

### Press release

A study from Institut Marquès, presented at the National Congress of the Spanish Society of Gynaecology and Obstetrics (SEGO) allows to precisely evaluate fertility of women in Spain

## The ovarian age of a woman is not that on the ID

- **Women who want to become mothers should know their real ovarian age**
- **Institut Marquès and Laboratorio Echevarne present a study on ovarian age of Spanish women**
- **To date, value tables of the Anti-Müllerian hormone of other continents, which do not match the reality of women in our country, were being used. Now we have our own tables for the Spanish population and they are available to women who want to know about their fertility**
- **Based on the ovarian age, women can get to know if they will have fertility problems and decide whether they want to advance their maternity, vitrify their eggs or accept that it is too late and that they are going to need to resort to donor eggs**

**Barcelona, July 30th, 2019**

Female fertility decreases with age, especially 10-15 years before menopause, with a decline in the quantity and quality of the eggs. According to data from the Office for National Statistics (ONS), the birth rate in the UK has decreased to its lowest point in the last decade. Furthermore, Spanish women have their first child increasingly later.

The delayed maternity makes a precise evaluation of the ovarian reserve necessary, since at the age of 35 only 10% of the eggs are left and, the less there are, the worse their quality is. *“The chronological age of women, the one stated on their ID does not match their ovarian age. Women who want to become mothers should know their ovarian age in case they want to advance their maternity, vitrify their eggs or assume that they are going to need to undergo an assisted reproduction treatment with donor eggs”*, explains Dr Marisa López- Teijón, Manager of [Institut Marquès](#).

### Why did nobody warn me?

Knowing the ovarian reserve is a necessary condition to estimate the reproductive age beyond the chronological one, since frequently both ages do not match. Many women find out about this when it is already too late.

Currently, the clinical marker of election is the concentration of the Anti-Müllerian hormone (AMH), which is obtained via a blood test performed without need of fasting. This hormone is produced by cells in the ovarian follicles and does not vary during the menstrual cycle.

The results of the test are then compared with those established as normal for each age range. However, so far, values from tests of women of other continents were being used, whereby the results obtained were not entirely reliable because they did not adapt to the reality of European women. Now we have own data of the Spanish population.

### Would you like to find out about your ovarian reserve?

For the first time, and thanks to a [study](#) carried out by Institut Marquès and Laboratorio Echevarne, presented at the 35<sup>th</sup> National Congress of the SEGO, it is possible to accurately assess the fertility of women in Spain. The name of the study is: ***“Clinical utility of the Anti-Müllerian hormone in the prediction of the ovarian age in Spain”***. It includes the AMH values of Spanish women from 11 regions. In this broad sample, in which 10443 women aged 20 to 45 years took part, there are differences in the Anti-Müllerian hormone levels between regions, but we did not observe a pattern that could explain them.

In this work, published at the official journal of the Spanish Society for Gynaecology and Obstetrics (SEGO), *“Progresses in Obstetrics and Gynaecology”*, the values of the Anti-Müllerian hormone from the Spanish population are determined according to the chronological age in order to obtain an estimate of their ovarian reserve.

The results show significant differences with those published previously in other countries. This could be due to the lack of standardisation of the methodology used for its measurement or associated with race or environmental factors.

Institut Marquès has prepared some tables, useful and easy to use, that [any woman can download](#). They are also available for gynaecologists at the Sterility and Infertility Section (SEISEGO) of the SEGO website. These tables can also be useful in the rest of European countries, since, certainly, the values are much closer to their reality than those they were using to date.

In conclusion, the AMH values of reference obtained allow informing women of their real ovarian reserve and their fertility rate. They can be used to advise a patient on her chances of success in an ovarian stimulation to vitrify her oocytes or to undergo in-vitro fertilisation (IVF) treatments. Now, the interested parties can also access these tables and learn first-hand about their real ovarian age.

### **About Institut Marquès**

Institut Marquès is a Barcelona based centre of international standing in Gynaecology, Obstetrics and Assisted Reproduction with branches in Barcelona, London, Ireland (Dublin and Clane), Italy (Rome and Milan) and Kuwait.

The centre, with a wealth of experience in particularly difficult cases, helps people in more than 50 countries achieve their dream of parenthood. Institut Marquès offers the highest pregnancy success rates, with 89% per cycle in IVF with egg donation.

Leader in innovation, it conducts an important line of research on the benefits of music in the early stages of life and foetal stimulation.

### **Links of interest:**

<https://institutomarques.com/en/>

<https://institutomarques.com/en/the-importance-of-ovulation-and-egg-quality/>

<https://www.fertility-experiences.com/the-first-consultation-on-sterility/>

<https://iwanttogetpregnantnow.com/>

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