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MEDICAL UPDATE | November 2023

ASRM 2023
Scientific Congress & Expo

US Fertility, of which Shady Grove Fertility is a proud partner practice, presented over 60 abstracts during the 2023 American Society for Reproductive Medicine (ASRM) Scientific Congress & Expo, October 14 through 18, 2023, 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 →

US Fertility, of which Shady Grove Fertility is a proud partner practice, demonstrates commitment to improving outcomes for fertility patients at this year's ASRM Scientific Congress

US Fertility's research presented at ASRM 2023 covered many important topics including donor egg pregnancy rates, intrauterine insemination (IUI) protocols, and preferred birth control methods for donor egg cycles, among many others.

The 79th ASRM Scientific Congress & Expo attracted more than 8,000 national and international physicians and professionals — distinguished academicians, clinicians, and scientific investigators in the field of human reproduction.

In addition to oral and poster presentations, several US Fertility physicians and nurses received awards for their research and publications and led ASRMed talks, symposiums, interactive sessions, roundtable discussions, and post-graduate courses.

About US Fertility Research

US Fertility's Research Division is led by Kate Devine, M.D., Medical Director and Chief Research Officer at US Fertility, in close collaboration with, Phillip Romanski, M.D., Research Director at Shady Grove Fertility (SGF) and practicing REI at SGF New York, Luis Hoyos, M.D., Regional Research Director and practicing reproductive endocrinologist (REI) at US Fertility founding partner practice IVF Florida; Michael Homer, M.D., Regional Research Director and practicing REI at US Fertility founding partner practice, Reproductive Science Center of the Bay Area (RSC Bay); Meike Uhler, M.D., Regional Research Director and practicing reproductive endocrinologist (REI) at US Fertility founding partner practice Fertility Centers of Illinois (FCI); Samad Jahandideh, Ph.D., Head of Clinical Biostatistics at US Fertility; and others.

Scan code to learn more

US Fertility's award-winning research team

Chief Research Officer at US Fertility, Kate Devine, M.D., receives prestigious award from ASRM

US Fertility celebrates, Kate Devine, M.D., Medical Director and Chief Research Officer, who received the Ira and Ester Rosenwaks New Investigator Award, a highly competitive award that recognizes meritorious research conducted by an individual who is within 10 years of the completion of academic and professional training.

"I am incredibly humbled to receive such an honor and send gratitude to ASRM and my physician peers who have supported me," shares Dr. Devine. "As a physician-scientist, it is a privilege to serve my patients by providing evidence-based fertility care and continually investigating best practices to help them meet their family-building goals."

US Fertility Fellow receives prestigious research award at ASRM 2023

US Fertility is proud to announce Elizabeth Clain, M.D., an SGF Fellow at the University of Colorado, has been awarded the 2023 F&S Reviews Prize for her research and publication on endometrial testing. The award recognizes an exceptional paper published in F&S Reviews in the previous year on which the first author is a trainee.

"I'm honored to receive recognition for my research from ASRM," shares Dr. Clain. "At the heart of our research, we aim to give back to our patients and improve their quality of care as they go through fertility treatment. This research can make a true impact on our patients by providing evidence-based recommendations for avoiding costly and time-consuming tests."

New fertility research shows that IUDs do not reduce the number of eggs retrieved following ovarian stimulation

THE STUDY The study fills a gap in research surrounding egg retrieval outcomes and both progestin-containing and copper IUDs. The research teams evaluated donor egg cycles at a US Fertility clinic from 2010-2021. In total, 5,428 egg donors were included – 133 with progestin IUDs, 146 with copper IUDs, and 2,891 without a contraceptive intrauterine device in place.

THE RESULTS Donors in their egg donation cycle with an IUD in place had comparable results to those without an IUD.

