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Title: **Understanding the Frozen Embryo Transfer Timeline: A Step-by-Step Guide**

Date

Author
Dr. Kim Garbedian

7 min read

For many individuals and couples undergoing fertility treatments, the frozen embryo transfer (FET) is a critical step. If you're researching 'frozen-embryo-transfer' and are curious about the frozen embryo transfer timeline, it's essential to understand what to expect during this process. This guide breaks down the FET timeline into easily understandable stages, ensuring you're well-informed and prepared.

What is a Frozen Embryo Transfer?

A Frozen Embryo Transfer (FET) is a procedure in which a cryopreserved embryo (an embryo that has been previously frozen for future use) is thawed and transferred into the uterus. This process is a key part of in-vitro fertilization (IVF) treatments, offering flexibility and increased chances of pregnancy for many patients.

The FET Timeline: A Step-by-Step Overview

The timeline for an FET can vary slightly from clinic to clinic and depending on your specific protocol. However, a typical timeline at Pollin Fertility includes the following:

- 1. Preparation Phase(4-6 weeks):** The preparation phase is the first step to ensuring you are well informed and conditions are optimal for embryo implantation. This phase includes:
Initial Consultation: Meeting with your fertility specialist to discuss the FET process.
Preparatory Tests: These may include blood tests and ultrasounds to establish baseline hormone and uterine health leading up to the FET.
- 2. Uterine Preparation (2 weeks):** The endometrium (uterine lining) and estrogen levels in the blood must meet certain criteria prior to a frozen embryo transfer. This can be achieved naturally or through the use of medications such as estrogen, Letrozole or injectable fertility medication. During this phase you will regularly attend scheduled Cycle Monitoring appointments, which are done to monitor the uterine lining and blood hormone levels and determine the optimal timing for your transfer date.
- 3. Embryo Thawing and Transfer (1 day) and Post Transfer Instructions :** The embryo of the highest quality is selected and thawed, and then transferred into the uterus during a brief outpatient procedure.
Post-Transfer Instructions: You will typically start some form of progesterone medication to support implantation and will receive guidance on the length of time you are to take medication and activities that are safe post-embryo transfer.
- 4. Two-Week Wait (9-11 days):** A waiting period post transfer to allow for the implantation of the embryo.

5. Pregnancy Test: A blood test will be conducted in clinic to confirm pregnancy and establish baseline HcG hormones.

Frozen Embryo Transfer Success Rates:

The success rates of FET can vary based on several factors, including maternal age, embryo quality, and the clinic's expertise. According to the latest data from the Society for Assisted Reproductive Technology (SART), the average success rate for FET cycles in the United States is around 47.7% for women under 35, gradually decreasing with advancing maternal age. It's essential to discuss individual success rates with your fertility specialist based on your unique circumstances.

Tips to Improve IVF-FET Outcomes:

While there are no guarantees in IVF, there are certainly steps individuals can take to optimize their chances of a successful outcome including:

- **Consider Genetic Testing:** Preimplantation genetic testing (PGT) can help identify chromosomally normal embryos, potentially improving the chances of a successful pregnancy.
- **Maintain a healthy lifestyle:** Regular exercise, balanced nutrition, and managing stress can positively impact fertility outcomes. Maintain a healthy weight, avoid smoking, and limit alcohol intake leading up to, during and post IVF-FET cycle.
- **Follow medication protocols diligently:** Adhering to your medication schedule as prescribed by your fertility specialist is crucial for optimal results.
- **Communicate openly with your fertility team:** Discuss any concerns or questions you have throughout the process to ensure personalized care and support.
- **Consider complementary therapies:** Some patients find benefits from complementary treatments such as acupuncture, yoga, or meditation to reduce stress and enhance relaxation.

How to Plan for Your Frozen Embryo Transfer:

- **Attend the scheduled appointments** with your fertility clinic to monitor progress and discuss any necessary adjustments to your treatment plan.
- **Plan for adequate rest and relaxation** around the time of embryo transfer to minimize stress and promote a conducive environment for implantation.
- **Ensure you have a support system in place**, whether it's friends, family, or support groups, to lean on during this emotionally challenging journey.

What to Eat and Avoid During and After Your Frozen Embryo Transfer:

Maintaining a balanced healthy diet and staying hydrated is essential while undergoing any fertility treatment. Consider the following dietary tips after an FET:

- **Nutrient-Rich Foods:** Incorporate plenty of fruits, vegetables, whole grains, lean proteins, and healthy fats into your diet. Incorporate foods high in antioxidants, such as berries, nuts, and leafy greens, which may support reproductive health.
- **Hydration:** Drink plenty of water to stay hydrated, which is crucial for optimal uterine function.

- **Limit Caffeine:** Reduce your intake of caffeine, as excessive consumption may negatively impact fertility.
- **Avoid Raw or Undercooked Foods:** Minimize the risk of foodborne illnesses by avoiding raw or undercooked meats, seafood, and unpasteurized dairy products.
- **Avoid Processed Foods high in sugar and unhealthy fats** and stay clear of foods known to potentially disrupt hormone balance or cause inflammation

Consider Pre and Post-Transfer Acupuncture:

Some research suggests that acupuncture before and after embryo transfer may improve IVF success rates by promoting blood flow to the uterus, relaxation and reducing stress levels. Consult with your Pollin fertility specialist to determine if this adjunctive therapy is suitable for you. At Pollin we offer both pre and post transfer acupuncture sessions in the comfort of your transfer room.

In conclusion, navigating the complexities of FET-IVF treatment requires patience, perseverance, and a well-informed approach. By understanding the process, timelines, and incorporating lifestyle modifications and supportive therapies, you can enhance your chances of a successful outcome. Remember to stay proactive, maintain open communication with your fertility team, and prioritize self-care throughout your fertility journey.

What to Expect After the Transfer

Following the transfer, you may experience mild cramping or spotting. It's normal to feel anxious but it is safe to carry on most of your normal everyday activities.

The frozen embryo transfer timeline is an integral part of the IVF process. Understanding each step can help alleviate concerns and prepare you for what lies ahead. At every stage, your fertility team will provide support and guidance, ensuring you have the best possible chance of a successful pregnancy.

Remember, every fertility journey is unique, and our team is dedicated to providing personalized care tailored to your individual needs.

Book a consultation today

Title: **The Ultimate Guide to Ovulation: Everything you need to know to improve chances of conception**

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Date Enter Posting Date	Author Dr. Evan Taerk	5 min read

Ovulation is a fundamental process in the female reproductive system, marking a critical point in the menstrual cycle. Yet, it's a topic that many people may not fully understand. For those who are actively trying to conceive, understanding ovulation and knowing when it occurs in your cycle is crucial for maximizing your chances of getting pregnant. In this blog, we'll explore:

- What ovulation is
- Why ovulation is important
- How to track ovulation
- Various methods and devices available for tracking ovulation and monitoring fertility
- Signs of abnormal ovulation, and
- When it might be time to seek help from a fertility specialist

What is Ovulation?

Ovulation is the release of a mature egg from the ovaries, making it available for fertilization by sperm. It typically occurs around the middle of the menstrual cycle, approximately 14 days before the start of the next menstrual period. For women with a regular 28-day cycle, ovulation typically happens around day 14. However, cycles can vary in length, so pinpointing ovulation requires understanding the individual's cycle length and patterns.

The Ovulation Process:

Ovulation is a complex process regulated by hormones. It begins with the pituitary gland in the brain releasing follicle-stimulating hormone (FSH), which stimulates the growth of ovarian follicles, each containing an immature egg. As the follicles develop, they produce estrogen, which triggers the thickening of the uterine lining in preparation for a potential pregnancy.

Once estrogen levels peak, typically around mid-cycle, it triggers a surge in luteinizing hormone (LH), causing the dominant follicle to release its mature egg into the fallopian tube. This is ovulation. The released egg is then available for fertilization for about 12-24 hours.

If the egg is not fertilized within this window, it disintegrates, and hormone levels drop, leading to the shedding of the uterine lining and the onset of menstruation.

Importance of Ovulation:

Understanding ovulation is crucial for several reasons:

- **Fertility:** Ovulation is necessary for conception. Knowing when ovulation occurs can increase the chances of pregnancy for those trying to conceive.
- **Family Planning:** Understanding ovulation can help individuals and couples prevent pregnancy by avoiding intercourse during fertile periods.
- **Health Monitoring:** Regular ovulation is an indicator of overall reproductive health. Irregular ovulation patterns may signal underlying health issues that require medical attention.

How to Track Ovulation:

Tracking ovulation involves monitoring changes in your body to identify when ovulation is likely to occur. Here are some methods you can use to track ovulation:

1. **Menstrual Cycle Calendar Tracking:** Keeping track of your menstrual cycle on a calendar can help you predict when ovulation will occur. Ovulation usually occurs around 14 days before the start of your next period.
2. **Basal Body Temperature (BBT) Charting:** Your basal body temperature slightly increases after ovulation. By taking your temperature every morning before getting out of bed and charting it, you can identify the slight temperature rise that indicates ovulation has occurred.
3. **Ovulation Predictor Kits (OPKs):** These kits detect the surge in luteinizing hormone (LH) that occurs just before ovulation. By testing your urine with an OPK, you can

pinpoint the most fertile days of your cycle. Check out the Ovulation Tests from our friends at bird & be [here!](#)

4. **Cervical Mucus Monitoring:** Changes in cervical mucus consistency and volume throughout your cycle can indicate when ovulation is approaching. Fertile cervical mucus is clear, slippery, and stretchy, resembling raw egg whites.

Go digital! Gone are the days of needing to use paper and pen to do any of the above. There are a plethora of smartphone apps available that help you track your menstrual cycle, BBT, and other fertility signs to predict ovulation. Head over to What to Expect's "[Best Fertility Trackers of 2025](#)" to learn more about options available to make ovulation and fertility tracking a breeze.

Devices for Tracking Ovulation:

In addition to the methods mentioned above, there are also several **Fertility Monitoring** devices designed to track hormone levels in your urine to help predict ovulation. Fertility Monitors can be of benefit to anyone trying to conceive, but are especially helpful for those who have a history of irregular periods, polycystic ovary syndrome (PCOS), thyroid concerns, and who are over the age of 35. Check out Healthline's "[Best Fertility Monitors](#)" article to learn more.

While tracking ovulation or using a Fertility Monitor works for many individuals and couples when trying to conceive, it's important to also be able to recognize when there may be an issue with your ovulation, and when it may be time to consult with a fertility specialist.

Signs of Abnormal Ovulation:

While variations in menstrual cycles are normal, consistently irregular cycles or other signs may indicate abnormal ovulation. These signs include:

- Very short or long cycles (less than 21 days or more than 35 days)
- Irregular menstrual cycles
- Absence of ovulation symptoms (such as changes in cervical mucus or BBT)
- Painful ovulation
- Spotting or abnormal bleeding between periods

If you notice any of these signs, it may be time to **consult with a fertility specialist**. **You may also want to consider seeing a fertility specialist if:**

- You want to freeze your eggs, sperm or embryos
- You have been trying to conceive for over 6 months
- You have experienced pregnancy loss
- You are >37 years old and planning your first pregnancy
- You have absent or irregular menstrual cycles
- You or your partner have a known or suspected reproductive health issue or a history of STIs
- You or your partner have a known hereditary genetic condition
- You require the use of donor egg, sperm or gestational carrier to help build your family

In conclusion, tracking ovulation is a powerful tool for optimizing fertility and increasing your chances of conceiving. By understanding your body's natural rhythms and using the right methods and devices, you can take control of your fertility journey. If you have any concerns about ovulation or fertility, don't hesitate to reach out to a qualified healthcare provider or fertility specialist for guidance and support.

Book a consultation

Title: All About The Egg: Understanding Egg Quantity vs. Egg Quality		
Date Enter Posting Date	Author Dr. Evan Taerk	5 min read
In the journey toward conception, the egg plays a pivotal role, dictating the success of fertility treatments and natural conception alike. Understanding the nuances of egg quality and quantity is essential for individuals and couples navigating the path to parenthood. At Pollin, we believe in empowering our patients with knowledge to make informed decisions about their fertility journey. Let's delve into first, what role the egg plays in conception and the intricacies of egg quality versus egg quantity, and explore how they impact fertility. The Almighty Egg Did you know that the human egg cell, also known as an ovum or oocyte, is the largest in the human body? It is a specialized cell produced by the ovaries made up of 6 main components: 1. Nucleus: The nucleus of the egg cell contains the genetic material, which consists of 23 chromosomes. These chromosomes are comprised of DNA molecules containing the genetic instructions necessary for the development and functioning of the embryo.		

2. Cytoplasm: The cytoplasm is the jelly-like substance that fills the interior of the egg cell. It contains various structures essential for cellular processes. Within the cytoplasm, there are mitochondria, which are responsible for generating energy in the form of ATP through cellular respiration.

3. Plasma membrane: The plasma membrane surrounds the egg cell, providing structure and regulating the passage of substances in and out of the cell.

4. Zona pellucida: This is an outer layer of the egg cell, composed of glycoproteins. It plays a crucial role in fertilization, as it acts as a protective barrier around the egg and facilitates interactions with sperm during fertilization.

5. Corona radiata: Surrounding the zona pellucida, there's a layer of cells called the corona radiata. These cells are closely associated with the egg and provide support and nourishment during its development and release from the ovary.

6. Maternal mRNA and proteins: The egg cell contains maternal mRNA (messenger RNA) and proteins that are crucial for the early stages of embryonic development. These molecules are synthesized and stored in the egg during oogenesis (the process of egg cell formation) and play essential roles in guiding early embryonic development until the embryo's own genetic expression becomes active.

The Importance of the Egg in Conception

Conception occurs when a sperm fertilizes an egg, forming an embryo that implants in the uterus. While both sperm and egg contribute equally to the genetic makeup of the embryo, the egg's role extends beyond genetics. It provides crucial cellular machinery and resources necessary for embryo development during the initial stages of pregnancy. Thus, the quality and quantity of eggs directly influence the chances of successful conception and a healthy pregnancy.

Egg Quality

What is Egg Quality?

Egg quality refers to the health and viability of your eggs. High-quality eggs have the optimal genetic material and cellular machinery necessary for successful fertilization and embryonic development. Conversely, poor-quality eggs may have genetic abnormalities or compromised cellular functions, leading to failed fertilization, miscarriage, or chromosomal abnormalities in the resulting embryo.

What Negatively Affects Egg Quality?

Human egg quality can be affected by various factors, both intrinsic and extrinsic. Some of the factors that can negatively affect egg quality include:

- 1. Age:** Advanced maternal age is the most significant factors affecting egg quality. As women age, the number and quality of their eggs decline, leading to decreased fertility and an increased risk of chromosomal abnormalities.
- 2. Lifestyle factors:** Smoking, excessive alcohol consumption, drug use, poor diet, and obesity can all have detrimental effects on egg quality. These factors can lead to oxidative stress, inflammation, hormonal imbalances, and impaired blood flow to the ovaries, all of which can impact egg health.
- 3. Environmental toxins:** Exposure to environmental toxins such as pesticides, heavy metals, and pollutants can affect egg quality by causing oxidative stress and DNA damage.
- 4. Medical conditions:** Certain medical conditions such as polycystic ovary syndrome (PCOS), endometriosis, autoimmune disorders, and thyroid disorders can affect egg quality. These conditions can disrupt hormonal balance and ovarian function, leading to reduced egg quality.
- 5. Medications and treatments:** Some medications, such as chemotherapy drugs, can have negative effects on egg quality. Additionally, certain surgical procedures involving the ovaries can also impact egg quality.
- 6. Genetic factors:** Genetic abnormalities, such as chromosomal abnormalities and mutations in genes involved in egg development and maturation, can affect egg quality.
- 7. Poor ovarian reserve:** Some women may have a lower ovarian reserve, meaning they have fewer eggs available for fertilization. A smaller pool of eggs means an increased risk of releasing an egg of lesser quality. This can result from factors such as genetics, previous surgeries, or exposure to chemotherapy or radiation therapy.

How is Egg Quality Tested?

