



shady grove fertility

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MEDICAL UPDATE | November 2024

ASRM 2024

Scientific Congress & Expo

US Fertility's research team, of which Shady Grove Fertility is a proud partner practice, presented over 60 abstracts during the 2024 American Society for Reproductive Medicine (ASRM) Scientific Congress & Expo as part of its commitment to advancing knowledge and improving assisted reproductive technology (ART) treatment outcomes.

[Look inside for an in-depth view at this year's research →](#)

ASRM 2024

by the numbers

8,000

national and international
physicians and professionals
in attendance

60+

abstracts
presented
by US Fertility

7 prestigious
awards

presented to US Fertility
practice physicians, fellows,
and nurses

6

partner
practices
represented

US Fertility research demonstrates commitment to improving outcomes for fertility patients at this year's ASRM Scientific Congress & Expo

US Fertility's groundbreaking research was showcased at this year's American Society for Reproductive Medicine (ASRM) Scientific Congress & Expo, highlighting our commitment to advancing reproductive care. Key studies focused on critical areas such as state insurance mandates for fertility preservation, optimizing medication protocols to improve in vitro fertilization (IVF) outcomes, and providing valuable insights for both patients and providers during fertility treatment cycles. Research on third-party reproduction was also a central focus, reflecting our comprehensive approach to fertility care.

The ASRM 2024 meeting, held from October 19–23 in Denver, attracted over 8,000 national and international leaders in reproductive medicine. This prestigious event brought together esteemed academicians, clinicians, and scientific investigators to share their latest research, with a central theme of [Equity, Access, and Innovation](#).

Seven US Fertility physicians and nurses were honored with awards for their contributions, underscoring the caliber of expertise and care available at our clinics. Our team also played a leadership role in various sessions, including talks, symposiums, interactive panels, and post-graduate courses, further demonstrating our dedication to excellence in reproductive health.


For referring physicians, this recognition not only affirms US Fertility's position as a leader in the field, but also highlights our commitment to providing patients with access to the latest advances in fertility care. Through innovative research and a patient-centered approach, we continue to drive improvements in outcomes and expand options for those seeking to build their families.

Implementation of a medical advisory board review policy dramatically reduces multiple embryo transfers and multiple gestation pregnancies without compromising pregnancies

THE STUDIES US Fertility's and Progyny's research teams examined the effects of implementing a new policy requiring a medical advisory board (MAB) to review and approve requests prior to the performance of multiple embryo transfers (MET). This study evaluated whether implementation of a MET policy, guided by collaboration between a MAB and a benefits solution organization, facilitated improved adherence to ASRM guidelines.

THE RESULTS Following implementation of this policy, the rate of single embryo transfers increased significantly, from 93.0% to 96.2%, and the rate of multiple gestation pregnancies decreased significantly from 1.5% to 0.5%, underscoring the effectiveness of the new review process.

For your patients The study emphasizes the value of a collaborative approach between benefit solution organizations and expert providers in promoting adherence to established guidelines. This model not only prioritizes patient safety and clinical outcomes but also demonstrates that a team approach ensures best practices to lower the risks of multiple gestation pregnancies from IVF.


 **Abstract: Third party review of requests for multiple embryo transfer significantly lowers the rate of multiple gestation**
US Fertility research team: Keri Bergin, B.S., M.D., Joseph A. Lee, B.A., Danielle Soltesz, M.B.A., M.P.H., and Alan B. Copperman, M.D.
Progyny research contributors: Celine Toder, M.P.H. and Janet Choi, M.D.

States that mandate insurance coverage for fertility preservation see an increase in patients accessing care

THE STUDY US Fertility's research team highlights the positive impact of state insurance mandates that include coverage for fertility preservation in cases of medically induced infertility. The study assessed the effect of these insurance mandates by comparing fertility preservation utilization rates in 2016 (before the mandates) to those in 2021 (after the mandates).

