

## **Preserve Fertility by Freezing**

Dr. Prathima. P,

**Abstract:** A woman is born with approximately two million eggs in her ovaries. By her teenage years, this number is reduced to about 400,000. She will subsequently lose about one thousand eggs each month, until eventually no eggs remain. At that point, she begins menopause. The pace of this inexorable loss of eggs as a woman gets older is not affected by birth control pills, pregnancies, nutritional supplements, healthy living, or youthful appearance. Antral Follicle Count is a precise technique of determining ovarian reserve. Ultrasound is used to count the number of eggs left in ovaries. Recent advances in cryopreservation make it possible to preserve female fertility for any length of time. Egg freezing is a method of storing a woman's unfertilised eggs to allow her to try to conceive at a later date, when natural conception would be unlikely. Embryo freezing is a highly successful treatment option. Some women may prefer egg freezing, because it does not involve a laparoscopy; only trans vaginal ultrasound-guided needle aspiration. Still, it can require many aspirations plus preliminary medication to give them some assurance that they will have enough eggs frozen to insure them a high likelihood of future pregnancy.

**Keywords:.** Cryopreservation, Embryo freezing, egg freezing