



## Fertility Update

### GP guide to PCOS

PCOS, or polycystic ovary syndrome, affects a substantial number of women in their childbearing years, with estimates suggesting that up to 25% may be affected. Surprisingly, many remain unaware of their condition until they actively try to conceive. It is during this period that they discover their difficulties in getting pregnant primarily stem from ovulation issues associated with PCOS.

We recommend using the Rotterdam criteria when assessing your patients and 2 out of 3 of the following are required to make the diagnosis of PCOS:

1. Oligo and/or anovulation
2. Clinical and/or biochemical evidence of hyperandrogenism
3. Polycystic ovaries

PCOS exhibits several clinical features, which may include menstrual dysfunction, acne, hirsutism, male-pattern hair loss, polycystic ovaries, metabolic issues, cardiovascular risks, overweight, insulin resistance, dyslipidemia, infertility, and the potential development of endometrial hyperplasia or carcinoma.

#### Treatments for women pursuing pregnancy

Treatments for PCOS in women trying to conceive include ovulation induction with medications like clomiphene citrate and letrozole, metformin for managing symptoms and improving fertility, gonadotropin therapy for stimulating ovulation, laparoscopy to address underlying infertility causes, lifestyle adjustments if indicated and in vitro fertilisation (IVF) as a more advanced option. These treatments offer choices to women with PCOS, enabling them to collaborate with their healthcare provider and determine the best approach for their specific situation.

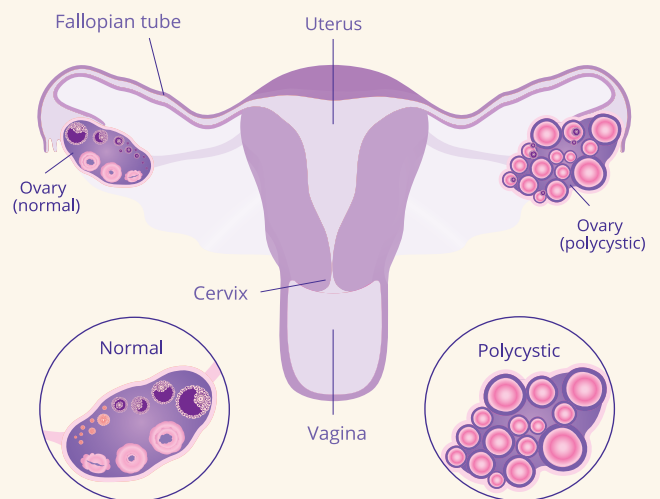
#### PCOS and fertility

When patients present signs of PCOS, diagnostic tests and procedures should be performed to help manage the symptoms and maintain fertility. Diagnosis entails an ultrasound scan to detect polycystic ovaries, as well as blood tests to evaluate hormone levels. Treatment options for PCOS encompass lifestyle modifications aimed at weight loss, administration of insulin-sensitizing medications like metformin, use of ovulation-inducing drugs such as clomiphene, and, in severe cases, consideration of IVF treatment.

#### When should I refer my patient to QFG?

If you suspect your patient has 2 or more of the PCOS criteria listed, please refer them any of our QFG specialists for further review. If a patient's menstrual cycle tests are normal but they have irregular cycles and are unable to conceive, you may refer them to a fertility specialist at Queensland Fertility Group in the following situations: prolonged infertility despite normal menstrual cycle tests, known or suspected underlying fertility issues, such as hormonal imbalances or structural abnormalities, advanced maternal age (typically above 35), and unexplained infertility after thorough evaluations.

*In our next edition, we'll provide a guide to egg freezing.*





## Lifetime achievement for Prof David Gardner

Congratulations are in order for Professor David Gardner, the Group Director for ART, Scientific Innovation, and Research at Virtus Health, after

he was awarded with a prestigious lifetime achievement award by the American Society of Reproductive Medicine. Prof Gardner's unwavering dedication to embryology and reproductive biology has played a pivotal role in shaping the scientific practices that underpin modern IVF procedures. His pioneering contributions have left an indelible mark on the field, and his award is a well-deserved recognition of a lifetime committed to advancing the frontiers of reproductive science.

## Prof David Gardner's Therapy Update: Conceiving the future of ART

Professor David Gardner, the Group Director of ART, Scientific Innovation, and Research at Virtus Health, contributed an op-ed featured in the Australian Doctor magazine. The 'Therapy Update' article discusses how new technology in support of IVF is expected to drive significant advancements over the next decade, potentially enhancing the success rates and accessibility of infertility treatments.

[Read it here](#)

## Dr Michael Flynn discusses the rising prevalence of endometriosis



A recent report has shed light on a concerning trend - the increasing prevalence of endometriosis in older women. Dr Michael Flynn, a QFG Fertility Specialist based in the Gold Coast, has addressed these findings during a discussion with 9 News. He highlighted the significance of this issue, using the experience of his patient Tara, a new mother who endured a decade-long struggle with both endometriosis and fertility. Dr. Flynn emphasised the importance of early intervention, advocating for individuals to consult with their GP as a crucial first step towards ensuring a better quality of life for those affected by endometriosis.

[Watch the interview here](#)

## Carrier screening rebate available now

Medicare has introduced a new rebate for genetic carrier screening! Your fertility patients can discover their carrier status for Cystic Fibrosis (CF), Spinal Muscular Atrophy (SMA), and Fragile X Syndrome (FXS) when referred to QFG for fertility treatment. The new MBS items are ideal for those planning or already on their pregnancy journey. RANZCOG guidelines recommend that anyone who is thinking about or planning for a family, should undertake genetic carrier screening. Based on your patient's specific needs and medical history, their dedicated QFG fertility specialist will guide them on the most suitable test to ensure they receive personalised and effective care.

[Learn more here](#)

## Your Fertility Family thanks you

As 2023 draws to a close, we want to extend our heartfelt gratitude for your invaluable support in helping Queenslanders on their journey to parenthood.

**Your referrals have been instrumental in making a positive difference in the lives of many individuals and families.**

Here's to continuing our joint mission to provide world class fertility care into the new year. Wishing you a happy and safe festive season!



## Referrals to Queensland Fertility Group just got easier

Refer your patients simply and easily, by using the referral forms now available on Best Practice and Medical Director.

**Simply follow the steps below, and we'll take it from there!**

**STEP 1:** Visit Best Practice or Medical Director

**STEP 2:** Select 'Queensland Fertility Group' or any of our leading fertility specialists from the dropdown menu

**STEP 3:** Fill in patient details and print off for your patient

**STEP 4:** Have your patient call 1800 111 483 to book their appointment.

Can't find the referral forms on the platforms? No problem, simply click the link below to download the forms for your practice..

[Download here](#)