Assessing egg quality typically involves evaluating all the factors that may exist above, with age being the biggest predictor of quality as statistically, egg health declines as we age, especially after age 35. Advanced diagnostic techniques like ovarian reserve testing and genetic screening can also provide insights into egg quality. Egg quality can most directly be assessed in the context of an IVF or oocyte egg freezing cycle when an embryologist can

observe the oocyte directly under an high-powered microscope

Can Egg Quality be Improved?

While age remains the most significant determinant of egg quality, several strategies can help optimize it. Maintaining a healthy lifestyle, including regular exercise, a balanced diet, and avoiding harmful substances like tobacco and excessive alcohol, can positively impact egg quality. Additionally, certain supplements and antioxidants may support egg health by reducing oxidative stress and improving mitochondrial function.

<< Link out to "Egg Quality: Can it be Improved?">>

Egg Quantity

What is Egg Quantity and What Factors Impact It?

Egg quantity, also known as ovarian reserve, refers to the number of remaining eggs you have left in your ovaries. Females are born with all the eggs they will ever have in their lifetime (~1.2 million on average), and the number naturally declines over time via **3 main reasons**:

1. **Follicular Atresia:** The majority of eggs are lost through a natural process called follicular atresia, where immature eggs within follicles degenerate and are reabsorbed by the body. Only a fraction of the eggs a female is born with will ever mature and be released during the reproductive years.
2. **Menstrual Cycle:** Each menstrual cycle, several follicles begin to develop, but usually only one follicle fully matures and releases its egg for potential fertilization. The rest of the developing follicles typically undergo atresia and are lost. This process continues until menopause.
3. **Age-Related Decline:** As women age, the remaining pool of eggs diminishes in quantity and quality. This decline accelerates as women approach their late 30s and early 40s. By the time a woman reaches menopause, typically in her late 40s to early 50s, the ovarian reserve is depleted, and ovulation ceases. Several factors contribute to age-related decline including **genetic factors, hormonal changes, particularly follicle-stimulating hormone (FSH) and anti-Müllerian hormone (AMH), and environmental and lifestyle factors** such as exposure to environmental toxins, smoking and certain medical conditions.

Why is Egg Quantity Important?

While you can still successfully conceive even if you have a low ovarian reserve, it is important to know if you are at risk prior to trying to conceive. Diminished ovarian reserve can decrease the likelihood of successful conception and may indicate a reduced response to fertility

treatments like [In vitro fertilization \(IVF\)](#).

<<Link to Ovarian Reserve Blog>>

Testing for Egg Quantity and Factors Affecting It

Ovarian reserve testing helps assess egg quantity and predict a woman's reproductive potential. Common tests include transvaginal ultrasound to count antral follicles and blood tests measuring levels of reproductive hormones like follicle-stimulating hormone (FSH), luteinizing hormone (LH), and anti-Müllerian hormone (AMH). Age, genetic factors, previous ovarian surgery, and certain medical conditions can affect egg quantity.

Importance of Ovarian Reserve Testing in Fertility Treatments

Ovarian reserve testing plays a crucial role in guiding fertility treatment decisions, especially for women undergoing assisted reproductive technologies like IVF. By evaluating ovarian reserve, fertility specialists can tailor treatment protocols to optimize outcomes and minimize the risk of ovarian hyperstimulation syndrome (OHSS). Understanding ovarian reserve also helps individuals make informed choices about family planning and fertility preservation options.

In conclusion, understanding the interplay between **egg quality and quantity** is essential for anyone embarking on the journey to parenthood. At Pollin Fertility, we offer comprehensive fertility evaluations and personalized treatment plans to address individual needs and maximize the chances of success.

To learn more about Toronto Fertility Testing at Pollin Fertility, click [here](#).

Navigating the IVF Journey: A Step-by-Step Guide

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Whether you're just beginning to explore your fertility options or you're well on your journey, understanding the ins and outs of IVF can make all the difference in how you experience it. In this blog, we will explore:

- What IVF is
- When IVF should be considered and who it is best suited for
- IVF success rates and factors that can impact them
- The step-by-step process involved in a typical IVF treatment cycle

What is IVF?

In vitro fertilization (IVF), is the most effective fertility treatment available today and most often the fastest route to a healthy pregnancy. It is also a highly effective method of fertility preservation.

IVF involves stimulating the ovaries with hormonal medications to develop multiple eggs, retrieving mature eggs from the ovaries, and fertilizing them with sperm in a controlled laboratory setting. The fertilized eggs, now embryos, can then be transferred back into the uterus, aiming for a successful implantation and pregnancy. Alternatively, these embryos can be genetically tested and frozen, or simply frozen for future use.

When should IVF be considered and who is it best suited for?

IVF can help overcome and treat causes of infertility and may be considered in various situations including:

- **Failed other fertility treatments:** If other fertility treatments such as medication or intrauterine insemination (IUI) have been unsuccessful, IVF may be considered as the next step.
- **Age-related infertility:** IVF may be recommended for women of advanced maternal age who are experiencing age-related declines in fertility.
- **Same-sex couples or single individuals:** IVF allows same-sex couples or single individuals to have a biological child by using donor sperm, eggs, or embryos.
- **Blocked or damaged fallopian tubes:** IVF bypasses the need for fallopian tubes by retrieving eggs directly from the ovaries and fertilizing them in the laboratory.

- **Male factor infertility:** IVF can be used in cases where there are issues with the quality or quantity of the sperm. Intracytoplasmic sperm injection (ICSI), a procedure often used in conjunction with IVF, involves injecting a single sperm directly into an egg to achieve fertilization.
- **Ovulation disorders:** Women who have irregular or absent ovulation may benefit from IVF, especially if other treatments to induce ovulation have not been successful.
- **Endometriosis:** IVF can be an option for women with endometriosis, particularly if the condition has not responded to other treatments. By retrieving eggs directly from the ovaries, IVF bypasses the potential effects of endometrial implants on fertility.
- **Unexplained infertility:** When no specific cause of infertility can be identified, IVF may be recommended as a treatment option. By closely monitoring the growth and development of embryos in the laboratory, IVF can help identify any issues that may be affecting the development of the embryo or implantation.
- **Genetic disorders:** IVF with preimplantation genetic testing (PGT) can be used to screen embryos for genetic abnormalities before transfer, reducing the risk of passing on inherited disorders.
- **Recurrent miscarriage:** For couples experiencing recurrent miscarriages, IVF with PGT may help identify chromosomal abnormalities in embryos, potentially reducing the risk of miscarriage.

Success Rates of IVF

Understanding the success rates of IVF is crucial for managing expectations and making informed decisions. **It's very important to note that not every IVF cycle results in pregnancy, and individuals may require multiple cycles to achieve success.** Success rates of IVF vary depending on several factors including:

Age:

Age stands as one of the most significant determinants of IVF success. As individuals age, the quality and quantity of their eggs decline, making conception more challenging. Women in their 20s and early 30s typically have higher success rates with IVF compared to older counterparts. Advanced maternal age, typically defined as 35 and older, is associated with decreased ovarian reserve and increased chromosomal abnormalities in eggs, leading to lower success rates.

Ovarian Reserve:

Ovarian reserve refers to a woman's remaining egg quantity. Assessing ovarian reserve helps predict response to ovarian stimulation during IVF and the likelihood of success. Tests such as antral follicle count and anti-Müllerian hormone (AMH) levels provide valuable insights into ovarian reserve. Women with diminished ovarian reserve may require higher doses of fertility

medications or alternative treatment approaches, impacting their IVF success rates.

<<[All About the Egg: Understanding Egg Quantity vs. Egg Quality](#)>>

Reproductive Health:

Various reproductive health factors can influence IVF outcomes. Conditions such as endometriosis, polycystic ovary syndrome (PCOS), and uterine abnormalities can affect fertility and implantation. Additionally, male factor infertility, including low sperm count or poor sperm motility, can impact fertilization rates during IVF. Addressing these underlying issues through medical interventions or lifestyle modifications may improve the chances of IVF success.

Lifestyle Factors:

Lifestyle choices can significantly impact IVF success rates. Factors such as body mass index (BMI), smoking, alcohol consumption, and stress levels can affect fertility outcomes. Maintaining a healthy weight, adopting a balanced diet, and avoiding tobacco and excessive alcohol can enhance fertility and optimize IVF success rates. Moreover, managing stress through relaxation techniques or counselling may positively influence treatment outcomes.

Treatment Protocols and Techniques:

Advancements in IVF protocols and techniques have expanded treatment options and improved success rates. Tailoring treatment protocols to individual patient needs, such as utilizing preimplantation genetic testing (PGT) to screen embryos for chromosomal abnormalities or selecting the most suitable embryo transfer strategy, can enhance success rates. Additionally, innovations like blastocyst culture, intracytoplasmic sperm injection (ICSI), and assisted hatching contribute to improved embryo development and implantation.

Clinic Expertise and Quality:

The expertise and quality of the fertility clinic play a crucial role in IVF success. Experienced reproductive endocrinologists, a state of the art lab, skilled embryologists, and a supportive multidisciplinary team can provide personalized care and optimize treatment outcomes. Factors such as clinic success rates, laboratory standards, and patient-centred care should be considered when selecting a fertility centre for IVF treatment.

Ultimately, the decision to pursue IVF should be made in consultation with a fertility specialist who can assess individual circumstances and recommend the most appropriate course of action.

<<Learn more about [IVF Treatment in Toronto](#) at Pollin Fertility>>

The IVF Step-by-Step Process & Timeline

The IVF process can vary from clinic to clinic and is dependant on protocol, but a typical Pollin IVF journey and timeline includes the following 10 steps:

1. Consultation and Diagnostic Phase (Approximately 4-6 weeks):

The timing of this phase varies, but it needs to be done at least one month before you start an IVF cycle. The information gathered during the consultation and through diagnostic testing allows your doctor to personalize your treatment plan in order to optimize your results.

Initial Consultation: Meeting with your fertility specialist to discuss your complete medical and fertility history as well as your family building goals.

Fertility/General Health Diagnostic Testing: Various diagnostic tests that are personalized to you, and if applicable, your partner. These may include:

Blood tests: to evaluate general health and all reproductive hormones, AMH testing for ovarian reserve, immunity, genetic and infectious disease screening, thyroid health, and a complete blood count (CBC).

Pelvic & Transvaginal Ultrasounds: These tests assess the condition of the uterus and ovaries as well as assess Antral Follicle Count, which helps determine your ovarian reserve.

Sonohysterogram: This highly specialized ultrasound helps your doctor see inside the uterus to assess any potential problems involving the uterine cavity and lining, as well as the health of your fallopian tubes.

[<<Understanding Fertility and Reproductive Health Tests: A Guide to Help you During Your Fertility Journey>>](#)

Semen Analysis: A sperm sample is used to test sperm health for volume, concentration (number of sperm), motility (ability to swim), morphology (sperm shape), and if there are any infections present. If a semen analysis comes back abnormal, more testing may be required, including additional hormone testing, a scrotal ultrasound or a Sperm DNA Fragmentation test which reports the percentage of DNA breaks or damage in a sperm sample's DNA.

[<<All about the Sperm: Understanding Sperm Health, How It's Tested and How to Improve It>>](#)

2. A Personalized Care Plan - (Approximately 2 weeks-2 months): Once all test results are in, your doctor reviews and explains all relevant findings from your, and if applicable, your partner's diagnostic tests. They will discuss IVF treatment options that will achieve the best possible outcome.

For many cases, you will start your IVF cycle on Day 1 of your next menstrual period.

If your personalized plan calls for Priming, this means extra time is required to prepare your reproductive system and optimize your ovaries for the timing of your IVF cycle and various hormone pre-treatments such as Lupron, testosterone, estrogen, DHEA or the birth control pill may be used.

3. Ovarian Stimulation (Approximately 10-14 days): You will take injectable fertility medications for 10-14 days to help the follicles in your ovaries grow. In non-medicated cycles, ovaries grow a group of follicles, but only one ovulates while the others regress.

"Stimulation" drugs (FSH,LH,hMG) override this process and "stimulate" the other follicles to grow and mature as well.

4. Ovulation Inhibition & Trigger Shot (On a specified day during Ovarian Stimulation Phase): It is natural for your ovaries to want to ovulate, or release the eggs from the growing follicles.

"LH inhibitor" drugs are used to suppress the LH (luteinizing hormone) surge that naturally triggers ovulation, keeping the eggs in the follicles so they can be retrieved.

The "trigger" shot (HCG, Lupron) is a carefully timed, final injection taken when your follicle size and estradiol levels are optimal, maturing and preparing the eggs for retrieval.

5. Egg Retrieval & Sperm Collection (1 day): A minor surgical procedure where eggs are retrieved from the ovaries using an ultrasound-guided needle and combined with sperm collected from you, your partner, or a donor.

[<<What to Expect Before, During & After IVF Egg Retrieval>>](#)

6. Fertilization & Embryo Development (5 days): The retrieved eggs are fertilized with sperm on the same day as the Retrieval in the laboratory. If using a fresh sperm sample, the sperm is washed to remove debris and damaged or dead sperm and the best appearing sperm is

selected to be used for fertilization. If using previously frozen sperm, the sperm is thawed for use.

There are two different ways to fertilize your eggs: In vitro fertilization (IVF) and intracytoplasmic sperm injection (ICSI).

IVF: The retrieved eggs are combined with washed sperm in a petri dish or a specialized container and the sperm and eggs are left together in the dish to allow fertilization to occur naturally. This method is typically used when there are no significant issues with sperm quality or quantity. It relies on the sperm's ability to penetrate the egg's outer membrane and fertilize it on its own.

ICSI: With ICSI, a single sperm is selected and directly injected into the cytoplasm of an egg using a specialized needle and microscope. This method is often used when there are issues with sperm quality or quantity, such as [low sperm count](#), poor sperm motility, or abnormal sperm morphology. It bypasses the need for the sperm to penetrate the egg's outer membrane on its own.

Your doctor will review these options with you and recommend the fertilization method that best applies to your plan.

After fertilization, any resulting embryos are incubated and carefully monitored over the course of the following 5 days by the embryologist. The embryos are then frozen and if elected, sent for genetic testing.

7. Preparation for FET (2-4 weeks): An FET cycle can be done either by relying on your own ovulation and the hormones naturally released from the ovary, or by using a medicated approach. In a medicated approach, hormone medications (estrogen and progesterone) are administered to prepare the uterine lining for embryo transfer, typically lasting around 2-4 weeks depending on your protocol.

<<[Frozen Embryo Transfer \(FET\): Everything You Need to Know](#)>>

8. Embryo Transfer (1 day) and Post Transfer Instructions : The embryo of the highest quality is selected and thawed, and then transferred into the uterus during a brief outpatient procedure.

Post-Transfer Instructions: You will typically start some form of progesterone medication to support implantation and will receive guidance on the length of time you are to take medication and activities that are safe post-embryo transfer.

9. Two-Week Wait (9-11 days): A waiting period post transfer to allow for the implantation of

the embryo.

10. Pregnancy Test: A blood test will be conducted in the clinic to confirm pregnancy and establish baseline HcG hormones.

In conclusion, IVF represents a beacon of hope for individuals and couples facing infertility, offering a pathway to parenthood that was once considered impossible. By understanding the intricacies of the IVF process, along with its success rates and indications, individuals can make empowered decisions on their fertility journey.

At Pollin Fertility Clinic, we have reimagined the IVF experience with our patients in mind to make it simpler, more comfortable and more effective and we're dedicated to supporting you every step of the way as you embark on this transformative journey toward building your family.

Book a consultation

Title: **Can You Increase Your Chances of IVF Success?: Tips and Strategies for Your Upcoming Treatment Cycle - NOT EDITED**

Introduction:

Embarking on the journey of In Vitro Fertilization (IVF) can be both hopeful and daunting. For couples facing fertility challenges, IVF offers a beacon of hope in fulfilling their dreams of parenthood. However, the process can also be emotionally and physically taxing, especially when faced with the uncertainty of success. While there are no guarantees in IVF, there are certainly steps individuals can take to optimize their chances of a successful outcome. In this article, we'll explore various tips and strategies backed by studies and research to help increase the chances of IVF success.

Prioritize Preconception Health:

Before diving into an IVF cycle, it's crucial to focus on optimizing your overall health and well-being. Several studies have highlighted the importance of preconception health in improving IVF success rates. This includes maintaining a healthy weight, eating a balanced diet rich in nutrients, staying physically active, managing stress levels, and avoiding harmful substances like alcohol and tobacco. Research

published in the journal *Fertility and Sterility* suggests that women with a higher body mass index (BMI) may experience reduced success rates with IVF, emphasizing the importance of weight management.

