

Conception and live Birth rates for women with very low AMH

Abstract

Title: Treatment outcomes from 26 women with very low AMH and reduced ovarian reserve using Restorative Reproductive Medicine (RRM)

Description: Retrospective review of all females under 40 years old who commenced treatment with an Irish RRM clinic in 2015.

Methods: Data were analysed for all women who attended NeoFertility Clinic, Dublin between 1st January and 31st December 2015. 26 couples met the study inclusion criteria of very low AMH < 0.5ng/ml (< 3.5pmol/l). All women under 40 years old who attended for 2 or more medical consultations were analysed. Women were followed through to conception or discontinuation of treatment. Main outcomes assessed were conception rate, live birth rate, multiple pregnancy rate as well as incidence of prematurity and low birth weight.

Group Profile: The average female age was 37.1 years, range 33 – 39 years. 10 women (38%) had previously failed IVF with 21 unsuccessful embryo transfers. 14 women (54%) had never conceived naturally. 18 (69%) had no previous live birth. 12 women (46%) had 27 previous miscarriages. AMH values ranged from 0.014- 0.47ng/ml (0.1- 3.4 pmol/l) with a mean value of 0.18ng/ml (1.3 pmol/l).

Results: 14 women (54%) conceived during the study period resulting in 9 live births (35%) and 5 miscarriages (19%). All live births in this study were born at full term, ranging from 37 to 41 weeks with no twins and no premature births. The average birth weight was 3,225 grams (7lb 2oz).

Discussion: It is common practice to recommend IVF for women with very low AMH. Donor eggs are often advised as the prospects of successful egg retrieval with IVF are lower in this group. In this small study of 26 couples with a challenging fertility profile, we were able to achieve a live birth rate of 35%. The expected Live birth rate with IVF for very low AMH is less than 20% <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4870438/>. Although the numbers in this study are small they are consistent with previous RRM publications. Very low AMH does not seem to hinder a woman's ability to achieve a successful full-term healthy pregnancy using Restorative Reproductive Medicine (RRM).

Conclusion: RRM shows promise for couples with infertility due to low AMH and reduced ovarian reserve. Larger studies are needed to confirm these findings.

