



IVF Florida Participates in GETSET Clinical Study

IVF Florida is conducting the Genetic Testing in Elective Single Embryo Transfer (GETSET) study to determine if women between 35 and 40 years of age benefit from genetic testing of embryos for aneuploidy (PGT-A). Current or prospective patients of IVF Florida are invited to participate.

Genetic testing and genetic counseling will be provided by the study free of charge. The embryo biopsy will be performed at a discounted fee.

Want to learn more?

Visit: clinicaltrials.gov/ct2/show/NCT04167748

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PCOS: Establishing a Timely Diagnosis for Women Who Are Trying to Conceive

Diagnosing and Identifying PCOS

Given there is no single test to diagnose PCOS, IVF Florida follows the international guidelines called the Rotterdam Criteria, established by the European Society of Human Reproduction and Embryology (ESHRE) and the American Society for Reproductive Medicine (ASRM). These guidelines require two of the following three symptoms to be present:

- **Elevated androgen levels in the blood**, which can manifest as acne on the face, chest, or upper back; excessive hair growth in a male pattern; thinning hair or hair loss (alopecia); darkening of the skin, especially in skin

creases (rule out androgen-secreting tumors and congenital adrenal hyperplasia).

- **Menstrual disturbances**, such as oligo/amenorrhea, which occurs in about 85 percent of women with PCOS (rule out thyroid disease and hyperprolactinemia).

- **Polycystic ovaries** on pelvic ultrasound.

According to the CDC, PCOS is the most common ovulatory disorder affecting fertility, occurring in 6% to 12% of US women of childbearing age.

Infertility in Women with PCOS is Highly Treatable

For many women with PCOS who are trying to get pregnant, lifestyle modifications such as weight loss can be enough to resume ovulation and conceive.

Following lifestyle modifications, ovarian stimulation using clomiphene citrate or letrozole is the next step. While there is a place for metformin in the treatment of women with PCOS who are found to have impaired glucose tolerance, pre-diabetes, or diabetes, it is no longer recommended for the sole purpose to regulate a woman's menstrual cycle or induce ovulation.

IVF Florida advises using transvaginal ultrasound monitoring with ovarian stimulation. While some women with

PCOS will conceive with ovarian stimulation alone, others may require intrauterine insemination (IUI) or even more advanced care such as in vitro fertilization (IVF).

Once infertility or PCOS has been determined, **a referral may occur immediately or after three unsuccessful ovarian stimulation cycles.** This improves patient satisfaction and allows the patient to progress to more effective therapies in a timely manner.

MEDICATION RECOMMENDATION

	CLOMIPHENE CITRATE	LETROZOLE
Cycle 1 days 3-7 or 5-9	50 mg QD	2.5 mg QD
Cycle 2* days 3-7 or 5-9	100 mg QD	5.0 mg QD
Cycle 3* days 3-7 or 5-9	150 mg QD	7.5 mg QD

**If ovulation has not occurred, confirmed by either no menstrual period at the end of the cycle or a progesterone level under 3 mg/ml on approximately day 21 of the cycle or 1 week after positive ovulation predictor kit.*

With the appropriate fertility treatment, PCOS patients with infertility are expected to have very high pregnancy rates.

Referring a Patient with Suspected or Diagnosed PCOS

Physicians can refer patients who are actively trying to conceive at any point whether PCOS is suspected or diagnosed. If first-line treatments such as clomiphene citrate have not been successful after three cycles, a referral is highly recommended. This allows patients to progress to treatment options usually only available with a fertility specialist such as intrauterine insemination (IUI) or in vitro fertilization (IVF). An early referral will give women more

treatment options and a greater chance of success.

For more information on PCOS or to schedule an appointment, call 954-247-6200.

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