Understand Your Treatment Protocol:

Each IVF cycle is tailored to individual needs, and understanding your treatment protocol is key to maximizing its effectiveness. Work closely with your fertility specialist to comprehend the medications, dosages, and procedures involved in your IVF cycle. Adhering to your treatment protocol diligently can significantly impact your chances of success. A study published in the journal *Human Reproduction* demonstrated that strict adherence to ovarian stimulation protocols correlated with higher pregnancy rates in IVF cycles.

Consider Genetic Screening:

Genetic screening, such as preimplantation genetic testing (PGT), can help identify chromosomal abnormalities in embryos before implantation, thereby increasing the likelihood of a successful pregnancy. Research published in *JAMA* suggests that PGT can improve implantation and pregnancy rates while reducing the risk of miscarriage in IVF cycles, particularly for individuals with advanced maternal age or recurrent pregnancy loss.

Focus on Emotional Well-being:

The emotional rollercoaster of IVF can take its toll on mental health. Prioritize self-care and seek support from loved ones or counseling services to manage stress, anxiety, and depression associated with fertility treatments. Studies have shown that psychological interventions, such as cognitive-behavioral therapy and mindfulness-based stress reduction, can positively impact IVF outcomes by reducing stress levels and enhancing coping mechanisms.

Explore Adjunctive Therapies:

In addition to conventional IVF treatments, consider incorporating adjunctive therapies that may complement your fertility journey. Acupuncture, for example, has gained popularity as a complementary treatment for IVF, with research suggesting potential benefits in improving embryo implantation rates and live birth rates. While further studies are needed to elucidate the mechanisms behind these effects, many individuals report positive experiences with acupuncture during their IVF cycles.

Conclusion:

While IVF success cannot be guaranteed, there are numerous strategies individuals can employ to enhance their chances of achieving a positive outcome. By prioritizing preconception health, understanding treatment protocols, considering genetic screening, focusing on emotional well-being, and exploring adjunctive therapies, individuals

undergoing IVF can empower themselves on their journey towards parenthood. Remember, each person's fertility journey is unique, and it's essential to work closely with your fertility specialist to develop a personalized approach that maximizes your chances of success.

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Title: **Understanding IUI vs. IVF: Choosing the Right Fertility Treatment**

Struggling with infertility can be emotionally and physically taxing. Thankfully, advancements in reproductive medicine offer various options for couples hoping to conceive. Two common treatments are Intrauterine Insemination (IUI) and In Vitro Fertilization (IVF). While both aim to assist with conception, they differ in procedure, success rates, and when they are recommended. In this guide, we'll:

- Explore the distinctions between IUI and IVF
- Discuss their success rates, and
- Provide insights on when to consider each treatment

Definitions of Both Treatments:

Intrauterine Insemination (IUI): IUI is a fertility treatment where sperm is directly inserted into the uterus during the ovulation period. This procedure aims to increase the chances of sperm reaching the fallopian tubes and fertilizing an egg.

In Vitro Fertilization (IVF): IVF involves retrieving eggs from the ovaries, fertilizing them with sperm in a laboratory setting, and then transferring the resulting embryos back into the uterus.

Differences Between the Two Treatments:

Procedure:

- IUI is a less invasive procedure compared to IVF. It involves placing washed sperm directly into the uterus using a thin catheter.
- IVF requires ovarian stimulation to produce multiple eggs, followed by a minor surgical procedure to retrieve the eggs from the ovaries. The eggs are then fertilized with sperm in a lab dish, and resulting embryos are transferred to the uterus.

Cost:

- IUI is generally less expensive than IVF since it involves fewer steps and laboratory procedures.
- IVF tends to be more costly due to the need for ovarian stimulation, egg retrieval, embryo culture, and embryo transfer.

Success Rates:

- Success rates vary depending on factors such as age, underlying fertility issues, and previous treatment history.
- IVF typically has higher success rates per cycle compared to IUI, especially for couples with more complex fertility issues.

Success Rates of Each Treatment:

IUI Success Rates:

- According to the American Pregnancy Association, the success rate for IUI ranges from 10% to 20% per cycle, with higher success rates for couples with certain conditions like unexplained infertility or mild male factor infertility.

IVF Success Rates:

- The success rates for IVF can vary widely but generally range from 40% to 60% for women under 35, with rates decreasing as maternal age increases. The CDC reports detailed IVF success rates annually, which can be helpful in understanding expected outcomes based on age and other factors.

When to Consider IUI:

Mild Fertility Issues: IUI may be recommended for couples with mild male factor infertility, unexplained infertility, or cervical factor infertility.

Desire for a Less Invasive Option: If couples prefer a less invasive fertility treatment before exploring more advanced options like IVF, IUI could be a suitable choice.

Financial Considerations: Since IUI is generally less expensive than IVF, it may be a more feasible option for couples with limited financial resources.

When to Consider IVF:

Severe Male Factor Infertility: Couples with severe male factor infertility, tubal factor infertility, or advanced maternal age may benefit from the higher success rates of IVF.

Previous Failed IUI Attempts: If IUI has been unsuccessful after multiple attempts or if there are other underlying fertility issues, IVF may be the next step.

Need for Genetic Testing: IVF allows for preimplantation genetic testing (PGT), which can be beneficial for couples with a history of genetic disorders or recurrent pregnancy loss.

Tips on How to Optimize Fertility Treatments:

Seek Expert Advice: Consult with a reproductive endocrinologist or fertility specialist to discuss personalized treatment options based on your medical history and fertility evaluation.

Maintain a Healthy Lifestyle: Eat a balanced diet, exercise regularly, and avoid harmful habits like smoking and excessive alcohol consumption, which can impact fertility.

Consider Supportive Therapies: Explore complementary treatments such as acupuncture, yoga, or counseling to reduce stress and enhance overall well-being during fertility treatments.

Stay Informed: Educate yourself about the various fertility treatments available, their success rates, and potential risks and benefits to make informed decisions about your reproductive health journey.

In conclusion, both IUI and IVF offer hope to couples struggling with infertility, but they differ in procedure, success rates, and indications for use. By understanding these differences and considering individual circumstances, couples can work with their healthcare providers to choose the most appropriate fertility treatment option for their needs.

How to Increase Low Sperm Count: A comprehensive Guide - Replace existing copy with new below

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Header	Low Sperm Count?: A Comprehensive Guide to Understanding Low Sperm Count and How to Improve Sperm Health	Image
Copy	It might surprise you to learn that low sperm count affects roughly 1 in 20 men - so if you're looking for information on this topic you are not alone. The challenge of low sperm count is daunting to many couples, but the good news is that sperm health can be improved and low sperm count can be reversed if the cause is something you can stop. Let's take an	

in-depth look at the causes of low sperm count, its impact on fertility, and explore practical tips on how low sperm count can be improved over time and medical options for cases that require a higher intervention approach.

What is Low Sperm Count?

Low sperm count, also known as oligospermia, is a condition characterized by having fewer sperm cells than normal in a man's semen. According to the World Health Organization (WHO), a normal sperm count is typically considered to be at least 15 million sperm per millilitre of semen. Anything below this threshold may be classified as a low sperm count, although the severity can vary.

How Low Sperm Count Affects Conception

Low sperm count can significantly affect the chances of conception because it reduces the number of sperm available to fertilize an egg.

Here's how low sperm count affects conception:

- **Reduced chance of fertilization:** With fewer sperm available, the likelihood of one reaching and fertilizing the egg is diminished. Even if the sperm reaches the egg, the probability of successful fertilization decreases with a low sperm count.
- **Increased time to conception:** Couples may take longer to conceive because there are fewer sperm available to fertilize the egg, increasing the time it takes for successful fertilization to occur.
- **Increased risk of infertility:** Severe cases of low sperm count can lead to infertility, where

conception becomes extremely difficult or impossible without medical intervention.

- **Increased risk of miscarriage:** Low sperm count can sometimes be associated with genetic abnormalities in the sperm. These abnormalities can increase the risk of miscarriage if fertilization occurs.
- **Impact on treatment options:** When couples seek fertility treatments such as in vitro fertilization (IVF), intracytoplasmic sperm injection (ICSI), or intrauterine insemination (IUI), a low sperm count may limit the treatment options available or require more intensive interventions.

Common Causes of Low Sperm Count

Understanding the underlying causes of low sperm count is crucial for developing effective treatment strategies. Several factors can contribute to this condition, including:

- **Lifestyle Choices:** Poor lifestyle habits such as smoking, excessive alcohol consumption, drug use, and obesity can negatively impact sperm production and quality.
- **Environmental Factors:** Exposure to environmental toxins, radiation, and certain chemicals (such as pesticides and heavy metals) can impair sperm production and function.
- **Heat Exposure:** Prolonged exposure of the testicles to high temperatures, such as from hot baths, saunas, or tight underwear, can reduce sperm production.
- **Stress:** Chronic stress may disrupt hormonal balance and interfere with sperm production.

- **Medical Conditions:** Certain medical conditions, such as infections, hormonal imbalances, genetic disorders, and structural abnormalities in the reproductive organs, can interfere with sperm production or transportation.
- **Age:** Advanced age can lead to a decline in sperm quantity and quality.
- **Medications:** Some medications, including certain antidepressants, chemotherapy drugs, and steroids, may affect sperm production.

Natural and Medical Options to Increase Sperm Count

If it is determined that low sperm count is a result of lifestyle choices, environmental factors, heat exposure or stress, the good news is that by making positive changes, sperm count is likely to improve in a relatively short period of time (~90 days).

- **Maintain a Healthy Lifestyle and Limit Exposure to Environmental Toxins:** Adopting a healthy diet, avoiding exposure to chemicals through food or environment, exercising regularly, maintaining a healthy weight, and avoiding tobacco, alcohol, and recreational drugs can help optimize sperm production and quality.
- **Avoid Heat Exposure:** Minimize exposure to high temperatures, such as avoiding hot baths, saunas, and tight-fitting underwear.
- **Manage Stress:** Engage in stress-reducing activities such as meditation, yoga, or hobbies to help alleviate stress and promote hormonal balance.

- **Stay Active:** Regular physical activity can help improve overall health, including reproductive health.
- **Consider Supplements:** Certain supplements, such as antioxidants like vitamin C, vitamin E, and coenzyme Q10, may help improve sperm count and quality. However, it's essential to consult with a healthcare provider before starting any new supplements.

There are also several medical treatments available to increase sperm count:

Medications: Certain medications can help increase sperm production and improve sperm quality. These may include:

- **Hormone treatments:** If a hormonal imbalance is causing the low sperm count, hormone replacement therapy or medications such as clomiphene citrate or gonadotropins may be prescribed.
- **Antibiotics:** If an infection is causing low sperm count, antibiotics may be prescribed to treat the infection.

Surgery: In some cases, surgical interventions may be necessary to correct underlying issues affecting sperm production. These may include:

- **Varicocele repair:** Varicocele is a swelling of the veins that drain the testicle, and it can sometimes be surgically repaired to improve sperm count.
- **Vasectomy reversal:** For men who have undergone a vasectomy but wish to restore fertility, vasectomy reversal surgery can be an option.
- **Testicular sperm extraction (TESE) or microdissection TESE:** These procedures

involve extracting sperm directly from the testicles for use in assisted reproductive techniques such as in vitro fertilization (IVF) or intracytoplasmic sperm injection (ICSI).

Assisted reproductive techniques (ART): If other treatments are unsuccessful, or in cases of severe male infertility, assisted reproductive techniques such as intrauterine insemination (IUI), IVF, or ICSI may be used to achieve pregnancy. These techniques involve collecting sperm and combining it with a partner's egg in a laboratory setting before transferring the resulting embryo to the uterus.

It's important to note that low sperm count is just one factor that can affect fertility. Other factors, such as sperm motility (ability to move), sperm morphology (shape and size), and overall sperm health, also play crucial roles in fertility. Additionally, female fertility factors and overall health and lifestyle of both partners can influence the chances of conception. If a couple is struggling to conceive, it's advisable for both partners to undergo fertility testing to identify any potential issues and explore appropriate treatment options.

At Pollin, our fertility consultation, comprehensive diagnostic fertility testing and semen analysis is covered by OHIP.

Book a consultation

Title: **All about the Sperm: Understanding Sperm Health, How It's Tested and How to Improve It**

When it comes to fertility and conception, understanding sperm health is paramount. Sperm health not only plays a crucial role in fertility but also significantly impacts the chances of successful conception. In this post, we'll discuss the intricacies of sperm health, including its definition, importance, factors affecting it, available tests, and strategies to enhance it.

The Difference Between Sperm and Semen

Before delving deeper, it's essential to distinguish between sperm and semen. While often used interchangeably, they refer to different components of male reproductive biology. **Sperm are the male reproductive cells** produced in the testicles. They are microscopic in size and carry genetic material crucial for fertilization. **Semen**, on the other hand, **is the fluid that carries and nourishes sperm during ejaculation**. It is produced by various glands in the male reproductive system, including the seminal vesicles, prostate gland, and bulbourethral glands.

The Role of Sperm Health in Overall Fertility and Conception

Sperm health plays a pivotal role in achieving pregnancy. Healthy sperm possess the motility (ability to move), morphology (normal shape), and concentration (number of sperm per milliliter of semen) necessary to reach and fertilize a female egg. Additionally, healthy sperm exhibit optimal DNA integrity, ensuring the transmission of genetic material to the offspring. Suboptimal sperm health can lead to difficulties in conception, recurrent miscarriages, or genetic abnormalities in the offspring.

Factors Affecting Sperm Health

Several factors can influence sperm health, including lifestyle choices, environmental factors, and underlying medical conditions. Some common factors affecting sperm health include:

- **Lifestyle Factors:** Poor diet, obesity, smoking, excessive alcohol consumption, drug use, and lack of exercise can all negatively impact sperm health.
- **Environmental Factors:** Exposure to toxins, pollutants, radiation, and excessive heat (such as from hot tubs or saunas) can impair sperm production and function.

- **Medical Conditions:** Certain medical conditions like infections, hormonal imbalances, genetic disorders, and anatomical abnormalities can affect sperm production, quality, or delivery.

Sperm Tests and Their Purpose

To assess sperm health, various tests are available, each focusing on different aspects of sperm quality. Common sperm tests include:

- **Semen Analysis:** This test evaluates sperm count, motility, morphology, volume, pH level, and other parameters present in the semen sample.
- **Sperm Morphology Analysis:** It assesses the shape and structure of sperm to determine their normalcy.
- **Sperm Motility Analysis:** This test measures the percentage of actively moving sperm in a semen sample, crucial for successful fertilization.
- **Sperm DNA Fragmentation Test:** It evaluates the integrity of sperm DNA, as fragmented DNA can impair fertility and increase the risk of genetic abnormalities in offspring.

Ways to Improve Sperm Health

Fortunately, several lifestyle modifications and strategies can help enhance sperm health:

- **Maintain a Healthy Lifestyle:** Opt for a balanced diet rich in antioxidants, vitamins, and minerals. Maintain a healthy weight, exercise regularly, avoid smoking, limit alcohol intake, and manage stress effectively.
- **Avoid Exposure to Harmful Substances:** Minimize exposure to toxins, pollutants, and excessive heat. Wear protective gear when working with hazardous chemicals or in environments with high levels of toxins.
- **Practice Safe Sex:** Protect yourself from sexually transmitted infections (STIs), as they can adversely affect sperm health.
- **Consider Supplements:** Certain supplements like zinc, selenium, vitamin C, and coenzyme Q10 have been associated with improved sperm quality. However, consult a healthcare professional before starting any supplementation regimen.

In conclusion, understanding sperm health and its implications for fertility and conception is crucial for couples trying to conceive. By adopting healthy lifestyle habits, minimizing exposure to harmful substances, and seeking appropriate medical guidance, individuals can optimize sperm health and enhance their chances of successful conception. If experiencing difficulties conceiving, consulting a healthcare provider or fertility specialist is advisable to explore further evaluation and potential

treatment options. Remember, proactive steps towards improving sperm health can significantly impact the journey towards parenthood.