THE RESULTS In the 8 states that adopted mandates for fertility preservation coverage, there was an increase in fertility preservation utilization ranging from 36.1% to 90.5%, with a significant overall increase compared to states without such mandates.

For your patients The research underscores the importance of continued efforts to improve access to fertility preservation services, particularly for those whose fertility is impacted by medical conditions or treatments. Since 2020, an additional 12 states and the District of Columbia have enacted similar mandates, suggesting that even more patients will have access to and benefit from fertility preservation.

 **Abstract: Impact of state insurance mandates on fertility preservation access**
US Fertility research team: Joshua M. Morris, M.D., M.A. | Additional research contributors: Eliana Fine, M.D.

New insights into weight changes during egg retrieval cycles: Evaluation of mean changes throughout ovarian stimulation

THE STUDY A groundbreaking study conducted by the research team at US Fertility reveals significant insights into the weight fluctuations commonly experienced by patients undergoing egg retrieval cycles for in vitro fertilization (IVF) or egg freezing for fertility preservation. The retrospective cohort study analyzed 22,303 cycles between 2017 and 2023.

THE RESULTS Patients had an average weight gain of about 1.5 pounds before egg retrieval, with changes ranging from a loss of approximately 5 pounds to a gain of nearly 15 pounds. Notably, factors such as lower initial body mass index (BMI) and higher numbers of eggs retrieved were associated with higher weight gain. The study also observed that patients diagnosed with ovarian hyperstimulation syndrome (OHSS) tended to experience greater weight gain and a slower return to baseline weight.

For your patients This study reassures patients undergoing egg retrieval cycles for IVF or fertility preservation that weight gain is generally modest and temporary. Most patients can expect to return to their baseline weight within two weeks after egg retrieval. These findings enable fertility specialists to better counsel patients about what to expect during and after an egg retrieval, reducing anxiety and providing a clearer understanding of the treatment process.

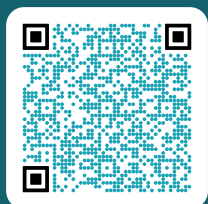


Abstract: Evaluation of mean changes in weight during and after ovarian stimulation

US Fertility research team: Simone Elder, M.D., Kerry S. J. Flannagan, Ph.D., Laura X. Zalles, M.D., Phillip A. Romanski, M.D., M.Sc. and Cassandra Roeca, M.D.

About US Fertility Research

US Fertility's Research Division conducts and publishes high-quality research studies to advance the field of reproductive medicine to provide better, more effective care to infertility patients. US Fertility's Research Division is led by Kate Devine, M.D., Medical Director and Chief Research Officer at US Fertility, as well as a practicing reproductive endocrinologist (REI) and Regional Research Director at Shady Grove Fertility. Dr. Devine works in close collaboration with Phillip Romanski, M.D., Associate Research Director for US Fertility and practicing REI and Regional Research Director at RMA of New York; Kerry Flannagan, Ph.D., Lead Epidemiologist at US Fertility; Luis Hoyos, M.D., Regional Research Director and practicing REI at IVF Florida; Michael Homer, M.D., Regional Research Director and practicing REI at the Reproductive Science Center of the Bay Area (RSC Bay Area); Meike Uhler, M.D., Regional Research Director and practicing REI at the Fertility Centers of Illinois (FCI); and many others.



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About US Fertility

US Fertility, the nation's largest partnership of physician-led top-tier fertility practices and IVF laboratories, are united under a shared mission to deliver the joy of parenthood through advanced reproductive medicine and innovative science. To date, US Fertility practices and laboratories have helped more than 225,000 individuals and couples build their families using assisted reproductive technology. US Fertility supports over 200 physicians by leveraging collective expertise, driving innovation, and providing advanced business and digital solutions that streamline and enhance the delivery of exceptional patient care. Together with a growing suite of life science services, US Fertility is expanding access to the highest quality reproductive health care across over 105 clinic locations and 35 IVF laboratories.



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