Me

My fertility profile

Hello! I'm excited to share my actual Modern Fertility dashboard with you.

When I first tested my fertility hormones, I was billed $1500 out-of-pocket (crazy, I know!) and I had to have multiple discussions with doctors to understand the results.

That's why we started Modern Fertility—to make sure women everywhere can easily understand what's going on with their bodies. Knowing my levels has helped me think through my family planning timeline and egg freezing. Fertility is complex but hormone levels are one very important piece of the puzzle. We designed Modern Fertility to make it easy for you to understand all aspects of your levels and we think of ourselves as your fertility team—we have webinars, a community, and ongoing education to make sure you get the support you deserve.

I'm all about opening up this discussion. After all, we need to understand our fertility as we plan out our careers, our relationships, our lives. My fertility profile can give you a sense for what yours could look like. I'm not on hormonal birth control (it just doesn't sit right with my body) so my report shows 7 hormones. Yours will depend on your birth control.

Take a read and let me know if you have any questions. You can reach us anytime at support@modernfertility.com or feel free to email me directly at aftonvechery@modernfertility.com.

Afton

CEO and Co-founder, Modern Fertility

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My recap

First thing's first, you'll see a quick recap of your info at the time of testing.

Good morning, Afton

You last tested on 7/3/19. You were 30, and weren't on any birth control.

Here's the scoop. We'll walk you through your levels, how they relate to your fertility summary, then guide you through your personalized reports.

Your hormone levels

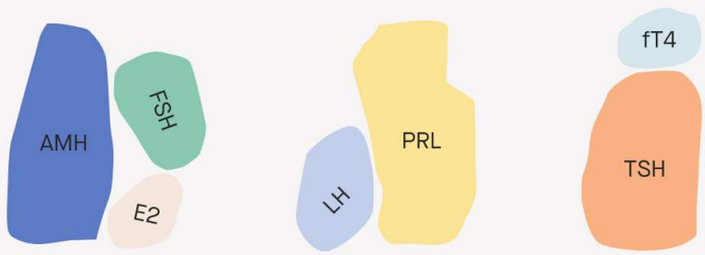
2018 → 2019

	2018		2019
AMH	Normal 9.3 ng/mL	→	Normal 8.26 ng/mL
LH	Normal 4.32 mIU/mL	→	Normal 3.71 mIU/mL
FSH	Normal 6.91 mIU/mL	→	Normal 7.51 mIU/mL
TSH	Normal 0.92 uIU/mL	→	Normal 1.78 uIU/mL
E2	Normal 50.1 pg/mL	→	Normal 44.4 pg/mL
fT4	Normal 0.79 ng/dL	→	Normal 0.73 ng/dL
PRL	Normal 3.68 ng/mL	→	Normal 5.16 ng/mL

Download levels for your doctor ↓

Your fertility hormone summary

Ok Afton, let's dig into what 2 rounds of hormone testing can tell you about Ovarian Reserve, Ovulation, and General Wellness.



Ovarian Reserve | Ovulation | General Wellness

My hormone summary

Next, you'll see a snapshot of each hormone result. As you test over time, you'll see what's changed. I'm not on hormonal birth control so I tested 8 hormones. If you're on hormonal BC you can still test the most important hormone for ovarian reserve, AMH.

You'll use this little link to download your raw lab results and bring them along next time you go to the doctor.

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AMH is the most reliable serum or blood marker we have for understanding Ovarian Reserve.

Dr. Nataki Douglas, MD, PhD

Cameo from Dr. Nataki Douglas, Chair of the Modern Fertility Medical Advisory Board

Ovarian Reserve

It's a fancy way of saying "the eggs in your ovaries." We're born with a set number and they leave the body at different rates. Ovarian Reserve is important because it can help you understand menopause timing and egg freezing and IVF outcomes.

AMH is the most important hormone for measuring Ovarian Reserve over time—you can also look to FSH and E2 for clues on how Ovarian Reserve is changing.

Putting results in context

Next, we'll walk you through what your hormones can tell you about things like Ovarian Reserve, Ovulation, and General Wellness.

Your Ovarian Reserve hormones, AMH, FSH, and E2 indicate:

You may have the average number of eggs for your age.

Ovarian Reserve →

You may reach menopause around the average age of 51.

Menopause →

A doctor would expect to retrieve an average number of eggs in a single treatment cycle.

Egg Freezing & IVF →

You'll see a clear takeaway for what your AMH levels can mean for your ovarian reserve, age of menopause, and potential outcomes in egg freezing and IVF. You can dive deeper into reports made just for you (hooray personalized info!)

Let's dive into each hormone:

Your AMH is still Normal

This means: your AMH decreased as expected. This is most likely due to the normal decline in ovarian reserve that happens with age.

AMH

Normal 9.3 ng/mL → Normal 8.26 ng/mL

ng/mL
15

Normal

Tracking levels over time

Then we dig deep into AMH with an interactive graph (this one's fun to play with). If you've tested multiple times you'll see how your AMH changes over time. My AMH

has gone down since my last test and I've been able to have a good convo with my doctor about PCOS.