Title: Understanding Fertility and Reproductive Health Tests: A Guide to Help you During Your Fertility Journey

Beginning a fertility journey that involves the help of Assisted Reproductive Technologies (ART) can be a profound decision for individuals or couples seeking to expand their families. At Pollin Fertility, we understand the significance of this journey and aim to provide comprehensive support at every step. Central to any ART treatments are the various tests and assessments that patients undergo, each playing a crucial role in optimizing the chances of a successful outcome.

In this guide, we'll delve into the different tests involved in an IVF cycle, covering hormonal testing, genetic assessments, nutrient and vitamin evaluations, endometrial assessments, and tests for male factors.

Hormonal Testing

Fertility hormone baseline testing and screening is a crucial first step to understanding reproductive health and provides valuable insights into the intricate hormonal balance required for successful conception. By evaluating the levels of these hormones, your fertility specialist can diagnose underlying issues affecting fertility and develop personalized treatment plans. These tests are conducted via blood-draw.

1. Anti-Müllerian Hormone (AMH):

- AMH is a protein produced by the cells in the ovarian follicles. It plays a crucial role in regulating the development and maturation of ovarian follicles and is often a marker of ovarian reserve, which refers to the quantity of a woman's remaining eggs.
- Higher levels of AMH generally indicate a larger number of follicles and potentially better ovarian reserve, while lower levels may suggest a reduced number of follicles and diminished ovarian reserve. AMH testing is also used to predict response to certain fertility treatments. It is important to note that AMH test results should always be interpreted in

conjunction with other clinical and lab parameters to gain a comprehensive understanding of fertility status.

<<Link out to Ovarian Reserve Blog>>

2. Follicle-Stimulating Hormone (FSH):

- FSH plays a pivotal role in stimulating the growth and development of ovarian follicles in females and sperm production in males.
- Elevated levels of FSH may indicate ovarian dysfunction in females or testicular issues in males, while low levels can signal potential pituitary or hypothalamic problems.

3. Luteinizing Hormone (LH):

- LH triggers the final maturation and ovulation of the egg in females and stimulates testosterone production in males.
- Abnormal levels of LH can indicate irregularities in the menstrual cycle or problems with ovulation in females. In males, high levels may suggest issues with testosterone production or testicular function.

4. Estradiol (E2):

- Estradiol is a form of estrogen produced primarily by the ovaries in females. It regulates the menstrual cycle and is essential for follicle development.
- Monitoring estradiol levels helps assess ovarian function and follicular development. Abnormal levels may indicate ovarian dysfunction or other reproductive issues.

5. Progesterone:

- Progesterone is crucial for preparing the uterine lining for implantation and maintaining pregnancy.
- Measuring progesterone levels helps evaluate the function of the corpus luteum and assess ovulation. Low progesterone levels may indicate inadequate ovulation or luteal phase defects.

6. Testosterone:

- Testosterone is the primary male sex hormone, but it's also present in females in smaller amounts and plays a role in libido and overall reproductive health.
- Testing testosterone levels helps assess ovarian and adrenal function in females and evaluate testicular function in males. Imbalances can affect fertility and reproductive health in both sexes.

7. Thyroid Stimulating Hormone (TSH):

- TSH regulates the function of the thyroid gland which influences metabolism, heart function, the nervous system, moods and fertility.
- TSH levels indirectly reflect the function of the thyroid gland. High or low TSH levels can both impact fertility and pregnancy.

7. Prolactin:

- Prolactin is primarily known for its role in lactation, but it also influences reproductive function by suppressing ovulation.
- Elevated prolactin levels can interfere with ovulation and menstrual regularity in females and affect sperm production in males. Testing helps identify hyperprolactinemia, which may require further evaluation and treatment.

Reproductive Organ Tests

For both females and males, several tests can be performed to evaluate the health and function of the reproductive organs. Here's an overview of some common tests conducted for each:

Tests for Female Reproductive Organs:

1. **Pelvic Exam:** A physical examination of the external and internal reproductive organs, including the uterus, ovaries, and cervix, to assess for any abnormalities, such as cysts, fibroids, or signs of infection.
2. **Transvaginal Ultrasound (TVUS):** A non-invasive imaging test that uses high-frequency sound waves to create images of the female reproductive organs, including the uterus, ovaries, and fallopian tubes. TVUS can help identify structural abnormalities, ovarian cysts, and monitor follicle development during the menstrual cycle or fertility treatments.
3. **Saline Infusion Sonohysterogram (SIS):**
This specialized transvaginal ultrasound procedure is used to evaluate the uterus and the fallopian tubes. Sterile saline fluid is infused inside the uterus via a thin catheter, allowing your physician to visualize the uterine shape and cavity, while assessing the patency (openness) of your fallopian tubes.
4. **Hysterosalpingography (HSG):** An X-ray procedure that involves injecting a contrast dye into the uterus and fallopian tubes to evaluate their structure and detect any blockages or abnormalities. HSG is often used to assess fallopian tube patency and uterine abnormalities that may affect fertility.
5. **Hysteroscopy:** A minimally invasive procedure that involves inserting a thin, lighted instrument called a hysteroscope through the cervix and into the uterus to visually inspect the uterine cavity for abnormalities, such as polyps, fibroids, or adhesions.

Specialized Endometrial Testing

The endometrium is the inner lining of the uterus, consisting of glandular tissue and blood vessels. It plays a crucial role in the menstrual cycle, embryo implantation, and pregnancy. In conception, the endometrium provides a receptive environment for implantation, with changes in its thickness, vascularity, and secretions regulated by hormonal signals. During early pregnancy, the endometrium

provides nutrients and oxygen to the developing embryo and facilitates placental development, which is why successful conception is hugely dependent on a properly functioning endometrium.

There are several specialized testing procedures available to assess the receptivity and function of endometrium including:

- **Endometrial Biopsy:** A procedure in which a small sample of tissue from the lining of the uterus (endometrium) is collected and examined under a microscope to evaluate for abnormalities, such as inflammation, polyps, or signs of abnormal cell growth.
- **Endometrial Receptivity Analysis (ERA):** ERA assesses the window of implantation to determine how many days of progesterone should be used prior to an embryo transfer.
- **Endometrial Microbiome Metagenomic Analysis (EMMA):** This test looks at the endometrial microbiome to determine potential imbalances in healthy bacteria (lactobacilli). Some clinics recommend it for those with recurrent failed embryo transfers or pregnancy loss.
- **Analysis of Infectious Chronic Endometriosis (ALICE):** ALICE screens for dormant infections in the uterus, referred to as chronic endometritis.

Tests for Male Reproductive Organs:

1. **Semen Analysis:** A laboratory test that evaluates the quantity, quality, and motility of sperm in a semen sample. Semen analysis is used to assess male fertility and can provide important information about sperm count, motility, morphology, and other parameters that may affect fertility.
2. **Sperm DNA Fragmentation Index (DFI):** A specialized laboratory test that assess the degree of fragmentation within the sperm DNA. A high degree of fragmentation can impact fertility rates and may warrant vitamin supplementation, Urology consultation or assisted reproductive technologies such as intracytoplasmic spermatic injection (ICSI).
3. **Anti-Sperm Antibody Testing (ASA):** A specialized laboratory test that measures the amount of auto-antibodies produced by male against his own sperm. Risk factors for elevated ASA numbers include prior testicular procedures, lifestyle factors such as smoking and alcohol consumption, age, obesity, and certain medical conditions such as diabetes.
4. **Scrotal Ultrasound:** An imaging test that uses high-frequency sound waves to create images of the scrotum and testicles. Scrotal ultrasound can help evaluate for abnormalities such as varicoceles, cysts, tumours, or other structural issues that may affect sperm production or fertility.

5. **Testicular Biopsy:** A procedure in which a small sample of tissue is collected from the testicle and examined under a microscope to evaluate for abnormalities, such as sperm production problems, testicular cancer, or obstructive lesions.

To learn more about Toronto Fertility Testing at Pollin Fertility, click [here](#).

Genetic Testing (Preconception)

Preconception genetic testing plays a pivotal role in family planning by providing crucial information about potential genetic risks that may affect offspring or give insight into infertility and previous pregnancy loss. There is also testing available for embryos created during an IVF cycle, and prior to transfer to determine the health of the embryo, thus increasing the chances for implantation and a healthy pregnancy.

Choosing which test(s) to undergo depends on the individual or couple's medical history, family history, and specific concerns or challenges. Your Pollin Fertility Specialist will discuss which testing options are right for you, but may include:

1. **Carrier Screening**

This simple blood test determines if one or both partners are carriers for certain genetic conditions. If both partners are carriers for the same condition, there's a higher chance their child could be affected by the condition. Examples include cystic fibrosis, Tay-Sachs disease, and sickle cell anemia.

2. **Ashkenazi Jewish Screening**

People of Ashkenazi Jewish descent have a higher risk of being carriers for certain genetic disorders. When individuals or couples of Ashkenazi Jewish descent are considering having children, undergoing carrier screening via blood test, for these conditions can provide valuable information on the potential risks to their offspring.

3. **Karyotyping**

This simple blood test can identify structural chromosomal abnormalities or abnormal chromosome numbers (aneuploidies) in parents. Abnormalities could contribute to infertility or recurrent pregnancy loss.

4. **Y-Chromosome Microdeletion Testing**

This test, conducted via sperm sample, examines the Y-chromosome for missing sections that might be causing sperm production issues.

5. **Fragile X Syndrome Testing**

This test looks for the FMR1 mutation on the X-chromosome. Carriers of this disease may have an increased risk of experiencing premature ovarian insufficiency or reduced ovarian reserve.

6. Preimplantation Genetic Testing (PGT)

Once embryos are successfully created through IVF, they are able to be tested prior to transfer. This testing reduces the risk of passing on genetic disorders and increases the chance of a successful embryo transfer and healthy pregnancy. There are different types of PGT tests:

PGT-A (aneuploidy): Tests embryos for the correct number of chromosomes. Embryos with the correct number of chromosomes are more likely to result in a healthy pregnancy.

PGT-M (monogenetic): Tests embryos for a specific genetic condition(s) when one or both parents are carriers.

PGT-SR (structural rearrangement): Tests embryos for chromosome rearrangements, which may be inherited from a parent and contribute to infertility or recurrent pregnancy loss.

Genetic Testing (Post-conception)

Post-conception genetic testing, particularly in the context of prenatal testing and screening, serves several important purposes in ensuring the health and well-being of both the fetus and the expected parents. If there is a loss of pregnancy, there is also valuable testing that can be done to try to determine the cause of the miscarriage.

1. Non-Invasive Prenatal Testing (NIPT)

This test is a revolutionary blood draw screening test used during pregnancy (typically done at 10-12 weeks of gestation) to assess the risk of certain chromosomal abnormalities in the fetus, such as Down syndrome (Trisomy 21), Edwards syndrome (Trisomy 18), and Patau syndrome (Trisomy 13), as well as other genetic conditions. NIPT is known for its high accuracy in detecting abnormalities, however it's important to note that NIPT is a screening test, not a diagnostic test. This means that while NIPT can accurately assess the risk of certain genetic conditions, it cannot provide a definitive diagnosis. In cases where NIPT results indicate a high risk of a chromosomal abnormality, further diagnostic testing, such as chorionic villus sampling (CVS) or amniocentesis, may be recommended to confirm the diagnosis.

2. Products of Conception (POC) Testing

POC testing involves the examination of fetal tissues following a miscarriage, pregnancy termination or stillbirth. The analysis of this tissue can help your fertility specialist determine the cause of the pregnancy loss and may provide valuable information about chromosomal abnormalities or genetic conditions that may have contributed to the loss.

To learn more about Toronto Fertility Testing at Pollin Fertility, click [here](#).

Nutrient and Vitamin Deficiency Tests

Nutrients and vitamins play a crucial role in fertility and reproductive health for both men and women. When trying to conceive, ensuring adequate intake of key nutrients and vitamins is essential for optimizing fertility, supporting healthy pregnancy outcomes, and promoting the overall well-being of both parents and future children. Deficiencies can be detected through a simple blood test and the most important nutrients and vitamins for fertility include:

- **Folate (Vitamin B9):** Essential for neural tube development and DNA synthesis, folate is important for both men and women during preconception.
- **Iron:** Supports healthy red blood cell production and oxygen transport, crucial for women's reproductive health and preventing anemia.
- **Omega-3 Fatty Acids:** Found in fatty fish, flaxseeds, and walnuts, omega-3 fatty acids support hormone production and egg quality in women, as well as sperm health in men.
- **Vitamin D:** Regulates hormone levels, supports immune function, and plays a role in fertility for both men and women.
- **Zinc:** Essential for sperm production, sperm motility, and DNA synthesis in both men and women.
- **Antioxidants (Vitamin C, Vitamin E, Selenium):** Protect eggs and sperm from oxidative damage caused by free radicals, supporting fertility and reproductive health.
- **Calcium:** Supports uterine health and muscle function, important for women's reproductive health.
- **Magnesium:** Regulates blood sugar levels, supports hormone balance, and may improve fertility in women with certain menstrual disorders.

Optimizing diet and nutrition at every point during the conception process is always recommended for both partners.

To learn more about Naturopathic Care services, including Diet, Nutrition and Lifestyle optimization at Pollin Fertility, click [here](#).

In conclusion, when embarking upon a fertility treatment, there will be a series of investigations along the way, all necessary to personalizing your care plan and optimizing your chances of a successful pregnancy and healthy baby. At Pollin Fertility, we are committed to providing personalized care and support, guiding our patients through each stage of the process with compassion and expertise. By understanding the importance of these tests and their role in the fertility treatment journey, patients can approach their fertility treatment with confidence and clarity.

To learn more about all the fertility services offered at Pollin Fertility, click [here](#).

Title: What to Expect Before, During and After Your Egg Retrieval

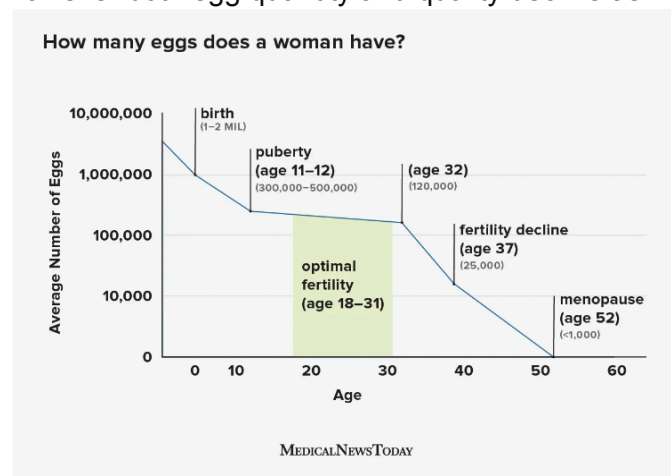
Egg Freezing Toronto Title: Is Egg Freezing Right for You?

Date: <<Date Posted>>

Dr. Evan Taerk

7 min read

We are born with all the eggs we will ever have—approximately 1-2 million at birth. That sounds like a lot, however both egg quantity and quality decline as we age and more rapidly, beginning in our early 30's.



But as more and more of us realize, we are not always ready to have children when our bodies are at their prime for conception.

Egg Freezing (oocyte cryopreservation) is a proactive and empowering fertility preservation procedure that involves stimulating the ovaries with hormones to produce multiple eggs that are retrieved from the ovaries and then frozen. In the future, these eggs can be thawed and combined with sperm to create embryos that are implanted in the uterus for pregnancy. With the advancement in cryopreservation techniques, egg freezing is becoming a more widely accessible option for those who wish to have more control over their reproductive timeline.

It is important to note that egg freezing is not a full-proof guarantee that you will be able to conceive later on, it is, however, a way to increase your chances. There are many factors that impact egg freezing conception success rates, all of which we will go into in this blog. Keep reading to learn everything you need to know about the egg freezing process at Pollin and to determine if it's right for you and your family planning future.

Why Should You Consider Egg Freezing?

