

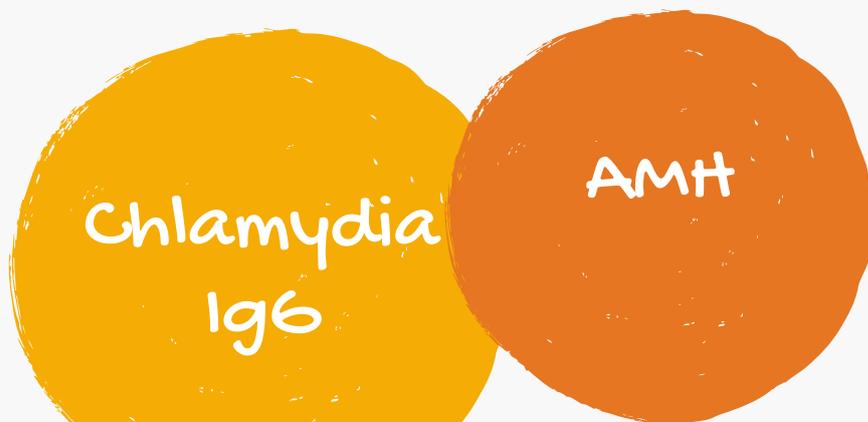
Low AMH (example)

GRIP FERTILITY REPORT

About you

- You are 36 years old
- You are on birth control
- You are not on any medication
- You were tested for the following hormones:
 - AMH (Anti-Mullerian Hormone)
 - Chlamydia IgG

Your blood sample was analyzed on [date].
Your blood was analyzed by an ISO15198 certified lab.
This report has been validated by Drs. Noor Teulings.



Quick summary

You have a lower amount of eggs for your age.

Based on AMH of 0.351 ng/ml

This is a technical term for "how many eggs you have left". Your range is adjusted to your age. AMH correlates with the number of follicles (small egg sacs) you currently have, and whether this is normal for your age. The number of eggs does not affect your chance of getting pregnant at this time.

You may enter menopause at an earlier age than average.

Based on AMH of 0.351 ng/ml

The menopause marks the end of your fertile period: it means that all eggs that you were born with are gone. AMH correlates with the amount of follicles that you've got left, and is the most reliable indicator of ovarian reserve that we have. The average age that a woman enters menopause is 51.

You have a low risk of blocked tubes.

Based on Chlamydia IgG of 3.2 RU/mL

Blocked fallopian tubes are one of the major causes of impaired fertility. The blockages are often caused by scarring after infections. About 60% of infections are due to chlamydia. A positive test result would mean that you have had a chlamydia infection.

Ovarian reserve



YOU SEEM TO HAVE A LOWER AMOUNT OF EGGS

You seem to have a lower amount of eggs than average for your age. The median AMH (which is the most common value) for a woman of 36 years is 2.1 ng / ml (ref 1). A value of 0.351 ng / ml means that you are around the 5th percentile, which means that 95% of 36 year-old women have a higher amount of eggs and 5% a lower of eggs. With an AMH <1.0 ng / ml we speak of a diminished ovarian reserve, and because your AMH is lower than 0.4 ng / ml we recommend you to speak to a doctor about what to do next. We can imagine this is a shock to hear, but remember: AMH says nothing about your chances of conceiving naturally. 75% of women aged 35-37 with an AMH <0.7 conceive within 12 months, in contrary to 64% of women with a 'normal' AMH of 0.7-8.4. Hormonal contraception (such as the pill and the Mirena IUD) can lower your AMH values by about ~ 15%.

Based on this AMH value, you are likely to enter menopause earlier than average. On average, women enter menopause around 51 years old. Unfortunately, with this test we cannot give the exact age when this will happen to you, but you have an increased chance of entering menopause early (ref 2).

WHAT DOES THE TEST **NOT** TELL YOU?

Remember: AMH cannot predict whether you will become pregnant. To get pregnant you not only need enough eggs, but also good quality eggs. Unfortunately, there is not (yet) a single test that can tell us anything about the quality of your eggs. In addition, the predictive value of AMH for the timing of menopause is also not perfect and there may be variation (ref 2).

OK, SO WHAT'S NEXT?

The most important things that can affect your ovarian reserve are your age and your genes, but your lifestyle can also have an effect. The biggest lifestyle change that will benefit your ovaries is to quit smoking (if you smoke), even if your AMH levels are in the normal range (ref 3). There is insufficient evidence that your weight or diet can affect AMH.