Your FSH is still Normal

This means: FSH is doing its normal thing on day 3 of your period: regulating follicle growth.

FSH Normal → Normal
6.91 mIU/mL 7.51 mIU/mL +

Your E2 is still Normal

This means: your E2 is likely functioning in its normal capacity supporting your whole body—from your reproductive system to your bones, brain, and skin.

E2 Normal → Normal
6.91 pg/mL 7.51 pg/mL +

Deep dives into each hormone

If you're testing multiple hormones, you'll see cards that break down results for each.

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We can use hormones to investigate if there's an imbalance that could get in the way of the ovaries releasing an egg.

Dr. Sharon Briggs, MD

Ovulation

It's the process your body goes through when releasing an egg. Your ability to ovulate is influenced by things like your BMI, birth control, and certain health conditions like PCOS.

Two key hormones, PRL and LH can help you understand if there's something interfering with ovulation. Keep in mind that they can't confirm that you're ovulating.

Now we're on to ovulation! Here we'll call out if there are any imbalances with the hormones PRL and LH.

Your Ovulation hormones, PRL and LH indicate:

Nothing out of the ordinary that would affect ovulation.

Ovulation →

Let's dive into each hormone:

Your PRL is still Normal

Your LH is still Normal

This means: PRL is doing its normal job regulating behavior, the immune system, metabolism, and the reproductive system.

PRL Normal 3.68 ng/mL → Normal 5.16 ng/mL +

This means: that LH is not doing anything out of the ordinary and is playing it's role in your menstrual cycle as expected.

LH Normal 4.32 mIU/mL → Normal 3.71 mIU/mL +

Clicking on the + will open the hormone graph so you can get a better sense of how your hormones are changing.

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It's good to know if these hormones are out of whack because they can alert you to important issues.

Dr. Julie Lamb, MD

General Wellness

Hormone imbalances can impact weight, sleep, fertility, even just how you feel.

Hormones like TSH, fT4, and T can help you and your doctor uncover (and treat!) issues that could get in the way of conceiving.

Your General Wellness hormones, TSH, fT4, and T indicate:

Your TSH and fT4 are normal and don't suggest any thyroid issues.

Thyroid Health →

Let's dive into each hormone:

Your TSH changed from Normal to Low

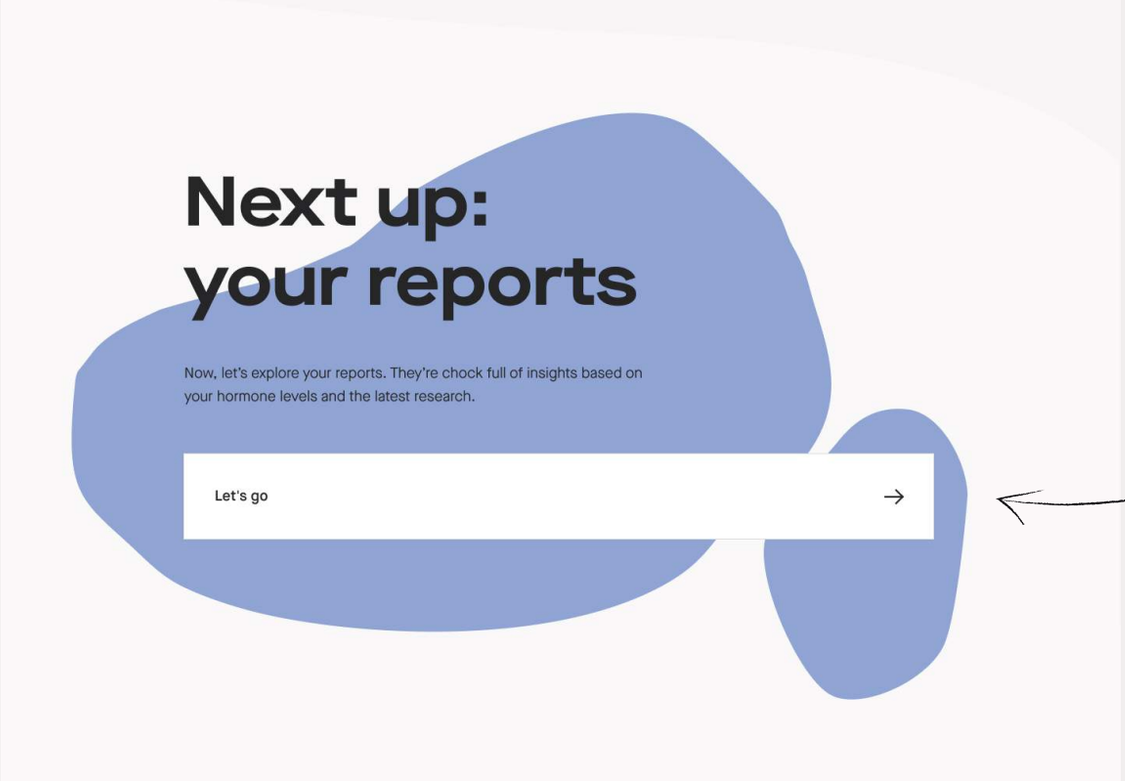
This means: your thyroid is likely functioning as expected and not triggering too little or too much TSH. Together with fT4, TSH gives clues to how your thyroid is functioning.