	No Contraception [Referent] (n=2891)	Progestin IUD (n=133)	Copper IUD (n=146)
Age (years)	26.9 ± 3.5	27.0 ± 3.3	26.8± 3.2
Antral follicle count	25.4 ± 13.2	26.9 ± 14.7	25.4 ± 13.2
Follicles >14mm at trigger	16.5 ± 6.7	18.2 ± 5.9	16.9 ± 6.0
Number of oocytes retrieved	25.3 ± 10.8 1.00 (Ref)	24. 9 ± 11.2 0.98 (0.79 -1.23)	24. 7 ± 10. 7 0.97 (0.82 -1.18)
Number of MII oocytes	14.66 ± 11. 5 1.00 (Ref)	17. 6 ± 10. 3 1.20 (1.03 -1.38)	16.0 ± 11. 1 1.09 (0.91 -1.28)
Oocyte maturity rate	0.59 1.00 (Ref)	0.72 1.22 (1.02 -1.48)	0.65 1.10 (0.93 -1.34)

Comparison of oocyte cryopreservation retrieval outcomes among patients with progestin secreting, copper, or no intrauterine device

US Fertility research team

Kate Devine, M.D.; Benjamin S. Harris, M.D., M.P.H.; Phillip A. Romanski, M.D., M.Sc.; Samad Jahandideh, Ph.D.

Additional research contributors

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For your patients

Patients can rest assured they can keep their IUDs in place without worrying about the impact of eggs retrieved. This important research can help many women take that next step toward preserving their fertility to help build their future family.

New fertility research could save time during treatment cycles for those undergoing IUIs

Evaluating the association between saline-infusion sonogram (SIS) during an intrauterine insemination (IUI) cycle and pregnancy outcome

THE STUDY The retrospective cohort study, evaluated 6,321 IUI cycles – 351 patients who had an SIS in the same cycle and 5,970 patients who had the SIS within a four-month time frame before the cycle.

THE RESULTS Data gathered from the study suggested that performing uterine cavity evaluation with SIS during a patient's first IUI cycle was not associated with a significant difference in clinical pregnancy rates or ongoing pregnancy rates. Further, pregnancy rates remained similar for patients with an SIS during the IUI cycle compared to patients with an SIS performed within a period of four months preceding their IUI treatment.

US Fertility research team

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For your patients

This new study can provide data for patients that can help them move forward with fertility treatment more quickly in their IUI cycles. Patients with a normal cavity evaluation by SIS can undergo same-cycle IUI without concern for a negative association with the pregnancy outcome in that cycle.

New fertility research reveals quicker methods of thawing embryos can increase efficiency while maintaining pregnancy rates

THE STUDIES In one retrospective study, 833 frozen embryo transfers (FETs) using a one-step rapid warming protocol (RWP) were compared to 2,606 FETs using a standard two-step warming protocol. The more efficient protocol produced similar survival rates post-thaw and comparable clinical pregnancy rates to the standard protocol and — perhaps more notably and worthy of further studies — the RWP saw increased rates of ongoing pregnancy and decreased rates of miscarriage.

In another retrospective cohort study across four IVF labs, 6,746 FETs warmed by traditional warming were compared to 6,838 FETs warmed by quick warming. In this large multicenter dataset, the quick warming method produced similar results to the traditional warming method. This data may allow IVF labs to deliver even more superior, streamlined patient care.

THE RESULTS Two studies conducted by US Fertility physicians studied the outcomes of more efficient protocols and found that quicker methods of thawing embryos can increase efficiency without compromising ongoing pregnancy rates.

Comparison of outcome data from a novel rapid warming protocol vs. standard warming protocol for human blastocysts

Warming protocol	Rapid warming	Standard warming	P-value
N	833	2606	
Age (mean ± SD)	36.6 ± 4.7	36.2 ± 4.2	NS
No. embryos transferred	1.06 ± 0.26	1.1	NS
Survival (%)	654/657 (99.5)	2905/2921 (99.5)	NS
Positive HCG (%)	575 (72.5)	1820 (69.8)	NS
Clinical pregnancy rate (%)	499 (62.9)	1562 (59.9)	NS
Ongoing pregnancy rate (%)	478 (60.3)	1443 (55.4)	0.015
Miscarriage rate (%)	21 (4.2)	119 (7.6)	0.017

Fast and furious: Pregnancy outcome with a rapid warming protocol

US Fertility research team

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Comparison of quick versus traditional warming protocols post-vitrification: Cryo-survival & frozen embryo transfer (FET) outcomes

US Fertility research team

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For your patients

Gaining efficiency in the embryology laboratory will allow clinics to expand access and help more patients achieve their dreams of growing their family.

"As the largest partnership of physician-owned fertility practices in the United States, US Fertility is leading the way in reproductive medicine research. The research our team produces aims to increase success rates for our patients, to drive innovation in our practices and others, and to continue moving the field of reproductive medicine forward."

— **Kate Devine, M.D.,** Medical Director and Chief Research Officer at US Fertility

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