

Mr Nabil Haddad M. OBSTET, GYNAEC, FRCOG
Consultant Gynaecologist

Patient Information

Ovarian Reserve Testing

What is Ovarian Reserve Testing?

The rising trend towards delayed parenthood is resulting in a greater number of women seeking conception at an older age. It has become very important to assess accurately the ovarian performance, as determined by the number of primordial follicles left in the ovary. Social habits, non-clinical and clinical factors have been shown to contribute to the decline of the follicle pool either directly or indirectly.

Chronological age is considered as a simple way of obtaining information on the extent of ovarian function, in terms of both quantity and quality. However chronological age is only one factor. Various blood tests and ultrasound markers of ovarian performance have been employed in routine clinical practice to assess how the ovary works, but their accuracy is not optimal. Recently, measurement of anti-Müllerian hormone (AMH) levels has been proposed by researchers as a marker of ovarian follicular reserve. Several studies have suggested that AMH concentrations are highly correlated with the number of antral follicles and reflect the ovarian reserve better than other known clinical markers such as day 2-3 follicle stimulating hormone (FSH), inhibin B and oestradiol (E₂). Unlike AMH, these hormones are subject to cycle-to-cycle fluctuations.

Anti-Müllerian hormone is expressed in both sexes at different stages of development and it is best understood for its role in fetal sex differentiation. In females, AMH is not detected before 36 weeks of gestation and is produced throughout reproductive life. Anti-Müllerian hormone is secreted by the granulosa cells of small antral follicles in the ovary. It is known that AMH levels reflect the number of selectable follicles during the early follicular phase. Low levels suggest a reduced ovarian follicle pool and poor ovarian prognosis.

A quantitative measurement of ovarian ageing may also be obtained by ultrasound assessment of the number of small antral follicles measuring between 2-6mm. Like AMH, antral follicle count (AFC) correlates significantly with ovarian performance and is highly predictive of clinical pregnancy in women undergoing IVF (in-vitro fertilisation).

While baseline FSH remains a screening ovarian reserve test, AMH and AFC are diagnostic markers with greater precision than anything else available.

For those considering starting a family at a late age, Ovarian Reserve Testing provides the most accurate measurement to determine if there are likely to be any complications due to subfertility.

A Private Consultation with Mr Haddad includes the necessary scans and tests for Mr Haddad to compile a comprehensive report.

[The cost for the Ovarian Reserve Test is £385](#)

[Limited places available during January so please book your consultation now.](#)

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Further Information

If you would like to find out more information about Ovarian Reserve Testing or you would like to book an appointment with Mr Haddad to have a test then please get in touch.

You can call, email or simply use the 'Ask a Question' form on our website and we'll call you back

Contacting Mr Haddad

General Queries and Appointments	Mr Haddad's Private Secretary
Freephone: 0800 804 7640	Anne Bailey
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Fax: 01244 674222	Fax: 01244 674222
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About Mr Haddad

Nabil Haddad qualified in medicine in Cairo in 1976. He trained in London, Southampton, Liverpool and Edinburgh. In 1989, Nabil was appointed as a Consultant Gynaecologist in Chester. Here he developed the Fertility and Assisted Conception Service and has led the service ever since.

Nabil was instrumental in pioneering **Transport IVF** and had the first ever successful baby from that technique in 1990.

Nabil is committed to the provision of total fertility services and advocates a **Fitness for Fertility** approach in order to prepare couples for treatment and improve successful outcomes.

Nabil serves on many local and national fertility committees. His research is clinically orientated and he has published on many aspects of fertility care.

Nabil is an expert in Gynaecological Management of:

- Endometriosis
- Fibroids
- Menopause
- Menstrual disorders
- Pelvic pain
- Polycystic Ovarian Syndrome and abnormal cervical smears.
- Recurrent Miscarriage

Nabil takes great pride in offering the highest standard of individualised 'Patient Care' in comfortable and professional surroundings and believes wholly in evidence-based medicine.

Furthermore, the decision making process does not only involve Mr Haddad and his multi-disciplinary team, but involves you the patient, which means you fully understand what treatment is being prescribed and for what reasons.



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Our Clinics

Our Clinics		
Grosvenor Nuffield Hospital Wrexham Road Chester CH4 7QP	Chester Wellness Centre Wrexham Road Chester CH4 7QP	Spire Abergele Consulting Rooms Ground Floor, Priory House North Wales Business Park Abergele, Conwy LL 22 8LJ
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