

Ask the Experts



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Q: If a young lady decides to freeze her eggs, what is the ideal age and what are the dos and don'ts for it?

In modern times, oocyte cryopreservation or egg freezing is one of the most empowering reproductive health choices young women have today.

The process of retrieving, freezing and storing a woman's egg for future use, is what egg freezing enigma is all about, that gives the woman a choice, an autonomy and a hope for future motherhood.

The reasons for egg freezing could be many. A young woman might be facing some gynecological condition such as recurrent ovarian cysts, endometriosis and a few other conditions like low ovarian reserve with risk of premature ovarian failure, requiring her to take early decisions on her reproductive health. Or she could be undergoing chemotherapy where she has her eggs frozen, prior to undergoing the treatment to protect her fertility from gonadotoxic harm. Or she may be at such a crucial junction in her career or education where she requires to postpone marriage or motherhood until

she finds a right life partner.

Whatever the reason, a woman can exercise her right and do what is best for herself and family. In other words, have her eggs extracted effectively while at the peak age of 25-35 and have them frozen. Of course, egg freezing can be done even earlier or later than the highlighted age, depending on the circumstances or the medical conditions.

To explain the process briefly, it starts with ovarian stimulation, in which the patient is advised hormone injections to trigger the ovaries to produce several eggs. A woman undergoes regular ultrasounds and blood tests to track egg development over this period.

The eggs are taken using a minor procedure under sedation called follicular aspiration, once mature. After extraction, they are vitrified, to prevent ice crystal development and can be used for future times. Current Fertility legislations in UAE allow the freezing of eggs, embryos and sperms for up to 5 years.

We, at Kazim's Fertility Barza, are happy to hold this conversation with women desiring this and can guide them through it.