There are a multitude of reasons why someone may choose egg freezing when considering their future family building goals. Here are the most popular reasons:

1. **Age:** Ageing is the number one factor impacting egg quality and quantity and subsequently, the chances of a healthy conception and pregnancy. Egg freezing allows you to preserve your eggs when they are at their youngest and healthiest.
2. **Empowerment:** More common now than in any generation before, women are focused on life goals such as completing their education, focusing on career advancement, establishing financial stability and finding the right partner prior to having children. Egg freezing allows them to take charge of their fertility and make decisions about family planning when they are ready.
3. **Medical reasons:** The treatment of certain medical conditions, such as various autoimmune diseases, family history of early menopause, endometriosis or various cancers, can affect the quality and quantity of the eggs in the ovaries or even the ovaries themselves. These treatments can include certain immunosuppressant medications, pelvic surgeries, chemotherapy, and radiation. Egg freezing provides a way to preserve eggs before undergoing treatments or before conditions progress in severity.
4. **Gender-Affirming Care:** Transgender individuals with ovaries may wish to freeze their eggs prior to commencing gender-affirming treatment, as these treatments can affect the quality and production of eggs. Egg freezing allows for more options once a couple or individual is ready to start or grow their family.
5. **Advancements in Technology:** Improvements in egg freezing techniques have made the process more successful and accessible to women. This has contributed to the growing popularity of egg freezing as a fertility preservation option.

What is the Best Age to Freeze Your Eggs?

While there is no perfect age to freeze your eggs, the younger you are when you freeze, the better your chances of having a healthy birth in the future. Egg freezing should ideally occur before the age of 35, but egg freezing remains a good option for women or anyone with ovaries over the age of 35, especially if their egg number is high. Egg freezing is especially important to consider at any age if you have a medical reason that would impact your future ability to conceive.

What are the Steps Involved in an Egg Freezing Cycle?

An egg freezing cycle typically takes 2-4 weeks to complete. The process involves several steps, including ovarian stimulation, egg retrieval, egg freezing and storage. Here is a step-by-step breakdown of the timeline for a typical egg freezing cycle at Pollin:

Step One

Comprehensive Initial Consultation

The first step in a Pollin egg freezing cycle is a comprehensive initial consultation with one of our experienced fertility doctors where you are given the knowledge and guidance to determine if egg freezing is right for you based on your personal medical history and your future family planning goals.

Step Two

Testing & Screening

Fertility testing and screening by way of a series of blood tests and ultrasounds are done to test the quantity and quality of your eggs (your ovarian reserve).

- **AMH** (Anti-Mullerian Hormone) blood test: this gives us an idea of the number of eggs you have.
- **FSH** (Follicle Stimulating Hormone), **LH** (Luteinizing Hormone) and **Estradiol** blood tests: These hormones tell us information about your fertility status.
- **AFC** (Antral Follicle Count) ultrasound: This measures the number of growing eggs in your ovaries on day 2, 3 or 5 of your cycle. This test, combined with results of your blood tests help to predict how you will respond to the fertility medication used to stimulate your ovaries.

Step Three

Ovarian Stimulation

During this stage, you'll begin injecting medication to stimulate your ovaries to produce multiple eggs. This lasts 9 to 14 days, during which your doctor will monitor your ovaries' response to medication with bloodwork and ultrasounds.

Step Four

Egg Retrieval

Under sedation, your eggs will be removed at the clinic using ultrasound guidance. The process itself is only 15-20 min.

Many patients experience cramping and pressure for 24-72 hours after the procedure, but symptoms vary from person to person.

Step Five

Egg Freezing & Storage

Your eggs will be frozen the same day they are retrieved. Your doctor will tell you the number of eggs they retrieved before you leave, and the embryologist will call you the next day to confirm how many viable eggs they were able to freeze. Your eggs will be safely and securely stored in our cryopreservation facilities, ready for you when and if you need to use them.

Step Six

Recovery

After the egg retrieval, you'll have a follow-up appointment with your doctor to review your cycle and determine what your next steps will be.

Preparing and Optimizing Your Body Prior to Egg Freezing

To optimize outcomes for an egg freezing cycle, it is recommended to start preparing your body and lifestyle **at least 3 months in advance**. This time frame allows for significant changes to take effect and positively impact egg quality and overall fertility. Here are some steps you can take in the months leading up to an egg freezing cycle to optimize your chances of success:

1. **Consider a Supplement Plan:** Your fertility doctor or naturopath will discuss the benefits of a personalized supplement prior to undergoing an egg freezing cycle. There are supplements known to support egg health, such as folate, CoQ10, omega-3 fatty acids, vitamin D, and antioxidants. These supplements can help improve egg quality and overall reproductive health.

2. **Maintain a Healthy Diet:** Transition to a balanced and nutritious diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats. Avoid processed foods, excess sugar, and unhealthy fats that can negatively impact fertility.
3. **Regular Exercise:** Incorporate regular physical activity into your routine, such as aerobic exercises, strength training, and yoga. Exercise can help improve circulation, reduce stress, and support overall health.
4. **Reduce Stress:** Practice stress-reducing techniques such as meditation, mindfulness, yoga, or deep breathing exercises. High levels of stress can negatively impact fertility, so managing stress is crucial.
5. **Avoid Harmful Substances:** Eliminate or reduce exposure to harmful substances like tobacco, alcohol, and recreational drugs. These substances can impair fertility and may negatively affect egg quality.
6. **Get Sufficient Sleep:** Aim for 7-8 hours of quality sleep each night to allow your body to rest and recover. Sleep is essential for overall health and hormone regulation.
7. **Consider Acupuncture:** Some individuals find acupuncture to be beneficial in reducing stress, improving blood flow to the reproductive organs, and supporting fertility. Consider adding acupuncture sessions to your pre-egg freezing regimen.

Egg Freezing Success Rates by Age

The odds of a future pregnancy will depend on many factors, such as your age at the time of egg freezing, and the number of eggs retrieved. *We've created this helpful chart to give you an idea of the success of egg freezing at different life stages.

Age That Eggs Were Frozen	Probability of Having at Least 1 Child	Probability of Having at Least 2 Children	Probability of Having at Least 3 Children
30 to 34	82%	50%	22%
35 to 37	80%	45%	20%
38 to 40	60%	22%	3%
41 to 42	40%	10%	1%

**These probabilities are taken from the results of 1 study and may not necessarily reflect your chance of having a baby. (Doyle et al. 2015)*

How Many Eggs Should I Freeze Based on My Family Building Goals?

The number of eggs to freeze (and how many egg freezing cycles you will need to achieve this) depends on various factors, including age, fertility status, and family building goals (how many children you would like to

have). On average, it is recommended to freeze between 15-20 eggs to have a good chance of a single successful pregnancy in the future. One way to gain a better idea of what the egg freezing process and success rate may look like for you is to use this [Egg Freezing Counseling Tool](#), developed by Boston's Brigham & Woman's Hospital research team.

Your Pollin fertility doctor will review your personalized egg freezing plan, as well as your predicted success rates prior to moving forward with your cycle.

Why Choose Pollin for Egg Freezing?

We built Pollin because we believe that patients deserve better care. Achieving optimal Egg Freezing cycle outcomes start with great fertility doctors who have access to the best technology, and state of the art facilities. This is what Pollin is and it's what we represent.

Our Egg Freezing program was thoughtfully designed to value and respect the current stage of life you're in while giving you more options for the ones still to come.

We invite you to experience the Pollin difference:

- **OHIP Covered Consults with Leading Fertility Doctors**

Every Egg Freezing journey begins with a comprehensive, OHIP covered consultation with one of our expert fertility doctors—all of whom are certified by the Royal College of Physicians and Surgeons in Obstetrics and Gynecology (OBGYN) and in Reproductive Endocrinology and Infertility (REI).

- **Continuous Expert Care**

Every aspect of your journey is expertly managed by your doctor and personal care team. From initial consultation and testing to guiding you through your customized protocol, egg retrieval and recovery—your doctor is with you every step of the way.

- **Warm, Welcoming, Spa-Like Environment**

Pollin is a leading fertility clinic intentionally designed to NOT look or feel like a typical fertility clinic. We have elevated the egg freezing experience to be one that reflects the empowering, positive and comfortable experience it should be, down to the smallest of details.

- **Convenient, Comfortable and Efficient Process**

From our digital booking process and streamlined cycle monitoring, to our custom mobile app, we ensure you spend less time in the clinic and more of it living your life.

- **Cutting Edge Science & State-of-the-Art Lab**

We blend groundbreaking science and technology with the highest level of care and precision so you can rest assured your frozen eggs are being handled and stored safely and securely for if, and when you are ready to use them.

Egg Freezing Toronto

How Much Does an Egg Freezing Cycle Cost?

At Pollin, we believe in transparent, inclusive and accessible pricing. An egg freezing cycle at Pollin is \$7800, not including the cost of medications. For a full list of inclusions and exclusions click [here](#).

In conclusion, egg freezing at Pollin offers individuals an opportunity to take control of their fertility and future

reproductive timeline. With advanced technology, expert care, and personalized support, Pollin is dedicated to empowering individuals on their fertility journey.

<<If you are considering egg freezing, book an OHIP covered consultation with one of our fertility doctors today to get started>>

<<Book Now>>

About Pollin Fertility



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Understanding Fertility Benefits: What do they cover...

Blog Page Cover		
Category	Fertility 101	
Title	Understanding Fertility Benefits: What Do They Cover, Finding Your Coverage, Companies Who Offer Them, and More <<Read blogpost>>	
GOOGLE SEARCH CRITERIA	August 7, 2024 / Pollin Fertility / 5 min read	
Blog	Once clicked in	
ABOVE TITLE	Affording Fertility Care	
	August 7, 2024	
	Pollin Fertility	
	5 min read	
Blog Title	Understanding Fertility Benefits: What Do They Cover, Finding Your Coverage, Companies Who Offer Them, and More	

As companies strive to offer more comprehensive employee benefits, fertility coverage has emerged as a critical component. This guide outlines the types of fertility benefits available, highlights companies leading the way, and explains how to check if your employer offers these benefits, and if they don't, how to drive change in your organization.

Types of Fertility Treatment Benefit Coverage

- **In-Vitro Fertilization (IVF) and Intrauterine Insemination (IUI):**
 - **Coverage:** Typically includes procedures, medications, and sometimes multiple cycles.
 - **Frequency:** Often one-time or with lifetime maximums.
- **Egg & Sperm Freezing:**
 - **Coverage:** Costs for retrieval, freezing, and storage.
 - **Frequency:** Usually one-time with storage fees potentially covered annually.
- **Surrogacy and Adoption Assistance:**
 - **Coverage:** Financial assistance for surrogacy and adoption expenses.
 - **Frequency:** Often one-time per child or per lifetime.
- **Counselling and Support Services:**
 - **Coverage:** Mental health support related to fertility treatments.
 - **Frequency:** Often annual.

Fertility Medication Benefit Coverage

The cost of medications required for fertility treatments can be a significant portion of your total care expenses. The good news is that many are covered by your health plan if it includes prescription drug coverage. Depending on your plan you may find you have different levels of coverage and it's important to work with your HR lead, or directly with your insurance company, to find out what is and what is not covered prior to starting treatment.

Here are some tips in order to maximize your insurance coverage during your fertility journey:

- Before you start treatment, **contact your insurance provider** and ask them to provide you with a comprehensive explanation of benefits with respect to fertility medications, including if there are any limits to the coverage such as:
 - Total amount limits
 - Total treatment cycle limits
 - Annual limits
 - Lifetime maximum limits

Having this information prior to starting treatment will allow you to better financially plan for your fertility journey. If you have annual limits, you may want to consider timing of treatments and claim submissions.

- **Submit medication claims in a timely manner.** Denied claims happen often and are able to be appealed. Always refer back to your explanation of benefits to make sure the reason for denial is correct. Mistakes happen. Your Pollin care team can assist with claims, preauthorization requests and denials/appeals.
- If you have a partner in your journey, remember to also **investigate what is covered in their plan** to increase your overall coverage.

How to Check If Your Company Offers Fertility Benefit Coverage:

- **Review Your Benefits Handbook:** Check your employee benefits handbook or online portal.
- **Speak with HR:** Contact your HR department or benefits coordinator for specific details about your plan.
- **Insurance Provider Website:** Use your insurance provider's online portal to review coverage details.
- **Health Spending Accounts:** Even if your employer doesn't provide direct coverage, health spending accounts (HSAs) can often be used to cover fertility-related expenses, reducing out-of-pocket costs. Talk with your HR lead to find out if your company offers an HSA as an alternative, or in combination with, the traditional employee benefit plan.

List of Canadian Companies with Fertility Benefits: Is Your Employer on the List?

Did you know that many companies now include fertility treatments and care as part of their corporate benefits? We've compiled a comprehensive list of over 100 Canadian companies that offer fertility benefits. Whether your company is on this list or not, it's always a good idea to review your benefits, check your health spending accounts, and consult with HR. Supporting employees with their fertility challenges not only enhances workplace performance but, we believe, it's also the right thing to do.

If you are a Canadian Employer and are not on this list, reach out to us to have your company added!

Adobe Systems Canada Inc.: Extensive family-friendly benefits, including fertility support.

Apple: Comprehensive health benefits, including fertility treatments.

Bank of Canada: Robust health and wellness benefits, including fertility support.

Bank of Montreal (BMO): Recently increased the lifetime maximum for fertility drugs to \$20,000, The bank also reimburses \$20,000 each for fertility treatment and surrogacy expenses, for a potential \$60,000 in capped benefits.

Bayer Inc.: Comprehensive fertility coverage as part of their health benefits package.

Bell Canada: Fertility treatments and family support through their Workways program.

Bell Media: Offers fertility benefits.

Blake, Cassels & Graydon LLP: Comprehensive health benefits, including fertility treatments.

Boston Consulting Group (BCG) Canada: Provides fertility support up to \$15,000.

Boston Pizza International Inc.: Offers fertility benefits.

British Columbia Investment Management Corp. (BCI): Fertility coverage included in their comprehensive benefits.

Brookfield Renewable Partners L.P.: Includes fertility treatments in their health benefits.

Business Development Bank of Canada: Includes fertility treatments in their health benefits.

CAA South Central Ontario: Comprehensive health benefits, including fertility treatments.

CAE Inc.: Comprehensive health benefits, including fertility treatments.

Canada Energy Regulator: Known for family-friendly policies, including fertility benefits.

Canadian National Railway Company: Offers fertility coverage as part of their health benefits.

Canadian Pacific Kansas City (CPKC): Fertility treatments included in their benefits.

Canadian Tire Corporation: Offers fertility benefits.

Carleton University: Fertility treatment coverage as part of their health benefits.

Cascades Canada Inc.: Known for family-friendly benefits, including fertility treatments.

Chanel: Unlimited coverage for fertility care.

CIBC: Recently began covering \$15,000 each for treatment and drugs, with a total lifetime maximum of \$30,000.

Cisco Canada: Up to \$50,000 for IVF, egg freezing, and donor services.

Citi Canada: Offers fertility benefits as part of their health coverage.

Clio: Includes fertility treatments in their employee benefits.

Coke Canada: \$20,000 for fertility treatments, \$20,000 for medication

Colliers International Canada: Offers fertility benefits.

College of Physicians and Surgeons of British Columbia: Fertility coverage as part of their health benefits.

Compass Group Canada: Includes fertility treatments in their health benefits.

Corus Entertainment Inc.: Comprehensive health benefits, including fertility treatments.

Covenant House Vancouver: Offers fertility benefits.

Creative Options Regina, Inc.: Includes fertility treatments in their health benefits.

Credit Valley Conservation Authority: Offers fertility benefits.

CRH Canada Group Inc.: Includes fertility treatments in their health benefits.

Danone Canada: Offers fertility benefits to their employees.

Daily Bread Food Bank: Comprehensive health benefits, including fertility treatments.

Dentons Canada LLP: Includes fertility treatments in their employee benefits.

Dentsu Canada Inc.: Offers fertility benefits.

Desjardins Group: Comprehensive health benefits, including fertility treatments.

Diamond Schmitt Architects Inc.: Offers fertility coverage as part of their health benefits.

Digital Extremes Ltd.: Includes fertility treatments in their employee benefits.

Employment and Social Development Canada: Exceptional family-friendly benefits, including fertility treatments.

Enbridge Inc.: Known for their comprehensive health benefits, including fertility treatments.

Export Development Canada: Fertility coverage is part of their health benefits package.

EY (Ernst & Young): Offers fertility coverage as part of their health benefits.

Fidelity Canada: Provides fertility benefits and parental support.