Your fertility

Blocked fallopian tubes

Grip

Chlamydia IgG

3.2 RU/mL

POSITIVE

NEGATIVE



YOU HAVE A REDUCED RISK OF BLOCKED FALLOPIAN TUBES

Your Chlamydia IgG test is negative, which is a strong indication that you have never had a Chlamydia infection. If you know that you had an infection in the past, this result means that the antibodies (the IgG) that your body has produced after that infection have since been cleared from your blood.

WHAT DOES THE TEST **NOT** TELL YOU?

Based on this test, we cannot tell whether your fallopian tubes are blocked, but we can rule out a common cause of tubal pathology.

We know that about 70% of Chlamydia infections progress without symptoms, and the milder your infection is thought to be, the fewer antibodies you make. These antibodies are also slowly cleared from your blood. For example, if your infection was > 5 years ago, you are only 60% less likely to see the IgG in your blood (ref 5).

Other common causes of blocked fallopian tubes are a ruptured appendix and endometriosis, but the Grip test cannot say anything about your chance of that

Note: This IgG test only indicates previous Chlamydia infections, not possible current infections..

OK, SO WHAT'S NEXT?

Great news that your Chlamydia IgG is negative.

Going forward, we would like to remind you that "protected sex" is very important. The risk of contracting Chlamydia when you have unprotected sex is ~1% (refs 6 & 7). However, as Chlamydia is one of the most common STDs and often goes undetected, we suggest that you always use a condom until you are sure both you and your partner are safe.

Chlamydia
IgG

What's next?



TALK TO YOUR DOCTOR

We recommend you to share y our results with your doctor or gynecologist. Even if everything looks good, it's a good time to talk to your doctor about your fertility.

Your doctor can also tell you more about freezing eggs or other treatments.

COMPLIMENTARY VIDEO CALL WITH GRIP'S DOCTORS

Drs. Noor Teulings is one of the co-founders of Grip. She completed her PhD in maternal cardiovascular health at the University of Cambridge and medical doctoral at University of Utrecht.

If you have questions about your results, or if you want to make a plan how to proceed, you can make an appointment for a free video call with her. You can email her at noor@gripfertility.com, or book a consultation at <https://gripfertility.com/book-online>.



JOIN OUR PRIVATE CHAT GROUP

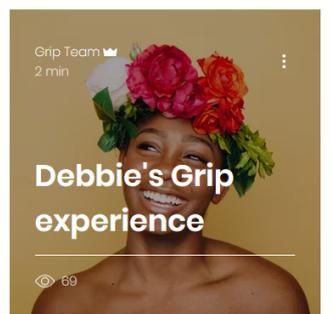
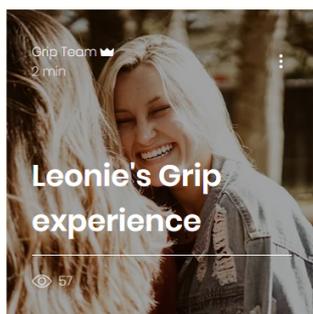
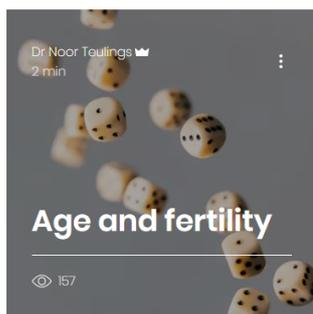
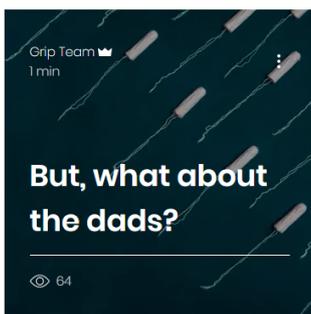
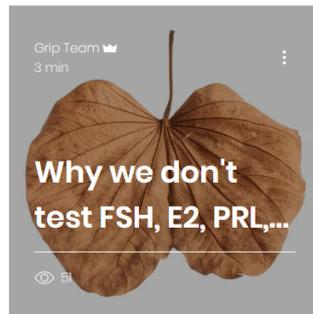
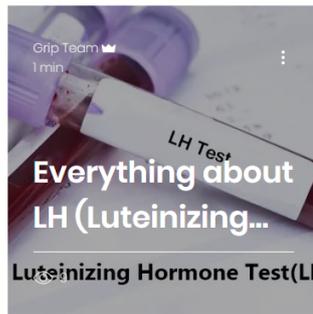
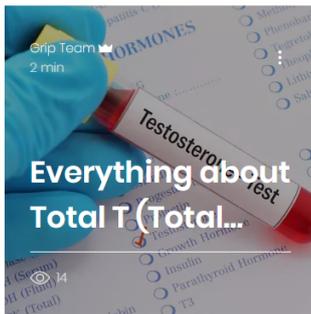


If you are not yet a member of our Slack group, now is the time to do so! Grip is not just a test, but a community of women who have taken matters into their own hands.

