woman's ovaries, which impacts her reproductive potential and ability to conceive. It naturally declines with age. A diminished ovarian reserve means that the ovaries contain fewer viable eggs, and these eggs may be of lower quality, making conception more difficult. This condition usually affects women over the age of 35, though it can also occur in younger women. In the latter it occurs due to factors like genetics, environmental influences or certain medical treatments.

A plethora of challenges

One of the biggest issues of diminished ovarian reserve is that it can be difficult to detect without specific testing. There may not be any obvious symptoms, and ovarian reserve typically declines gradually over time. Only through tests such as an ultrasound to measure the antral follicle count (AFC) and blood tests to measure levels of hormones like Anti-Müllerian Hormone (AMH) and Follicle-Stimulating Hormone (FSH) can ovarian reserve be evaluated.

A closer look at the condition

When ovarian reserve is low, the ovaries produce fewer eggs, which can lead to difficulties in achieving a



pregnancy. Even if ovulation occurs, the eggs may not be of good enough quality for successful fertilisation or implantation. This hinders conception for prolonged periods of time.

Diminished ovarian reserve does not just affect egg quantity but also quality. As women age, their eggs are more likely to have chromosomal abnormalities, which can lead to miscarriage or failed IVF attempts. What's more, the overall hormonal balance necessary for successful conception can be disrupted.

Thankfully this condition can be tackled through fertility treatments such as In Vitro Fertilisation (IVF), egg donation or the use of hormone treatments to stimulate ovulation. While success rates are not guaranteed, they can go a long way in helping a woman conceive. **Rapid advancements in reproductive medicine have taken place, opening up new possibilities and offering hope to those on their fertility journey.**