Ford Motor Company of Canada Ltd.: Includes fertility treatments in their health benefits.

FreshBooks: Offers fertility benefits as part of their health coverage.

GHD Canada Holdings Inc.: Includes fertility treatments in their employee benefits.

Google Canada: \$75,000 for IVF treatment, egg freezing and surrogacy expenses.

Graham Construction: Known for family-friendly benefits, including fertility treatments.

HarperCollins Canada Ltd. and Harlequin Enterprises ULC: Offers fertility benefits.

Hatch Ltd.: Includes fertility treatments in their employee benefits.

Hootsuite: Comprehensive health benefits including fertility treatments.

Hospital for Sick Children (SickKids): Fertility treatments included in their health benefits.

Hudson's Bay Company: Comprehensive health benefits, including fertility treatments.

IGM Financial Inc.: Offers fertility coverage as part of their health benefits.

Indigo Books & Music: Includes fertility treatments in their employee benefits.

iQmetrix: \$25,000 lifetime coverage for fertility drugs.

Kinross Gold Corporation: Offers fertility benefits.

KPMG LLP: Comprehensive health benefits, including fertility treatments.

Kruger Products Inc.: Includes fertility treatments in their health benefits.

Labatt Breweries of Canada: Comprehensive health benefits, including fertility treatments.

League Inc.: Known for comprehensive health and wellness benefits, including fertility support.

LinkedIn: \$100,000 for 3 IVF cycles.

Liquor Control Board of Ontario (LCBO): Offers fertility benefits.

Loblaw Companies Ltd.: Comprehensive health benefits, including fertility treatments.

Loopio Inc.: Comprehensive health benefits, including fertility treatments.

L'Oréal Canada Inc.: Offers fertility benefits.

Lululemon: Offers fertility benefits.

Manulife: Includes fertility treatments as part of their health benefits.

Mars Canada: Offers fertility benefits.

Mattamy Homes Limited: Includes fertility treatments in their health benefits.

Mazda Canada Inc.: Offers fertility benefits.

McCarthy Tétrault LLP: Includes fertility treatments in their employee benefits.

McMillan LLP: Comprehensive health benefits, including fertility treatments.

Medtronic Canada ULC: Offers fertility benefits.

Mercer (Canada) Ltd.: Includes fertility treatments in their health benefits.

Meta (Canada): \$100,000 for up to 4 IVF cycles, egg freezing.

Metrolinx: Comprehensive health benefits, including fertility treatments.

Michael Garron Hospital: Offers fertility benefits.

Microsoft: \$50,000 for IVF, egg freezing.

Ontario Power Generation: Includes fertility treatments in their health benefits.

OpenText Corporation: Comprehensive health benefits, including fertility treatments.

PetSmart Canada Inc.: Offers fertility benefits.

Pinterest: Coverage for two cycles of IVF and egg freezing.

PwC Canada: Includes fertility treatments in their employee benefits.

RCMP: Comprehensive health benefits, including fertility treatments.

Rogers Communications Inc.: Comprehensive health benefits, including fertility treatments.

Royal Bank of Canada (RBC): Has covered medication for fertility treatments since 2004 but recently increased it to a maximum of \$20,000. RBC also upped their treatment coverage to \$20,000, with a lifetime maximum of \$60,000 for fertility and reproductive treatments, surrogacy, donor, and adoption costs.

Salesforce: Comprehensive health benefits, including fertility treatments.

Scotiabank: expanded coverage to \$10,000 for infertility treatment in addition to medication, as well as \$10,000 for surrogacy expenses, for a maximum lifetime benefit of \$30,000.

ServiceNow: Comprehensive health benefits including fertility treatments.

Shopify: Comprehensive health benefits, including fertility treatments.

Simon Fraser University: Includes fertility treatments in their employee benefits.

Snap Inc.: Up to \$65,000 for fertility and adoption costs, and \$130,000 for surrogacy-related expenses.

Spotify: Unlimited IVF cycles.

Starbucks: \$35,000 for fertility treatments and surrogacy.

Stryker Canada ULC: Up to \$15,000 for fertility treatments.

Suncor Energy Inc.: Offers fertility benefits.

Sunlife Canada: \$15,000 for fertility treatments and medication.

Telus: Comprehensive health benefits including fertility treatments.

Thomson Reuters Canada Limited: Comprehensive health benefits, including fertility treatments.

Toronto-Dominion Centre: Offers fertility benefits.

Toyota Motor Manufacturing Canada Inc.: Offers fertility benefits as part of their health coverage.

TransCanada Corporation: Includes fertility treatments in their health benefits.

TD Bank: \$20,000 each for treatment and medication, for a total of \$60,000 that could be accessed over a lifetime for fertility and reproductive treatments, surrogacy, donor, and adoption costs.

University Health Network: Comprehensive health benefits, including fertility treatments.

University of Toronto: Offers fertility benefits.

Vale Canada Limited: Includes fertility treatments in their health benefits.

Walmart Canada: Includes fertility treatments in their health benefits.

Western University: Comprehensive health benefits, including fertility treatments.

Wilfrid Laurier University: Offers fertility benefits.

York University: Includes fertility treatments in their health benefits.

Zymeworks Inc.: Comprehensive health benefits, including fertility treatments.

Understanding your benefits can make a significant difference in your fertility journey. Ensure you're fully aware of what your employer offers, and don't hesitate to reach out to HR for more details. Supporting fertility challenges is not just about improving employee performance; it's about doing what's right.

My Employer Does Not Have Fertility Benefits. Can I Change This?

According to a study conducted in 2023, 53% of employers do NOT offer fertility benefits and for those that do, the average benefit is only \$6,000 maximum lifetime, and less than 2% cover both drugs and treatment costs.

However, thanks to the efforts of Canadian fertility advocacy organizations like [Conceivable Dreams](#) and [Fertility Matters Canada](#), more and more Canadian employers are recognizing the tangible value of adding family building benefits to their employee health plans - but much more work needs to be done, and often times it takes the voice of the employee to create change.

Head to www.fertilitybenefits.ca to download the employee toolkit to help start the conversation with your employer to include more inclusive fertility care benefits today.

About Pollin Fertility



Pollin Fertility was founded in 2023 with a mission to develop the most advanced clinical, digital and IVF lab technology to improve the fertility patient experience and treatment outcomes.

Pollin's first flagship clinic is located at 2360 Yonge St. in midtown Toronto.

To learn more about the fertility treatments and services offered at Pollin visit www.pollinfertility.com

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Pollin backs Ontario MPP— Introduces Motion For increased Resources and Funding to the Ontario Fertility Program

Gaining access to, and affording quality life-changing fertility care is out of reach for many Ontario families affected by infertility. This week, Ontario MPP, Christine Hogarth introduced a motion in the Ontario Legislature, calling for increased resources and options for families struggling with infertility.

Dr. Kim Garbedian weighs in on why this is so important, and why Pollin believes increasing access and funding to the Ontario Fertility Program (OFP) is crucial as more and more Canadians require the use of fertility treatments to grow their families.

Read the entire release [here](#).

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ABOVE TITLE	Pollin: Advocates For Fertility Care Accessibility	
	October 24, 2024	
	Pollin Fertility	
	5 min read	

Title: Pollin Fertility Celebrates Ontario’s Expansion of Fertility Services

The recent announcement of plans to expand the Ontario Fertility Program (OFP) is a huge step forward to offer more Ontario families access to life-changing fertility care such as funded IVF cycles, at more clinics across the province. While finalized details are still being determined, the expanded program is built upon three pillars:

Innovative Tax Credit: A tax credit will **alleviate the financial burden** of fertility treatments not covered by OHIP, democratizing access to advanced reproductive technologies and medicines for all Ontarians.

Waitlist Eradication: By **reducing the current waitlist of 25,000 women** seeking fertility treatments, the program will drastically cut wait times and enhance immediate access to essential care.

Expanded Accessibility: The strategic **addition of new clinics** will broaden geographical reach, ensuring equitable access to fertility services throughout Ontario.

Pollin Fertility stands poised to meet the anticipated surge in demand for fertility services with a team of specialists certified by the Royal College of Canada and its state-of-the-art IVF laboratory. This robust infrastructure ensures that Pollin is uniquely equipped to provide exceptional care tailored to each patient's needs.

Read the entire release [here](#).

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Vita Magazine - Increasing Access to a Higher Standard...

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	Pollin Fertility	
	5 min read	
Header	Pollin: Increasing Access to a Higher Standard of Fertility Care	Image

Copy	Pollin’s Medical Director, Dr. Kim Garbedian chats with Vita Magazine to discuss how Pollin is committed to providing each patient with compassionate and elevated care through personalized testing and treatment, state-of-the-art technology tools and lab, increased access programs and a modern and spa-like space. Read the full Vita Magazine interview here. About Pollin Fertility  Pollin Fertility was founded in 2023 with a mission to develop the most advanced clinical, digital and IVF lab technology to improve the fertility patient experience and treatment outcomes.	
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	Pollin’s first flagship clinic is located at 2360 Yonge St. in midtown Toronto. To learn more about the fertility treatments and services offered at Pollin, visit www.pollinfertility.com. To book an OHIP covered consultation with one of our fertility specialists or click the link below. <<Book a consultation>>	
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Debunking 5+ Myths...Parents Canada

Blog Page Cover		
Category	Pollin in the Media	
Title	Debunking 5+ Myths about Fertility Treatment <<Read blogpost>>	
GOOGLE SEARCH CRITERIA	January 12, 2024 / Pollin Fertility / 5 min read	
Blog	Once clicked in	
ABOVE TITLE	Dr. Kim Garbedian Featured in Parents Canada	
	January 12, 2024	
	Pollin Fertility	
	5 min read	
Header	Debunking 5+ Myths about Fertility Treatment	Image
Copy	Pollin’s Medical Director, Dr. Kim Garbedian sits down with Parents Canada to address some of the commonly held myths about fertility health care and treatments. Dr. Kim gives insights on who can see a fertility doctor, if a referral is required, the costs of treatment, what you can expect at a fertility consult and more.	

	Read the full Parents Canada article here. About Pollin Fertility  Pollin Fertility was founded in 2023 with a mission to develop the most advanced clinical, digital and IVF lab technology to improve the fertility patient experience and treatment outcomes. Pollin's first flagship clinic is located at 2360 Yonge St. in midtown Toronto. To learn more about the fertility treatments and services offered at Pollin, visit www.pollinfertility.com. To book an OHIP covered consultation with one of our fertility specialists or click the link below. <<Book a consultation>>	
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Girl Boss Radio Podcast

Blog Page Cover		
Category	Pollin in the Media	
Title	Should You Freeze Your Eggs? Dr. Kim Garbedian Sits Down With Girl Boss Radio to Break Down Egg Freezing and Other Important Fertility Awareness Topics <<Read blogpost>>	
GOOGLE SEARCH CRITERIA	May 9, 2024 / Pollin Fertility / 40 min listen	
Blog	Once clicked in	

ABOVE TITLE	Egg Freezing Toronto	
	May 9, 2024	
	Pollin Fertility	
	40 min listen	

Header	Should you freeze your eggs? Dr. Kim Garbedian sits down with Girl Boss Radio to break down egg freezing and other important fertility awareness topics Read blogpost	Image
	Egg Freezing is a popular topic these days, and for good reason! It has become the most effective way to preserve fertility when eggs are at their youngest and healthiest, to allow for more family building options in the future. Pollin's Dr. Kim Garbedian had the pleasure of sitting down with Victoria Christie of Girl Boss Radio to discuss not only egg freezing, but the importance of fertility health awareness, early testing and why seeing a fertility doctor is something everyone should do, regardless of what stage of family planning you may find yourself in. To listen to the entire podcast, click here. About Pollin Fertility  Pollin Fertility was founded in 2023 with a mission to develop the most advanced clinical, digital and IVF lab technology to improve the fertility patient experience and treatment outcomes. Pollin's first flagship clinic is located at 2360 Yonge St. in midtown Toronto.	

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Toronto Star Article - MMF Gala

Blog Page Cover		
Category	Pollin in the Media	
Title	Toronto Star: First-of-its-Kind Fertility Gala Debuts in Toronto <<Read blogpost>>	
GOOGLE SEARCH CRITERIA	May 24, 2024 / Pollin Fertility / 5 min read	
Blog	Once clicked in	
ABOVE TITLE	Pollin X MMF Grant Fund in the News	
	May 24, 2024	

	Pollin Fertility	
	5 min read	

Title	First-of-its-Kind Fertility Gala Debuts in Toronto	Image
Copy	The Smash the (In)Fertility Gala was a “smashing” success. Together, The Modern Miracle Foundation and Pollin Fertility raised over \$600,000 to fund IVF grants for individuals and couples who need access to fertility treatments in order to build their families. The Smash the (In)Fertility Stigma Gala was a first for the city: a whole event dedicated to increasing access to fertility care and raising money to help families achieve their dreams of having a child. Toronto Star’s Shinan Govani, was an honored guest at the event and is helping further our mission of changing the conversation surrounding fertility challenges by writing about his experience at the first annual event that will change lives. Read the entire article here. About the Pollin x Modern Miracle IVF Grant Fund <<add MMF x Pollin Grant image>> Pollin is proud to partner with the The Modern Miracle Foundation, a registered Canadian charity that provides grants to individuals and families struggling to afford fertility treatments, helping ease their financial stress and making fertility treatments more accessible for them. Together, we have created the Pollin x Modern Miracle IVF Grant Fund, which awards an \$8000 IVF Grant to Pollin patients who qualify. For every grant awarded, Pollin will also contribute \$2000 in additional funds, bringing the total grant amount to \$10,000. To learn more about the Pollin x Modern Miracle IVF Grant Fund, including how to qualify and apply click here. About Pollin Fertility	

	 Pollin Fertility was founded in 2023 with a mission to develop the most advanced clinical, digital and IVF lab technology to improve the fertility patient experience and treatment outcomes. Pollin's first flagship clinic is located at 2360 Yonge St. in midtown Toronto. To learn more about the fertility treatments and services offered at Pollin, visit www.pollinfertility.com. To book an OHIP covered consultation with one of our fertility specialists or click the link below.	
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As Featured In: Elle Canada Article

Blog Page Cover		
Category	Pollin in the Media	
Title	Elle Canada: The Future of Fertility <<Read blogpost>>	
GOOGLE SEARCH CRITERIA	July 25, 2024 / Pollin Fertility / 5 min read	
Blog	Once clicked in	
ABOVE TITLE	Pollin's Dr. Kim Garbedian Featured in Elle Canada	
	July 25, 2024	
	Pollin Fertility	
	5 min read	

Title and Copy	The Future of Fertility	
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Dr. Kim Garbedian chats with Elle Canada: How Modern Clinics and Technology are Revolutionizing Reproductive Health

Explore how Pollin is leading the way in the evolution of fertility clinics, and the advancements in technology shaping the landscape of reproductive health. From luxurious patient experiences to cutting-edge AI technologies and potential breakthroughs in fertility research, the journey towards parenthood is undergoing a remarkable transformation.

Discover how these innovations are reshaping the fertility industry and providing hope for individuals and couples on their path to conception.

Read the entire article [here](#).

