

Trend of 'egg freezing' is increasing among women

Eggs remain safe for 5 years

what is egg freezing

Egg freezing, or oocyte cryopreservation, is a medical procedure in which a woman's eggs (oocytes) are extracted, frozen, and stored for future use. This technique is used to preserve a woman's fertility, allowing her to attempt pregnancy later in life.

Actually, there are small undeveloped eggs inside the ovary. They are developed by giving injections. 12-13 injections are given for egg freezing.

This technique was used for the first time in 1986, when a woman became pregnant with her frozen eggs. The credit for this goes to Dr. Christopher Chen of Singapore.

Diana Hayden, who became Miss World in 1997, has also become a mother twice through the egg freezing process. In 2016, she had a daughter and in 2018 she gave birth to twins, a boy and a girl.

Many female celebrities are adopting the 'egg freezing' technique. So that they do not have to take a break from their career and they can become mothers whenever they want.

Not only married celebrity women, common women and many unmarried women are also getting their eggs frozen.

This trend is growing rapidly among young working professional women.

Procedure

1. **Stimulation:** The woman undergoes hormone injections to stimulate the ovaries to produce multiple eggs.
2. **Egg Retrieval:** The eggs are then retrieved from the ovaries using a minor surgical procedure called transvaginal ultrasound aspiration.
3. **Freezing:** The retrieved eggs are frozen using a process called vitrification, which prevents ice crystals from forming and damaging the cells.

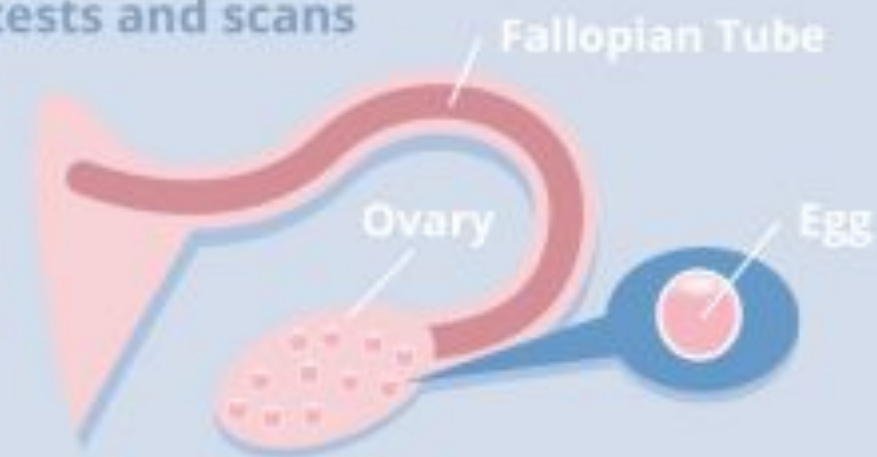
How does egg freezing work?

1 Consultation with a CRGH doctor



Before treatment starts, you will discuss medical history and the treatment process including risks and side effects with your doctor

2 Blood tests and scans



We need to look at your hormone levels and your ovarian follicles to decide a treatment plan that is right for you

3 Consultation with a CRGH nurse



During this consultation your nurse will explain your treatment plan, consent forms, screening tests, medication and injection teach

4 Stimulation



Injections will stimulate your ovaries to develop multiple eggs

5 Monitoring



After your baseline scan, regular scans and blood tests allow us to monitor your ovarian response to the drugs

6 Trigger injection



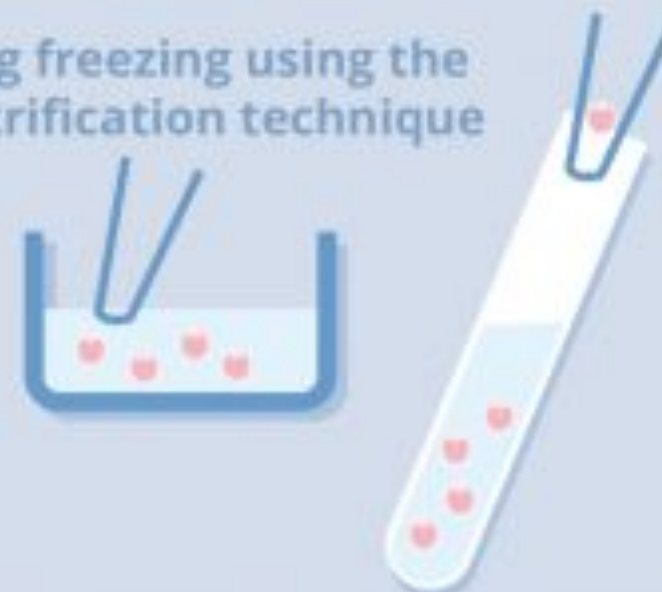
When hormones are at the right levels, another injection will trigger the eggs to mature

7 Egg collection



Your eggs are collected via a needle passed through the vagina whilst you are under sedation

8 Egg freezing using the vitrification technique



Eggs are treated in a lab using a cryopreservant and frozen quickly using the vitrification technique

9 Storage



Eggs are stored in liquid nitrogen until you decide to use them or discard them

This
treatment
takes
approximately
2 - 4 weeks

The Egg Freezing Timeline

Testing & Optimization

You'll undergo a routine ultrasound and blood test to determine simulation medication dosage.

Stimulation Monitoring

Ultrasound and blood tests every 2 to 3 days based on the growth of your follicles.



Stimulation Starts

You'll start injectable medications and monitoring of your cycle as determined by your physician.

