



**RABBI GIDEON**

**Machon Puah for Fertility and  
Gynecology in Accordance with Halacha**

**WEITZMAN**

## How Many Eggs?

Last time we discussed the potential benefit for a woman to freeze her eggs, enabling her to preserve and extend her fertility. However, while there are clear benefits, the woman must take into account the problem with relying on egg freezing to extend and preserve fertility. There are many factors that impact the success of the procedure. The quality of the eggs, often as a result of the woman's age or medical condition, the process of freezing and subsequently thawing, and the relatively low success rates of IVF, all impact and may reduce the chances of pregnancy using frozen eggs.

We stressed last time that the reality is far from the simple equation freezing one egg will result in the birth of one child. So how many eggs must the woman need to freeze in order to have a child?

There have been attempts to create an equation to predict the minimum number of eggs needed to be frozen in order to produce a child. It is difficult to make an accurate prediction since there are many factors in play that influence the final result. An estimate a few years ago suggested that if a woman freezes her eggs at the age of 30 years old she would need to freeze twenty eggs to have one

child. If she did so at the age of 35 then she would need to freeze thirty six eggs to have one child. If she freezes at the age of 40 then the number of eggs needed to have one child increases significantly to sixty eggs. In each cycle of freezing a number of eggs are produced, this number usually decreases as the woman gets older. Therefore, a woman would need multiple treatments in order to freeze enough eggs to have one child.

Of course, this is a statistic and is not an exact predictor of the results in each specific case, but it does give us a fair indication of what should be realistic expectations of the procedure of egg freezing and the anticipated outcome.

It seems that egg freezing is far from the golden ticket or the elixir of youth that it is sometimes purported to be. Given the choice, for married couples the best chance of getting pregnant and having a healthy child may well be simply trying naturally.

So what message does this convey to the woman considering freezing her eggs?

More on this next time. ■

The Puah Institute is based in Jerusalem and helps couples from all over the world who are experiencing fertility problems. Offices in Jerusalem, New York, Los Angeles & Paris. Contact (Isr) 02-651-5050 (US) 718-336-0603 [www.puahonline.org](http://www.puahonline.org)