TSH Normal 0.92 uIU/mL → Normal 1.78 uIU/mL +

Your fT4 is still Normal

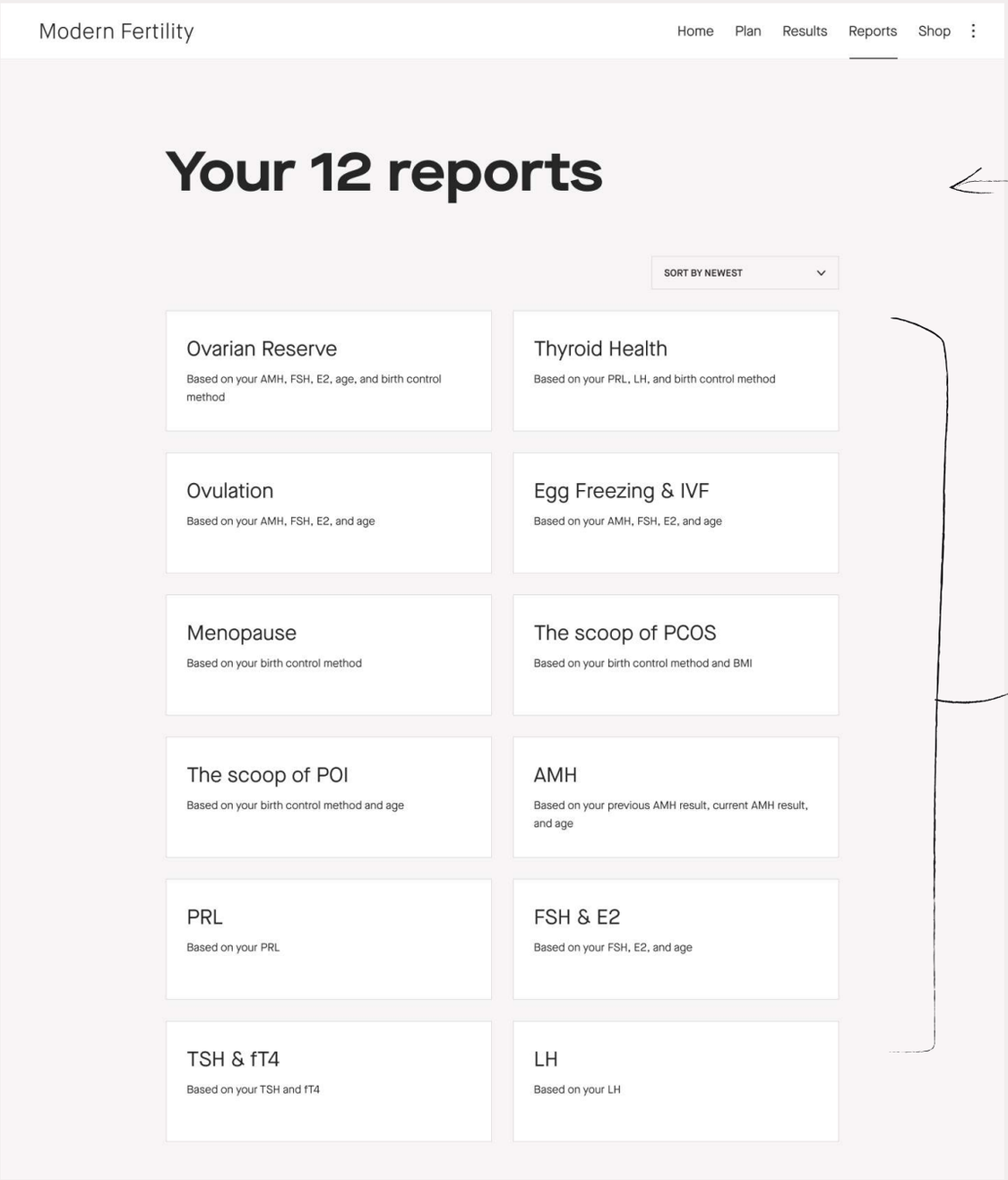
This means: fT4 is being produced normally by the thyroid. Together with TSH, it gives you clues to how your thyroid is functioning.

fT4 Normal 0.79 ng/dL → Normal 0.73 ng/dL +



Personalized reports

Once you've walked through the results summary, it's time to hit up those personalized reports. When you click through you'll see a collection of reports that are built for you based on your hormones, age, birth control, health survey, and the latest research by top physicians.



You can think of these reports as a personalized walkthrough of some of the most important topics related to fertility. And since they're based on your age, hormones, and health survey info, it's like having an expert right there with you.

Support always

Once you walk through your dashboard, join the Modern Community and introduce yourself, ask questions, and chat #allthethings with other Modern women.

Let's do this thing

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