

Low ovarian reserve (example)

GRIP FERTILITY REPORT

About you

- You are 34 years old
- You are on birth control
- You are not on any medication
- You were tested for the following hormones:
 - AMH (Anti-Mullerian Hormone)
 - Chlamydia IgG

Your blood sample was analyzed on 14/10/2020.
Your blood was analyzed by an ISO15198 certified lab.
This report has been validated by Dr. Emma Dickinson-Craig.



Quick Summary

You have a lower amount of eggs for your age.

Based on AMH of 0.351 ng/ml

Your range is adjusted to your age. AMH correlates with the number of follicles (small egg sacs) you currently have, and whether this is average for your age. The number of eggs does not affect your current chance of getting pregnant, and AMH is not a perfect predictor.

You have a reduced chance of blocked fallopian tubes.

Based on Chlamydia IgG of 3.2 RU/mL

Blocked fallopian tubes are one of the major causes of infertility. The blockages are often caused by scarring after infections. About 60% of infections are due to chlamydia. A positive test result would mean that you have had a chlamydia infection.

Your fertility

Ovarian reserve

AMH (Anti-Mullerian Hormone)

0.351 ng/mL



YOU SEEM TO HAVE A LOW AMOUNT OF EGGS

You seem to have a lower amount of eggs than average for your age. The median AMH (which is the most common value) for a woman of 34 years is 2.5 ng / ml (ref 1). A value of 0.351 ng / ml means that you are around the 5th percentile, which means that 95% of 34 year-old women have a higher amount of eggs and 5% a lower amount of eggs.

Based on this AMH value, you are at an increased risk of entering menopause earlier than average. On average, women enter menopause around 51 years old. With this value, you have a higher chance to enter menopause early than a woman with an average AMH value, but the chance is still relatively small. Approximately 10% of the female population enters menopause before 45, and for the population with a low AMH, that's approximately 28%. Remember: that means that the majority of women with a low AMH enters menopause at an average age.

WHAT DOES THE TEST NOT TELL YOU?

It is important to know that if you use hormonal contraception (such as the pill and the Mirena IUD) your AMH values can be ~ 15% lower than if you were not using contraception.

AMH has a high 'biological variation' - it is possible that this value is an outlier. That is why we advise everyone with a low AMH to retest next month (for free) to be sure.

A low AMH does not have to mean that there's something going on, but if your value turns out low twice, we advise you to get follow-up research at your GP or gynecologist. Even if this research shows that you have a low egg count, remember: AMH cannot predict whether you will become pregnant. An example: 87% of women aged 30-34 with a low AMH (<0.7) will get pregnant in the first 12 months of trying and 83% of the women with a normal AMH (>0.7). This difference is not statistically significant. (ref 8). 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. In addition, the predictive value of AMH for the timing of menopause is not perfect and there may be variation (ref 2).

OK, SO WHAT'S NEXT?

We are going to compare this AMH value to that of your next test. If your AMH value is consistent, we advise you to make an appointment with your GP. We would expect the GP or gynecologist to want to do an Antral Follicle count.

AMH

Your fertility

Blocked fallopian tubes

Chlamydia IgG

3.2 RU/mL

Positive

Negative



YOU HAVE A REDUCED RISK OF BLOCKED FALLOPIAN TUBES

Your Chlamydia IgG test is negative, which is a strong indication that you have never had a Chlamydia infection. If you know that you have had an infection in the past, this result means that the antibodies (the IgG) that your body has produced after that infection have since been cleared from your blood.

WHAT DOES THE TEST NOT TELL YOU?

Based on this test, we cannot tell whether your fallopian tubes are blocked, but we can rule out a common cause of tubal pathology. We know that about 70% of Chlamydia infections progress without symptoms, and the milder your infection is thought to be, the fewer antibodies you make. These antibodies are also slowly cleared from your blood. For example, if your infection was >5 years ago, you are less likely to still see the IgG in your blood (ref 5). Other common causes of blocked fallopian tubes are a ruptured appendix and endometriosis, but the Grip test cannot say anything about these.