About Pollin Fertility



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Pollin Toronto featured on Breakfast Television

Blog Page Cover

Category	Pollin in the Media	
Title	Pollin's Toronto Fertility Clinic Featured on Breakfast Television <<Read blogpost>>	
GOOGLE SEARCH CRITERIA	Date / Pollin Fertility / 5 min watch	
Blog	Once clicked in	
ABOVE TITLE	Toronto IVF Clinic	
	Date: <<Date Posted>>	
	Pollin Fertility	
	5 min watch	
Blog Title	Pollin's Toronto Fertility Clinic Featured on Breakfast Television	
Copy	We're thrilled to share our recent feature on Breakfast Television, where Pollin Fertility's innovative approach to fertility treatment and patient care was spotlighted. Our Founding Doctor and Medical Director Dr. Kim Garbedian had an engaging conversation with Teri Hart, discussing how Pollin is redefining the fertility journey. In this insightful interview, Dr. Garbedian delves into what sets Pollin apart in the world of reproductive healthcare. From our state-of-the-art technology and individualised treatment plans to our compassionate and patient-centric approach, Pollin is at the forefront of fertility care innovation. This segment highlights our commitment to making fertility treatments more accessible, understanding, and successful. Watch the full interview below to learn more about our cutting-edge techniques, success rates, and the compassionate care that Pollin Fertility offers. Discover why Pollin is becoming a preferred choice for fertility treatments, not just in Toronto, but for patients across the globe seeking the best in fertility care. <<Imbed Video>>	
	About Pollin Fertility	



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Global News Feature - Rising Infertility/Egg Freezing

Blog Page Cover		
Category	Pollin in the Media	
Title	Dr. Kim Garbedian on Global News: Rising Infertility Leads to Increase in Popularity of Egg Freezing <<Read blogpost>>	
GOOGLE SEARCH CRITERIA	April 16, 2024 / Pollin Fertility / 5 min watch	
Blog	Once clicked in	
ABOVE TITLE	Toronto Egg Freezing	
	Date: <<Date Posted>>	
	Pollin Fertility	
	5 min watch	
Blog Title	Dr. Kim Garbedian on Global News: Rising Infertility Leads to Increase in Popularity of Egg Freezing	

Copy	During this year's Canadian Fertility Awareness Week, Dr. Kim Garbedian, and Carolyn Dubé, Executive Director of Fertility Matters Canada shed critical light on the importance of early awareness of one's own fertility and reproductive health and why the popularity of egg freezing is on the rise as a safe and effective way to preserve options for future family planning. Watch the full segment below as Global News reporter, Caryn Lieberman, introduces us to 25 year old, Shania Bhopa who documented her 11-day egg freezing journey earlier this year on TikTok, in hopes of encouraging other young women to start thinking about, and taking control of, their future fertility options. <<Imbed Video>>	
	About Pollin Fertility  Pollin Fertility was founded in 2023 with a mission to develop the most advanced clinical, digital and IVF lab technology to improve the fertility patient experience and treatment outcomes. Pollin's first flagship clinic is located at 2360 Yonge St. in midtown Toronto. To learn more about the fertility treatments and services offered at Pollin, visit www.pollinfertility.com. To book an OHIP covered consultation with one of our fertility specialists or click the link below.	

Choosing the Right Fertility Clinic

Blog Page Cover		
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Category	Fertility 101	
Title	Choosing the Right Fertility Clinic: A Compassionate Guide for Future Family Builders <<Read blogpost>>	
GOOGLE SEARCH CRITERIA	Date / Pollin Fertility / 2 min read	
Blog	Once clicked in	
ABOVE TITLE	Toronto IVF Clinic	
	December 15, 2023	
	Pollin Fertility	
	2 min read	
Blog Title	Choosing the Right Fertility Clinic: A Compassionate Guide for Future Family Builders	
Copy	When you're ready to start your fertility journey, finding the right clinic and doctor is like choosing a companion for one of the most important journeys of your life. It's not just about expertise; it's about finding a place where you feel understood, supported, and comfortable. Here's a guide to help you make that choice with confidence. 1. Compassionate Communication A good clinic doesn't just talk; it listens. When you first meet with a doctor, do they make you feel heard? Do they explain things in a way you understand, without rushing? Compassion and communication are the heartbeats of a clinic that cares. 2. Transparent Track Record Numbers don't tell the whole story, but they give important clues. Ask your doctor about their experience, make sure they are trained and licensed as fertility experts (Reproductive Endocrinologists- REI). Also ask them about the types of cases they handle, some doctors are trained to handle complex cases like re-occurrent loss or dealing with autoimmune complexities. You want a team that's seen it all and has a history of helping people in situations like yours.	

	3. Tailored Treatments Beware of one-size-fits-all solutions. Your journey is unique, and your treatment should be, too. A good clinic offers personalized plans, not cookie-cutter approaches.	
	Image	
	4. Support Beyond Science Fertility isn't just a physical journey; it's emotional, too. Look for a clinic that offers support in all areas, whether it's counselling, support groups, or just a kind ear when you need it. 5. Clear Costs Money talks can be awkward, but they're crucial. Seek a clinic that's upfront about costs and helps you understand what's included in your treatment package, what is covered by government and private health plans and what isn't. 6. Time and Attention You're not just another appointment. Make sure your clinic gives you the time and attention you deserve, answering your questions and never making you feel rushed. 7. Trust Your Gut Lastly, trust your feelings. If a clinic looks perfect on paper but doesn't feel right, it's okay to keep looking. This is your journey, and you deserve a team that feels like a true partner. Choosing the right fertility clinic is a big step, but it doesn't have to be a scary one. With a little research and a lot of heart, you'll find the place that's just right for you. Remember, it's not just about the destination; it's about finding the right companions for the journey.	

	About Pollin Fertility  Pollin Fertility was founded in 2023 with a mission to develop the most advanced clinical, digital and IVF lab technology to improve the fertility patient experience and treatment outcomes. Pollin's first flagship clinic is located at 2360 Yonge St. in midtown Toronto. To learn more about the fertility treatments and services offered at Pollin, visit www.pollinfertility.com. To book an OHIP covered consultation with one of our fertility specialists or click the link below.	
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Pollin Partners with MMF

Blog Page Cover		
Date Added	Month/Day, Year	
Category	Pollin Fertility News	
Title	Pollin Fertility Clinic Partners with The Modern Miracle Foundation to Provide Equitable IVF Access to More Ontarians <<Read blogpost>>	
GOOGLE SEARCH CRITERIA	December 27, 2023 / Pollin Fertility / 8 min read	
Blog	Once clicked in	
ABOVE TITLE	Pollin X Modern Miracle Foundation IVF Grant Fund in The News	
	December 27, 2023	

	Pollin Fertility	
	8 min read	
Blog Title	Pollin Fertility Clinic Partners With The Modern Miracle Foundation to Provide Equitable IVF Access to More Onatrians	
	Pollin X Modern Miracle IVF Grant Fund Pollin Fertility and The Modern Miracle Foundation have announced an initiative designed to increase access to fertility care for those with financial barriers. A first-of-its-kind in Ontario, the Pollin x Modern Miracle IVF Grant Fund will help offset the cost of IVF fertility treatment, totalling to more than \$225,000 in patient grants per year. “We believe that everyone who wants to build their family should have access to care,” said Dr. Kim Garbedian, Co-Founder and Medical Director of Pollin Fertility, Toronto’s new fertility clinic. “One of the driving forces behind Pollin is to ensure all patients have access to the best possible treatments and the IVF Grant will do just that.” Read the full press release here. How Financial Fertility Grants could help more Canadians overcome barriers to fertility care - CBC One in six Canadian couples experiences infertility. A study published by advocacy group, Conceivable Dreams, found 34 per cent spend more than \$30,000 on treatment alone and may have to do multiple rounds before pregnancy is confirmed. According to Dr. Garbedian, “the accessibility of fertility treatments compounds the existing physical and mental strain on patients”. "There's a huge gap between what funding covers and what patients have to pay out of pocket, so sometimes it means patients don't continue on their fertility journey for	

financial reasons.

"In an effort to make IVF treatments more accessible for Ontarians, Pollin and The Modern Miracle Foundation have teamed up to provide up to 50 IVF grants of \$4500 each per year to Pollin patients who qualify.

Read the full CBC article [here](#).

To learn more about the Pollin x Modern Miracle IVF Grant Fund, and how to apply, click [here](#).

Ontario couple on 'long and expensive' IVF journey have renewed hope with financial help

About Pollin Fertility



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CEO Melody Adhami

Blog Page Cover		
Date Added	January 5, 2024	
Category	Pollin Fertility News	
Title	My Journey to Founding Pollin Fertility: A Personal Story From CEO Melody Adhami <<Read blogpost>>	
GOOGLE SEARCH CRITERIA	January 5, 2024/ Melody Adhami, CEO Pollin Fertility / 3 min read	
Blog	Once clicked in	
ABOVE TITLE	Toronto Fertility Clinic	
	December 27, 2023	
	Pollin Fertility	
	3 min read	
Blog Title	My Journey to Founding Pollin Fertility: A Personal Story From CEO Melody Adhami	
	Hello, I'm Melody Adhami, CEO and founder of Pollin Fertility. I am a fertility patient. As I navigated my own fertility journey, I started feeling that things could be done better – from the way I interacted with the clinic to how the clinic interacted with me. How I understood my treatment plan, my experience in the clinic, and the endless late-night scrolling searching for answers. There had to be a way to do better for patients. I began researching why certain things were the way they were, and I was never satisfied with the answers. I increasingly felt that this field was in desperate need of modernization, and the more time I spent researching, the more resolved I became in this mission. ...And not long after, Pollin was born and our mission was clear.  Give every Pollin patient the greatest chance of achieving a healthy pregnancy and improve the experience for patients to deliver the best possible care.	

What I've loved most on this journey is the sense of mission from everybody on the team. Our doctors, nursing staff, front office staff, and operations team. Each one of us has a connection to fertility and is driven by our mission.

Our team's passion can be found in all aspects of Pollin. When we designed our clinic, we put ourselves in the shoes of patients. For many, this is the first major medical procedure of their young lives – and everything about our space should rise to meet that moment.

The words we used were “warm, welcoming, and breathe”. The moment someone enters our space, we want them to know they are in the best care.

Another defining feature of Pollin is that we are one of the only fertility clinics in the world that builds its own technology.

We evaluated all the fertility EMRs and decided that they weren't sufficient to achieve our goals. For over 2 years, we've built our own tools that make the experience better for patients, our medical teams, and operations teams.

We obsess over our big ambitions but also the small things - like individual milestones that guide you on your fertility journey, and push notifications that remind you when it's time to take your meds.

Our commitment to success is underscored by our investment in the most advanced technology. Our lab has the most state-of-the-art equipment, ensuring our embryologists have every opportunity to create healthy embryos. Our lab is the most advanced in Canada.

As a patient, I remember being frustrated by what I call the black box of the patient experience. There is simply too little knowledge about what is happening to you, your embryos, and your chances of success. We are working to bring more of the lab to the patient experience to make things better.

Other aspects of the patient pathway our team is most proud of involve the thoughtful cycle monitoring experience.

This is where patients spend the majority of their time in the clinic, and as such, it's important the experience be as positive as possible. We took a lot of time to obsess over details to make patients feel relaxed and comfortable:

Details like robes and slippers, beautiful lights on top of the ultrasound table, and even a vein light for blood draws.



	The vein light emits near-infrared light (NIR) onto the body and interprets the light reflected back by surrounding tissue. It then projects an image onto the body in real-time to highlight the veins so that the nurse knows the best place to draw blood. While to some this may seem like a small thing, but when you are getting poked and prodded multiple times a week, this brings an element of comfort. The feeling that you're in the best care. That's what I want for our patients. I am a fertility patient. I, and the team at Pollin, are resolved to make things better for fertility patients. We invite you to join us. Melody Adhami is an accomplished business leader. Prior to starting Pollin, she was a co-founder of Plastic Mobile where she was named one of the top 100 most powerful women in tech and the “Queen of Apps” by The Globe and Mail. Melody sits on multiple boards including IRAP, ShopThing, and Young Presidents Organization. She lives in Toronto, Canada.	
	About Pollin Fertility  Pollin Fertility was founded in 2023 with a mission to develop the most advanced clinical, digital and IVF lab technology to improve the fertility patient experience and treatment outcomes. Pollin’s first flagship clinic is located at 2360 Yonge St. in midtown Toronto. To learn more about the fertility treatments and services offered at Pollin, visit www.pollinfertility.com. To book an OHIP covered consultation with one of our fertility specialists or click the link below.	

Blog Page Cover		
Category	Fertility 101	
Title	Female Infertility Guide: Understanding Causes, Diagnosis, and Treatment <<Read blogpost>>	
GOOGLE SEARCH CRITERIA	January 10, 2024/ Dr. Kim Garbedian, MD, FRCSC / 5 min read	
Blog	Once clicked in	
ABOVE TITLE	Female Infertility	
	January 10, 2024	
	Dr. Kim Garbedian, MD, FRCSC	
	5 min read	
Blog Title	Female Infertility Guide: Understanding Causes, Diagnosis, and Treatment	
	Female Infertility Guide: Understanding Causes, Diagnosis, and Treatment If you're searching for information on female infertility, you're not alone. Many women find themselves seeking answers and guidance on this complex topic. Our comprehensive Female Infertility Guide is designed to provide you with the insight and support you need on your journey towards understanding and addressing infertility. Understanding Female Infertility Female infertility refers to the inability to conceive or carry a pregnancy to term. It's a common concern affecting many women and couples worldwide. It can result from various issues related to ovulation, the fallopian tubes, the uterus, or hormonal imbalances. Understanding the underlying causes is a crucial step towards finding the right treatment.	

Common Causes of Female Infertility

Ovulation Disorders: These conditions typically cause irregular menstrual cycles and include conditions like Polycystic Ovarian Syndrome (PCOS) and Premature Ovarian Insufficiency, which affect the release of eggs from the ovaries

Low Egg Reserve: Egg number decreases for all women over time but certain factors such as smoking, exposure to radiation, pelvic surgery, endometriosis, and certain genetic conditions can cause an acceleration off egg loss

Tubal Factors: Blocked or damaged fallopian tubes can prevent the egg and sperm from meeting

Uterine Factors: Conditions like fibroids, polyps, and structural abnormalities within the uterus can interfere with implantation or increase the risk of miscarriage

Endometriosis: This painful condition occurs when tissue similar to the lining of the uterus grows outside the uterus, potentially impacting fertility in a variety of way

Diagnosing Female Infertility

Diagnosis typically starts with a thorough medical history and physical examination, followed by specific tests including, but not limited to:

Blood Tests: To check hormone levels and assess egg number

Ultrasounds: To examine the ovaries, uterus, and fallopian tubes

Sonohysterogram: A specialized ultrasound used to evaluate the inside of the uterus and the patency of the fallopian tubes



Treatment Options for Female Infertility

Treatment depends on the underlying cause and may include:

Medications: To stimulate ovulation or stimulate egg growth
Surgical Procedures: To treat conditions such as fibroids, polyps, endometriosis and some uterine anomalies
Assisted Reproductive Technologies (ART): Including [in vitro fertilization \(IVF\)](#) and [intrauterine insemination \(IUI\)](#)

Lifestyle Changes and Support

In addition to medical treatments, lifestyle changes can positively impact fertility and fertility treatment outcomes. These include maintaining a healthy weight, reducing stress, quitting smoking, and limiting alcohol intake. Emotional support through counselling or support groups can also be beneficial.

Navigating female infertility can be challenging, but understanding the causes, diagnostic processes, and treatment options can empower you on your journey. Pollin is a leading Toronto Fertility clinic committed to providing compassionate care through our team of leading fertility doctors (REIs), embryologists, in-house naturopaths, genetic counsellors, emotional support counsellors and more.

Remember, every journey is unique, and we're here to support you every step of the way.

[Speak with a Fertility Doctor today](#)

About Pollin Fertility



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Understanding the Frozen Embryo Transfer Timeline:...

Blog Page Cover		
Category	Fertility 101	
Title	Understanding the Frozen Embryo Transfer Timeline: A Step-by-Step Guide <<Read blogpost>>	
GOOGLE SEARCH CRITERIA	April 28, 2024/ Dr. Kim Garbedian, MD, FRCSC / 5 min read	
Blog	Once clicked in	
ABOVE TITLE	Toronto IVF Clinic	
	April 28, 2024	
	Dr. Kim Garbedian, MD, FRCSC	
	5 min read	
Blog Title	Understanding the Frozen Embryo Transfer Timeline: A Step-by-Step Guide	
Copy	Understanding the Frozen Embryo Transfer Timeline: A Step-by-Step Guide For many individuals and couples undergoing fertility treatments, frozen embryo transfer (FET) is a critical step. If you're researching 'frozen-embryo-transfer' and are curious about the frozen embryo transfer timeline, it's essential to understand what to expect during this	

process. This guide breaks down the FET timeline into easily understandable stages, ensuring you're well-informed and prepared.

What is Frozen Embryo Transfer?

Frozen embryo transfer is a procedure in which a cryopreserved embryo (an embryo that has been previously frozen for future use) is thawed and transferred into the uterus. This process is a key part of in-vitro fertilization (IVF) treatments, offering flexibility and increased chances of pregnancy for many patients.