Egg Retrieval

Your egg retrieval is a 30-minute outpatient procedure and your eggs will be frozen the same day.

This is a general timeline, cycle may vary.



एग फ्रीजिंग प्रॉसेस में महिलाओं के एग्स को मेडिकल सुपरविजन में स्टोर किया जाता है। बाद में इन्हें फर्टिलाइज करके महिला के यूटेरस (गर्भाशय) में इंप्लांट किया जाता है।

यह उन महिलाओं के लिए वरदान है, जो कंसीव नहीं कर पातीं या जिन्हें कैंसर है या फिर जो अधिक उम्र में मां बनने की ख्वाहिश रखती हैं। एग फ्रीजिंग में महिलाओं के एग्स स्वस्थ और सुरक्षित रहते हैं।



डॉ. दीप्ति गुप्ता

कंसल्टेंट गायनेकोलॉजिस्ट
भोपाल

When the eggs are fully developed, they are removed through surgery and frozen. Later, whenever a woman wants to get pregnant, those eggs are fertilised with sperm in the lab and an embryo is created and implanted in the woman's uterus.

Every woman's ovaries produce eggs only up to a limit. A normal woman produces 400 to 500 eggs in her entire life.

How many days does the IVF process take

For egg freezing, the woman is initially given injections for about 6 to 7 days. After this, her healthy egg is kept safe in the lab until it is implanted.

If the woman is healthy, she keeps the child in her womb. Or she can also resort to surrogacy. Many women resort to surrogacy or test tube baby. In this, the surrogate mother gives birth to the child.

In 2014, the Canadian Fertility and Andrology Society described egg freezing as an effective way to fulfill the dream of becoming a mother at an older age.



एग फ्रीजिंग कैसे काम करता है

पहला दिन- शुरुआती कंसल्टेशन

दूसरा दिन- ब्लड टेस्ट और कंप्लीट हेल्थ स्क्रीनिंग

तीसरा दिन- सेकेंड कंसल्टेशन

4-10 दिन- ओवेरियन स्टिमुलेशन और मॉनिटरिंग

11-13 दिन- एग रिलीज करने के लिए कई इंजेक्शन्स लगते हैं

14 दिन- एग रिट्रीवल की प्रक्रिया

सेलेक्टेड एग को फ्रीज करना और फ्रोजन एग की मॉनिटरिंग

What is the right age to freeze eggs

Dr Deepti says that generally the upper limit for women is 36-37 years of age. Women should get their eggs frozen between 32-36 years. If you are unable to do this, you can get your eggs frozen even till the age of 40. In an IVF lab, these eggs can remain safe for at least five years.

Egg freezing has been used since the 1990s to preserve fertility for young women with cancer.

A survey of fertility clinics in India in 2021 found that egg freezing cases increased by 25% in 2020. According to an IVF center in Delhi, before Covid, an average of 2 women used to come for egg freezing in a month. Now 7-8 come.

इन स्थितियों में महिलाएं
एस फ्रीज करवा सकती हैं



मेडिकल कारण
जैसे कैंसर



पुरुष में स्पर्म
काउंट कम होना



सिंगल वुमन, जो
मां बनना चाहती हैं



PCOD या
जल्दी मेनोपॉज



एंडोमेट्रियोसिस



ओवेरियन सर्जरी



लेट फैमिली प्लानिंग

If there are these medical problems then egg freezing is a better option

Cancer patients- Women who have cancer in any organ and are undergoing chemotherapy, it also affects their reproductive organs. Therefore, doctors advise such women to freeze eggs.

Endometriosis- For women who have endometriosis and their ovaries do not produce eggs, egg freezing is the best way to save their remaining healthy eggs.

Polycystic Ovarian Disease (PCOD)- This can also be a better option for women who have PCOD.

Drawbacks

1. **Cost:** The procedure can be expensive, often costing several thousand dollars per cycle, not including the costs of storage and future fertility treatments.
2. **Success Rates:** While the technology has improved, not all eggs survive the freezing and thawing process, and not all that do survive result in a successful pregnancy.
3. **Medical Risks:** The hormone injections used to stimulate the ovaries can cause side effects such as ovarian hyperstimulation syndrome (OHSS).
4. **Uncertainty:** Freezing eggs does not guarantee a future pregnancy, and success rates can vary based on the woman's age and the quality of the eggs.

It can cost up to 1.5 lakhs

The egg freezing process can cost up to 1.5 lakhs or even more. It depends on the clinic and location. Many MNC companies in India are also including it in medical cover. There are about 11 percent companies across the country, which are including egg freezing in medical cover.



एग फ्रीजिंग में क्या हैं रिस्क



ओवरी का साइज बढ़ जाना



ओवेरियन हाइपरस्टिम्युलेशन सिंड्रोम



पेट में इन्फेक्शन



मतली, पेट में ऐंठन



हार्मोनल इम्बैलेंस

Frequently asked questions about egg freezing

Question- Is the process of egg freezing painful?

Answer- Anesthesia is used in this process. It is not painful, but it can be uncomfortable. However, it is common to feel some cramps, soreness or pain immediately after the procedure.

Question- What is the right age to freeze eggs?

Answer- For most women, the age of 30 is considered right. But eggs can be frozen even after that.

Question- Can a child born from IVF face any problems in the future?

Answer- A child born from IVF does not face any such problems. However, once you put the eggs and sperm for fertilisation to create an embryo, you can get your embryos subjected to preimplantation genetic testing or PGT to check for possible chromosomal problems.