

AMH (Anti Mullerian Hormone)

- **What is an AMH?**

**AMH is the hormone secreted from the small follicles in the ovary and gives an indication about the ovarian reserve
Currently it's the most reliable test available for an ovarian reserve**

As the age increases, the ovarian reserve declines which is also associated with the reduced quality of the eggs

- **When can it be done?**

AMH is not dependent on the stage of the cycle hence it can be done anytime of the cycle

If you are an NHS patient, you may request your GP to do the test for you as it will be part of your NHS referral (however it might be different for different CCGs)

Sometimes your fertility team will be able to request it for you

If none of it is possible, then you can get it done privately although it will incur a charge

- **Why is it done?**

AMH tells us about the ovarian reserve and helps us discuss your fertility potential, best treatment options available and predict success rate of the treatments

If you are going through an assisted conception treatment (IUI, IVF, ICSI or Egg Freezing) treatment, the AMH value would help us to decide the

treatment protocol, along with other parameters such as age, BMI, previous treatments and the diagnosis of your infertility

It means that women with low AMH, will produce low number of eggs and women with a high AMH are at a risk of ovarian hyperstimulation

Even though the values are associated with the type of response a patient will show, it is not related to the success of the treatment i.e., getting a successful pregnancy

It means that sometimes a woman with a good reserve might not get pregnant and some with a low reserve might get pregnant either spontaneously or through various treatments

Hence it is important to understand that the value of the AMH is just a guide rather than a predictor of a successful pregnancy as the success of any treatment is dependent on multiple factors such as age, BMI, quality of the eggs (and not just the number) quality of the sperms etc

- Can I do something to increase my AMH?**

**The AMH level can not be increased with any lifestyle changes
However, certain lifestyle changes such as stopping smoking, reducing BMI to 30 or less will help towards achieving a successful pregnancy**

Although there are certain factors that are known to affect AMH levels such as

- 1. PCOS**
- 2. History of Ovarian Surgery**
- 3. Chemotherapy**
- 4. Oral contraceptives**
- 5. Obesity**
- 6. BRCA mutations**
- 7. Vit D deficiency**

- **What will be my options after I have done the test?**

Once we have the results (either at your initial appointment or after we requested it) we will discuss the results with you and explain what it means in terms of the fertility potential and future management

If you are currently not in a relationship and the value of the AMH signifies a good reserve, we will recommend it to be used as a baseline and may choose to repeat it after a certain period and based upon the trend, we can discuss various options available at that point in time

If you are currently in a relationship and wish to conceive, we would request other tests such as tubal patency, semen analysis and an ultrasound scan
Based upon all the results, we would discuss the options available

If the AMH is on a lower side then depending upon your situation, we would discuss various options like moving forward with treatments such as IVF/ICSI or egg freezing

Depending upon your NHS eligibility, the treatment could be NHS funded and if not, you will have an option of going for a self-funded treatment with the clinic of your choice for which we would recommend you to visit the HFEA website