You should have an invitation to join our private Slack group in your mailbox. Email us if you have any questions.

Read more

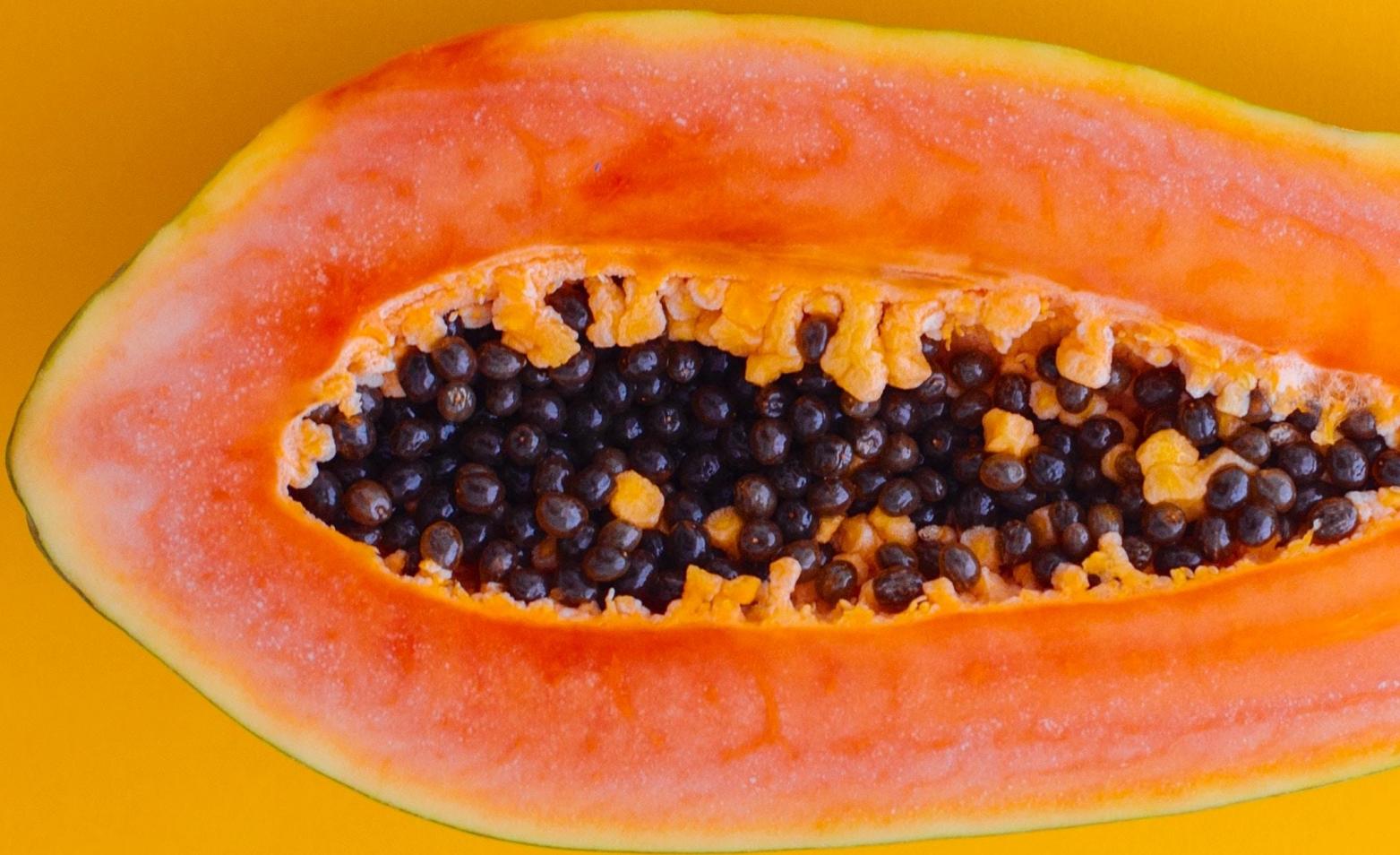
New insights & stories on our blog every week.



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**GEEF €20
KRIJG €20**



Je vriendinnen / zusje / collega's / buurvrouw
krijgen 20 euro korting op hun Grip test met
code 'Grip20'.

Noemen ze jouw naam bij het afrekenen, dan
sturen wij je 20 euro via Tikkie.