

Fertility Test Report



Name: n/a
Date of Birth: n/a
Order ID: 28363
Sample ID: 1

Sample type: buccal swab
Collection date: n/a
Reporting date: DD.MM.YYYY

Sample Report

Fertility Test Report

About fertility

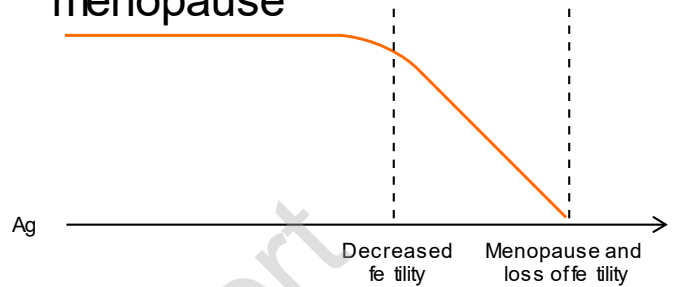
Female fertility is largely determined by reproductive aging, which is strongly dictated by genetics (our DNA). Hundreds of DNA variants have been identified that affect the female reproductive lifespan - a time-period when natural conception is possible. Although menopause is usually considered the endpoint of female fertility, fertility starts to decrease 10-20 years before actual menopause, causing difficulties with conception and in more extreme cases also age-related infertility.

The average age at menopause is 50-51 years. One woman in twenty experiences early menopause (before the age of 45). One woman in 100 suffers from premature menopause (before the age of 40).

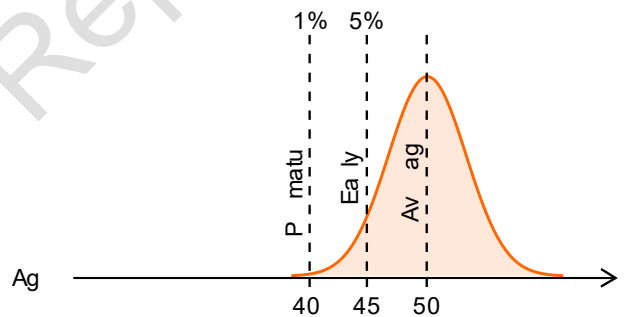
Early and premature menopause are also associated with an increased risk for age-related infertility.

By analysing your genetic profile, we can assess your genetic risk for early menopause, which also reflects your genetic fertility potential and risk of age-related infertility.

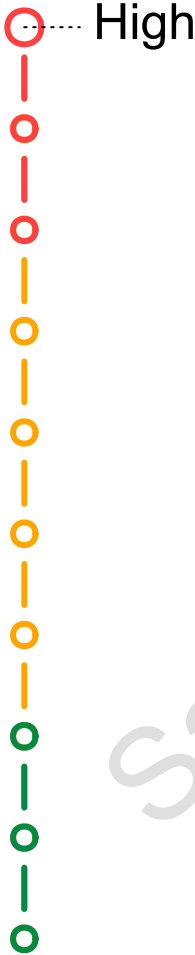
Fertility starts to decrease
10-20 years before
menopause



The start of menopause



Fertility Test Report



Your genetic risk

Genetic risk assessment is based on the DNA extracted from your buccal swab and does not take into account your lifestyle and health status.

You have a 10.1% risk for early menopause and age-related infertility.

This means you have a high genetic risk for early menopause and associated earlier decline in fertility. Compared to women with low genetic risk, your risk for early menopause is 5 times higher.






Out of 1000 women with a similar genetic profile, 101 have early menopause.

Fertility Test Report

Other factors affecting fertility

Based on the fertility assessment questionnaire, we have identified the following

factors that affect your fertility:

Factor and your response	Effect
Smoking no	
Non-smokers have a smaller risk of early menopause compared to current and ex-smokers.	
Age when periods started 11 y	
Early menarche (puberty) is associated with an increased risk of early menopause.	
Height and weight 165 cm 55 kg	
Your body mass index (BMI) is 20.2 BMI between 18.5-24.9 is considered normal and supportive of ovarian function and natural fertility.	
Biological children yes	
The more biological children you have, the less likely you are to experience early menopause.	
Previous fertility problems yes	
If you have tried to get pregnant for a year without any success, you may want to consult with your gynecologist to investigate the potential reasons behind this. If you have already been diagnosed with a specific condition causing subfertility, you should consult with your doctor to discuss how it affects your long-term fertility and if assisted reproductive technologies are needed.	

Fertility Test Report

Recommendations

Based on only your genetic profile, you have a high risk for early menopause and associated decrease in fertility.

However, you may want to consider:

1. Additional fertility assessment

Additional fertility assessment carried out by your gynecologist includes:

- testing anti-Müllerian hormone (AMH) levels - AMH is produced in the ovaries and its level reflects the number of oocytes;
- testing follicle stimulating hormone (FSH) levels - FSH is produced by the pituitary gland and it controls the maturation of oocytes. FSH levels also reflect ovarian activity and the number of oocytes;
- ultrasound assessment - to evaluate the number of oocytes in the ovaries.

2. Freezing your oocytes

Oocyte freezing allows you to freeze and store your eggs for later use to preserve their quality. Oocytes can be frozen over a longer period of time and later they can be used for in vitro fertilization

3. Having children sooner

Consider having children at an earlier age and supporting your natural fertility. This includes:

- taking folic acid supplements when trying to conceive to reduce the risk of fetal developmental defects;
- using ovulation tests to detect the optimal time for conception.

4. Infertility treatment

Consider assisted reproduction technologies, including IVF treatment if you have previously been diagnosed with infertility.

Fertility Test Report

Important

Your menopausal age is not determined by only your genetics. Known risk factors for early menopause include smoking and female relatives with early menopause. Several other factors and disorders, such as sexually transmitted diseases, gynecological conditions endometriosis and polycystic ovary syndrome, and systemic conditions like diabetes and thyroid disorders, can also decrease your fertility.

This is not a diagnostic test. Fertify test assesses your risk based on the currently available scientific knowledge. Genorama llc cannot be held responsible for decisions and actions done based on the results of this test.

For additional information consult with your gynecologist or with collaborating clinics.

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