

# Anti-Müllerian Hormone (AMH)

An AMH test is a simple blood test that measures the level of Anti-Müllerian Hormone (AMH) in a woman's blood and provides a good indication of ovarian reserve.

## What is AMH?

Anti-Müllerian Hormone is a hormone secreted by cells in surrounding the mature eggs in the ovum. The level of AMH in a woman's blood is generally a good indicator of the number of viable eggs that are stored in a woman's ovaries.

## What is the AMH test?

The AMH test is taken as a simple blood test and provides some insight into the remaining quantity of eggs and number of fertile years a woman may have, but it cannot tell us much about the quality of those eggs. It can also help a fertility specialist determine whether a woman is a good candidate to undergo certain fertility treatments and how successful those treatments may be.

## Who is it useful for?

An AMH test may be useful for:

- ♦ Women who have been trying to conceive for over six months
- ♦ Women considering IVF or other fertility treatments
- ♦ Women who have had chemotherapy or ovarian/endometrial surgery
- ♦ Women who would like to conceive in the future and are curious about their ovarian reserve

## Interpreting the results

AMH levels can vary widely and the results should be compared with other women of the same age. A low AMH should not necessarily be considered a stand-alone concern, and it not associated with a reduced monthly chance of getting pregnant. It may however indicate the need for more proactive action such as beginning a family sooner or undertaking elective egg freezing.

### AMH Female Reference Range

Based on fertility screening patients analysed with the modified Beckman Gen II assay