The FET Timeline: A Step-by-Step Overview

Preparation Phase (1-2 weeks):

Initial Consultation: Meeting with your fertility specialist to discuss the FET process.

Preparatory Tests: These may include blood tests and ultrasounds to assess uterine health.

Uterine Preparation Phase (2 weeks):

Uterine Preparation: The endometrium (uterine lining) and estrogen levels in the blood must meet certain criteria prior to a frozen embryo transfer. This can be achieved naturally or through the use of medications such as estrogen, Letrozole or injectable fertility medication. :

Cycle Monitoring: Regular check-ups to monitor the uterine lining and blood hormone levels.

Embryo Thawing and Transfer (1 Day):

Thawing the Embryo: Your frozen embryo will be carefully thawed to prepare for transfer.

Embryo Transfer Procedure: The embryo is transferred into the uterus through a simple, ultrasound-guided procedure.

Post-Transfer Instructions: You will typically start some form of progesterone medication to support implantation and will receive guidance on activities that are safe post-embryo transfer.

	Two-Week Wait and Pregnancy Test (Weeks 5-6): Waiting Period: The period after the transfer is crucial; you might be advised to take certain medications and avoid strenuous activities. Pregnancy Test: Approximately two weeks after the transfer, you'll have a blood test to check for pregnancy.  What to Expect After the Transfer Following the transfer, you may experience mild cramping or spotting. It's normal to feel anxious but it is safe to carry on most of your normal everyday activities. The frozen embryo transfer timeline is an integral part of the IVF process. Understanding each step can help alleviate concerns and prepare you for what lies ahead. At every stage, your fertility team will provide support and guidance, ensuring you have the best possible chance of a successful pregnancy. Remember, every fertility journey is unique, and our team is dedicated to providing personalized care tailored to your individual needs. Book a consultation today	
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Team Spotlight - Kimi

Blog Page Cover		
Category	Team Pollin	
Title	Team Spotlight - Kimi Randhawa Director of Clinical Operations <<Read blogpost>>	Kimi's Headshot
GOOGLE SEARCH CRITERIA	Date/ Author: Pollin Fertility/ 2 min read	
Blog	Once clicked in	
ABOVE TITLE	Toronto IVF Clinic	
Date	POSTED DATE	
Author	Pollin Fertility	

Time to Read	2 min read	
Blog Title	Team Spotlight - Kimi Randhawa Director of Clinical Operations	Kimi's Headshot
Copy	As a fertility nurse with over a decade of experience, I'm constantly reminded of how rewarding it is to support individuals and couples through some of the most emotional and transformative moments of their lives. What makes Pollin Fertility so special is the combination of cutting-edge technology, compassionate patient care, and a supportive, collaborative team. Here, we not only prioritize our patients' physical health but also their emotional wellbeing, offering personalized care tailored to each unique journey. I love being part of a team that values continuous learning and growth, while making sure every patient feels heard, supported, and respected. Pollin truly fosters a culture where both staff and patients thrive, and it's a privilege to be a part of such a remarkable place. Learn more about Pollin and our incredible team: pollinfertility.com/about-us	

Welcome Dr. Tan to Pollin - Mandarin Services Now Available

Blog Page Cover		
Category	Team Pollin	
Title	Pollin Fertility Welcomes Dr. Liane Tan — Leading REI Specialist Now Offering Mandarin-Language Fertility Care in Toronto <<Read blogpost>>	Dr. Tan's Headshot
GOOGLE SEARCH CRITERIA	Date/ Author: Pollin Fertility/ 2 min read	
Blog	Once clicked in	
ABOVE TITLE	Toronto IVF Clinic - Mandarin Services	
Date	POSTED DATE	
Author	Pollin Fertility	
Time to Read	2 min read	

Blog Title	World-Class Fertility Care — Now Available in Mandarin	Dr. Tan's Headshot
Copy	Pollin Fertility is proud to welcome Dr. Liane Tan to our medical team. A board-certified specialist in reproductive endocrinology and infertility, Dr. Tan is fluent in Mandarin and five other languages. Starting now, patients can communicate in their preferred language while receiving world-class fertility treatment, advanced technologies, and select services covered by OHIP. Read the full Press Release HERE While our website is not yet fully available in Mandarin, you can communicate directly with Dr. Tan in Mandarin from the moment you book your appointment—making your entire care experience more comfortable and tailored to your needs. Learn More Book your OHIP covered consultation today to get started. <<Book consultation>>	

Melody's Fertility Journey: In the Wake of Hope, Ocean was Born

Blog Page Cover		
Category	Team Pollin	
Title	Pollin CEO, Melody Adhami's Fertility Journey: In the Wake of Hope, Ocean was Born <<Read blogpost>>	Melody Headshot
GOOGLE SEARCH CRITERIA	Date/ Author: Melody Adhami/ 5 min read	
Blog	Once clicked in	
ABOVE TITLE	Patient Journeys	
Date	POSTED DATE	
Author	Pollin Fertility	
Time to Read	5 min read	

Blog Title	Pollin CEO, Melody Adhami's Fertility Journey: In the Wake of Hope, Ocean was Born	Kimi's Headshot
Copy	My name is Melody, and while I'm one of the people behind Pollin, I'm also someone who has walked the long road of fertility firsthand. This is the story of how our family grew. Not the way we first imagined, but in the most extraordinary way. I've carried this story quietly for years, unsure of how it would end, or whether it would end the way I hoped. And for a long time, I wasn't ready to tell it. I think part of me feared putting words to something so vulnerable. But now, with our son Ocean in our arms, the words feel ready. We began this journey four years ago. I was 39, sitting in a fertility clinic, listening to a doctor explain how my fertility was "rapidly declining." The message was delivered like a weather update, very matter-of-fact. It felt clinical and cold but behind all the words, there was a glimmer of hope. And despite the odds and the statistics, we decided to move forward. Like many do, we clung to hope not yet understanding that hope will share a room with heartbreak Our first IVF cycle felt promising on paper. Twelve eggs retrieved. Eleven mature. I let myself imagine a baby. Maybe even more than one. I didn't yet understand how much the numbers would narrow, how it would all feel like a funnel. By day 6 and 7, we had four embryos left. We sent them off for genetic testing, confident something good would come back. The call came on a Friday evening as I was driving to meet my husband Sep and the kids for a ski weekend in Collingwood. I picked up the phone feeling light, certain we were one step closer. But instead, I heard the words no one preparing for new life ever wants to hear: all four embryos were genetically unviable. I pulled the car over. The tears came fast, hot, silent. The	

rest of that weekend was a blur. I told myself I was done. That I was too old. That the window had closed and maybe it was time to let go. I reminded myself — again and again that I already had three beautiful children. That maybe this was just how the story ended.

But Sep didn't believe that. Gently, persistently, he kept asking, *Should we try again?*

It wasn't until I sat across from Dr. Kim Garbedian, Pollin's medical director and one of the people I trust most in this field, that something shifted. She looked at me and said, "I've had many 43-year-old patients who've had babies. Try one more time." And somehow, despite the fear of another heartbreak, I did.

Our second round felt eerily familiar: 11 eggs retrieved, 3 embryos for testing. But this time, one came back viable. One was unviable. And one was mosaic—a kind of coin toss. It wasn't perfect. But it was enough.

We decided to pursue surrogacy. And eventually, we were matched with Cortlyn, a woman we met through an agency, initially over Zoom. I approached it cautiously. After years of disappointment, I had taught myself not to get too close to anything too soon. Not to feel too much. Not to let excitement creep in before safety was confirmed.

For six months, we told almost no one. I tiptoed emotionally through every stage, careful not to let myself fully imagine what it would be like to meet this baby. Even the kids picked up on it. Just a few weeks before our due date, I asked my 10 year old, Cyrus, if he was getting excited. He paused and said, "What's the probability that it's really happening?" I told him, "Ninety-eight percent." He nodded. "Then I won't get too excited. Just in case. That quiet, cautious hope lived in our house for a long time.

But when July 1st drew near, something shifted again. We packed up the car and drove to Kentucky to meet Cortlyn

and her family. And the moment we saw them in person, something opened in me. They were kind, open, and so warm. She let our kids feel her belly. We laughed together. Talked about parenting, life, and the excitement of the new addition. I realized then: she wasn't just carrying our baby. She was becoming part of our story.

The morning of the delivery, we were all up before dawn. The baby was breech and we had a scheduled C-section. I hadn't slept much, neither had Sep, and the kids were buzzing with anticipation. By 4:30am, they were dressed and texting me nonstop from our airBnB: *"Can we come yet?"*, *"What's happening?"*, *"Is it time?"*

They wouldn't be ready to see the baby until about 9:30 but at 7:30am, I relented and told them to just come and wait at the hospital. Meanwhile, I stood beside Cortlyn in the operating room, holding my breath. I'd had three C-sections of my own. I knew what was coming. But watching someone else—this incredible woman who had carried our child for nine months—go through it on our behalf was something else entirely. I watched her lips tremble, saw the nerves in her face, felt her strength as she asked the doctors, "Is everyone okay?" more than once.

And then, at 8:21am, Ocean was born. Healthy. Beautiful. Ours. And Cortlyn, despite the nausea, despite the discomfort, was safe and recovering.

The hospital gave us a room just beside Cortlyns. As I walked in with Ocean in my arms, Nava (my 12 year old daughter) spotted us first. She ran toward me with tears rolling down her cheeks, her arms wide open, and I knew right away, this little boy already belonged to all of us.

Since that moment, I've barely had a turn to hold him. The kids are obsessed. They've created their own system of shifts, who gets to feed him, who sits closest in the car, who sings him to sleep. Kami, our youngest, is revelling in his new role as big brother.

	It's loud. It's chaotic. It's absolutely beautiful. There's so much I could say about this journey—about the science, the heartbreak, the small miracles. About the strength it takes to keep going when every stat says not to. About Cortlyn, who gave us a gift bigger than we could ever repay. But for now, I'll say just this: We are six. We are so deeply grateful. And after four long years — we are finally, fully home.	
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Single Parent By Choice (SPBC) - A Pollin Patient Journey

Blog Page Cover		
Category	SINGLE PARENT BY CHOICE	
Title	The Single Greatest Choice (PODCAST): A Pollin Patient Shares Their Story of Love, Loss, and Choosing Herself <<Read blogpost>>	Tara Headshot
GOOGLE SEARCH CRITERIA	Date/ Author: The Single Greatest Choice Podcast	
Blog	Once clicked in	
ABOVE TITLE	A POLLIN PATIENT SHARES HER JOURNEY PURSUING SOLO MOTHERHOOD	
Date / Time to Read/Listen	POSTED DATE / 2 hour listen (2 episodes)	
Author	Date/ Author: The Single Greatest Choice Podcast	
Blog Title	Pursing Solo Motherhood: A Pollin Patient Journey	Podcast Title Image Spotify
Copy	<i>*Trigger Warning for Listeners*</i> These episodes are highly emotional and could be hard for those still on their journey to listen to, however what makes Tara's story so powerful is she shares the side of fertility treatments seldom talked about, but the side that every fertility patient needs to hear. It's not always a	

picture-perfect narrative, many live in the “messy middle”—the heartbreak, the mental, physical and financial strain, the resilience it takes to keep going, and the importance of self-compassion when the outcome is still unknown.

In this 2-part feature of **The Single Greatest Choice Podcast**, Tara Resnik shares her journey pursuing her dream of becoming a mother on her own terms.

She shares her entire SPBC experience including navigating relationships and reproductive timelines, fertility testing, choosing a sperm donor, a difficult miscarriage, **switching to Pollin after a disappointing first clinic experience** and the incredible support she has found within the SMBC community. Tara’s story is filled with courage, clarity, and deep self-trust.

Whether you are exploring solo motherhood yourself and looking for resources or support, or simply need a reminder that starting over is possible, these episodes are for you.

Listen to the first podcast episode [HERE](#).
Listen to the part two podcast episode [HERE](#).

At Pollin, we believe every path to parenthood is deeply personal and we empower every person to achieve their family building goals, no matter their relationship status. Today, becoming a single parent by choice is more accessible than ever before.

Learn more about Single Parent By Choice (SPBC) options at Pollin [HERE](#).

Additional Single Parent By Choice Resources:

[The Single Greatest Choice Podcast with Katie B](#)
www.singlegreatestchoice.com
www.choicemomcoach.com
<https://www.modernmiraclefoundation.com>
<https://fertilityfriendsfoundation.com>

FERTILITY EXPANSION VIDEO BLOG

Blog Page Cover		
Category	POLLIN IN THE MEDIA	
Title	Ontario Health Minister, Sylvia Jones, Announces Ontario's \$250M Fertility-Care Investment LIVE From Pollin Fertility in Toronto. <<Read Blogpost>>	
GOOGLE SEARCH CRITERIA	Date/ Author: Pollin Fertility	
Blog	Once clicked in	
ABOVE TITLE	ONTARIO ANNOUNCES \$250M EXPANSION FOR FERTILITY TREATMENT FUNDING	
Date / Time to Read/Listen	POSTED DATE / 12 min watch	
Author	Date/ Author: Pollin Fertility	
Blog Title	Ontario Health Minister, Sylvia Jones, Announces Ontario's \$250M Fertility-Care Investment LIVE From Pollin Fertility in Toronto.	
Copy	On October 8th, Minister Sylvia Jones and MPP Michelle Cooper hosted a press conference at Pollin Fertility and announced a major expansion of the Ontario Fertility Program, committing an additional \$250 million to make fertility care more accessible for families across the province. Watch Minister Sylvia Jones announce Ontario's \$250 million fertility-care investment live from Pollin Fertility in Toronto. To learn more about the Ontario Fertility Program Funding at Pollin, click HERE.	

POLLIN NOW OFFERS GF CYCLES BLOG

Blog Page Cover		
Category	POLLIN IN THE MEDIA	
Title	Pollin Now Offers Government Funded IVF Cycles Through the Expanded Ontario Fertility Program. <<Read blogpost>>	Brand Image
GOOGLE SEARCH CRITERIA	Date/ Author: Pollin Fertility	
Blog	Once clicked in	
ABOVE TITLE	POLLIN SELECTED TO OFFER ONTARIO FERTILITY PROGRAM FUNDED CYCLES	
Date / Time to Read/Listen	POSTED DATE / 5 min read	
Author	Date/ Author: Pollin Fertility	
Blog Title	Pollin Now Offers Government Funded IVF Cycles Through the Expanded Ontario Fertility Program.	Brand Image
Copy	On October 8th, Minister Sylvia Jones and MPP Michelle Cooper hosted a press conference at Pollin Fertility and announced a major expansion of the Ontario Fertility Program, committing an additional \$250 million to make fertility care more accessible for families across the province. This investment will increase both the number of clinics eligible for funding and the number of patients who can access publicly funded fertility treatments such as in vitro fertilization (IVF). This is a big deal for Ontario families.	

	Pollin Fertility Selected as a Newly Funded Clinic We're proud to share that Pollin Fertility has been selected as one of the newly funded clinics in the Greater Toronto Area, alongside Twig Fertility and Tripod Fertility. This expansion marks an important step in helping more Ontarians start or grow their families through evidence-based, compassionate, and inclusive fertility care.	
	What This Means for Patients Waiting for Funded IVF As many fertility patients already know, access to provincially funded IVF cycles has been limited. Most participating clinics have far more demand than available funding, creating long and unpredictable waitlists. Now, with new clinics like Pollin Fertility joining the program, patients have more options — and shorter wait times. Because Pollin Fertility's funding is newly allocated, there is currently no waitlist for funded cycles. If you're currently on a waitlist at another clinic, you may transfer your treatment to Pollin Fertility and access your funded IVF cycle sooner.	
	How to Know If You're Eligible for Government Funded IVF You may qualify for Ontario's funded fertility program if you meet certain criteria related to your age, residency, and medical eligibility. Generally, you must: • Be an Ontario resident with a valid OHIP card • Be under a certain age threshold at the start of treatment • Have a medical indication for fertility treatment Each eligible patient is entitled to one funded IVF cycle per lifetime (not per clinic). The funding covers core	

	clinical services, though patients may have to pay for medications and certain ancillary procedures. For complete eligibility details, visit the Ontario Fertility Program page below or speak with a Pollin Fertility patient care coordinator. <<Click here for OFP FAQs>>	