Note: This IgG test only indicates previous Chlamydia infections, not possible current infections. If you are worried about an active infection we would recommend you to get tested (e.g. via your GP)

OK, SO WHAT'S NEXT?

Great news that your Chlamydia IgG is negative! Going forward, we would like to remind you that "safe sex" is very important. The risk of contracting Chlamydia when you have unprotected sex is ~1% (refs 6 & 7). However, as Chlamydia is one of the most common STDs and often goes undetected, we suggest that you always use a condom until you are sure both you and your partner are safe.



OK, SO WHAT'S NEXT?



TALK TO YOUR DOCTOR

We recommend you to share your 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.

At the end of this report, we've included a (Dutch) letter for your GP with an explanation of the Grip test.

COMPLIMENTARY VIDEO CALL WITH GRIP'S DOCTORS

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 our doctors, dr Noor Teulings or drs Emma Dickinson-Craig. You can book a consultation at <https://gripfertility.com/consult>.



JOIN OUR PRIVATE CHAT GROUP



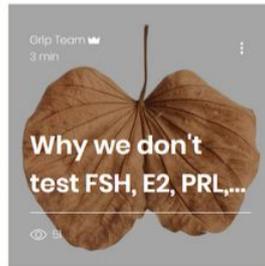
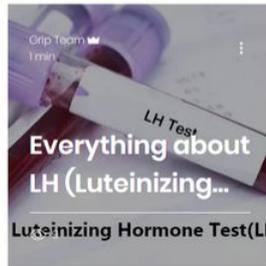
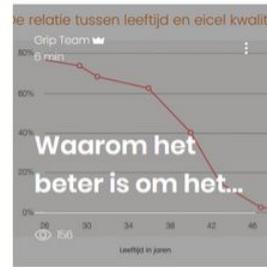
If you are not a member of our Slack group yet, now is the time to do so! Grip is not just a test, but consists of a community of women who have taken matters into their own hands.

You should have received an invitation to join our private Slack group in your mailbox. Email us if we should send you a new one.

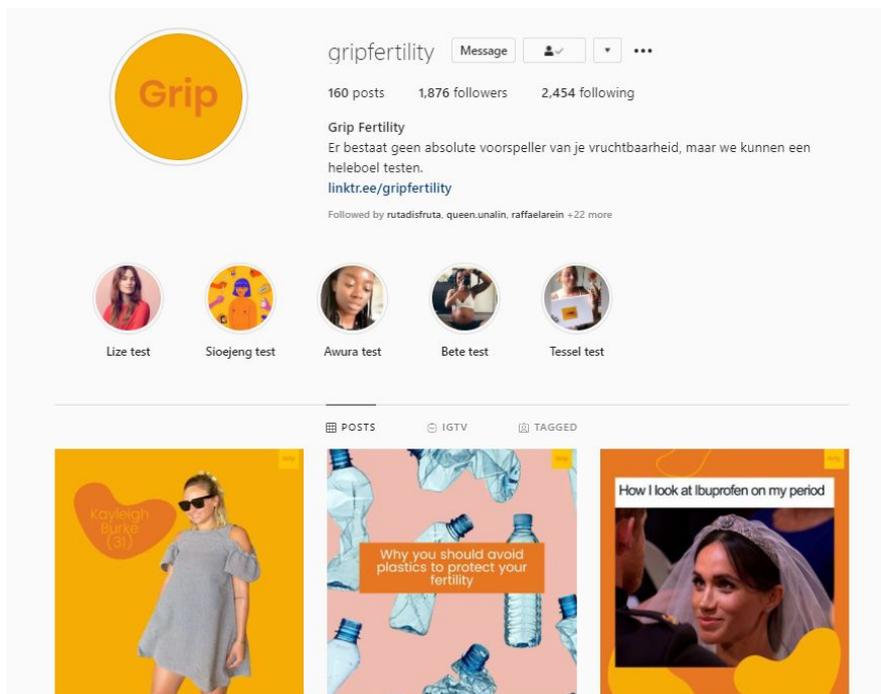
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