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Assisted reproduction: How to reduce the time to pregnancy

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The presentation will start by defining the concept of CLBR and Time to pregnancy. It will go on to discuss the current use of anti-mullerian hormone (AMH) and antral follicular count (AFC) to individualize ovarian stimulation. The optimal number of oocyte needed to achieve pregnancy will be discussed. The POISODON classification of ovarian response to stimulation will be discussed. The strategies to be discussed include duo-stimulation and authors experience with duo-stimulation protocol would

be highlighted and some of the advantages and disadvantages of duo-stimulation would be discussed. Secondly, the advantages of embryo cryopreservation including freeze all will be discussed especially in PCOS patients. The advantages of PGT-A in reducing the time to live birth would be discussed. Finally Take home message is the Individualization of ovarian stimulation in various categories of patients is the key to success.

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