



Understanding Egg Freezing: Is it Right for You?

Egg freezing is a reality in today's fast-paced world as many women are opting to focus on their careers, education or personal growth before starting a family. However, with the understanding that age plays a crucial role in fertility, the idea of egg freezing has become even more significant and relevant.

Egg Freezing – a brief overview

So, what exactly is egg freezing and how do you know if it's the right choice for you?

Egg freezing, or oocyte cryopreservation, is a process where a woman's eggs are extracted, frozen and stored for future use. The advantage this provides is that women get the option to delay pregnancy without compromising too much on their fertility potential. While this no doubt seems the perfect solution, like any medical decision, it comes with pros, cons and a plethora of questions.

The best time to consider egg freezing is ideally in your late 20s to early 30s, when egg quality and quantity are still relatively high. While this does not mean that you can't do it later, but it's undeniable that success rates are better with younger eggs. It's not a guarantee but can provide peace of mind if you're unsure about when to start a family.

The process

The process itself involves hormone injections over 10–14 days to stimulate the ovaries, followed by a minor procedure to retrieve the eggs. These are then frozen and stored until you're ready to use them. It's safe, but not entirely risk-free. Some side



effects like bloating or mild discomfort are common. One must also remember that the expenses involved can be quite exorbitant, with the added burden of annual storage fees.

Who should opt for egg freezing?

Egg freezing is not for everyone and involves financial and other compulsions. Hence it is advisable to consider egg freezing only if:

- You're not ready for kids but want to keep the option open
- You have a medical condition (like cancer) that could affect future fertility
- You're undergoing treatment that may harm your ovaries

It's important to keep in mind that egg freezing doesn't promise a baby down the road but simply preserves the possibility.

Egg freezing is the right decision if it aligns with your personal and emotional readiness. It isn't about pressing pause but about giving yourself choices.