



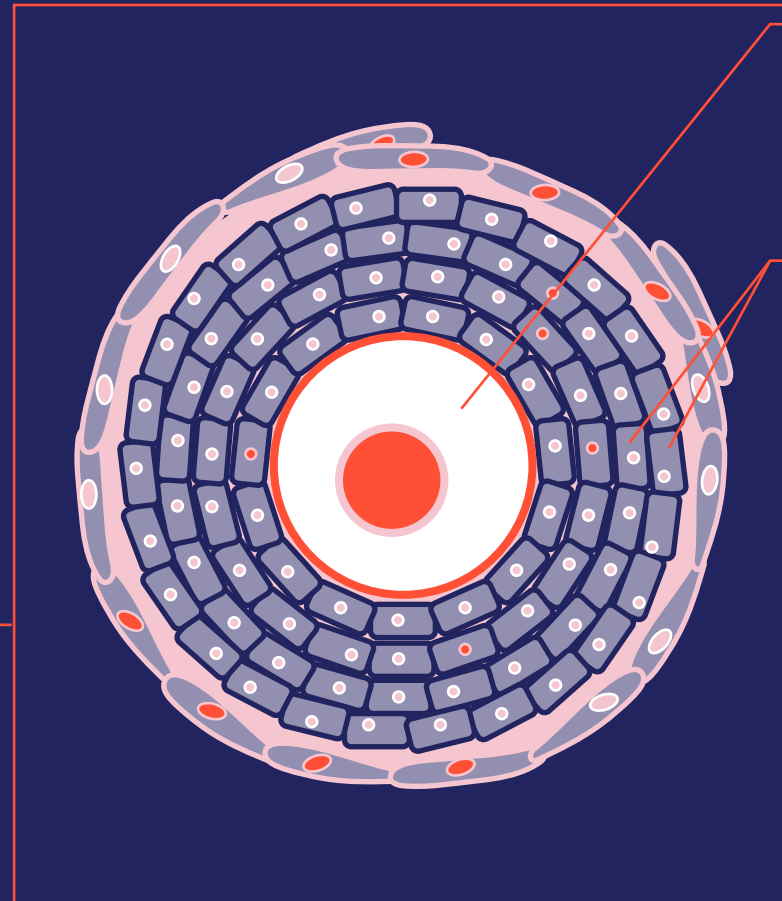
WHY DO WOMEN LOSE FERTILITY?

1

Ovarian follicles, located within the ovary, are the basic unit for reproductive health in women

The Ovarian Follicle

Contains **oocytes** and **follicular cells** which provide fertility and hormones that regulate women's health



Oocyte

Immature egg cells that develop within the ovarian follicle

Follicular Cells

Secrete reproductive hormones vital for women's health, such as:

Progesterone: regulates menstrual cycle and early pregnancy stages

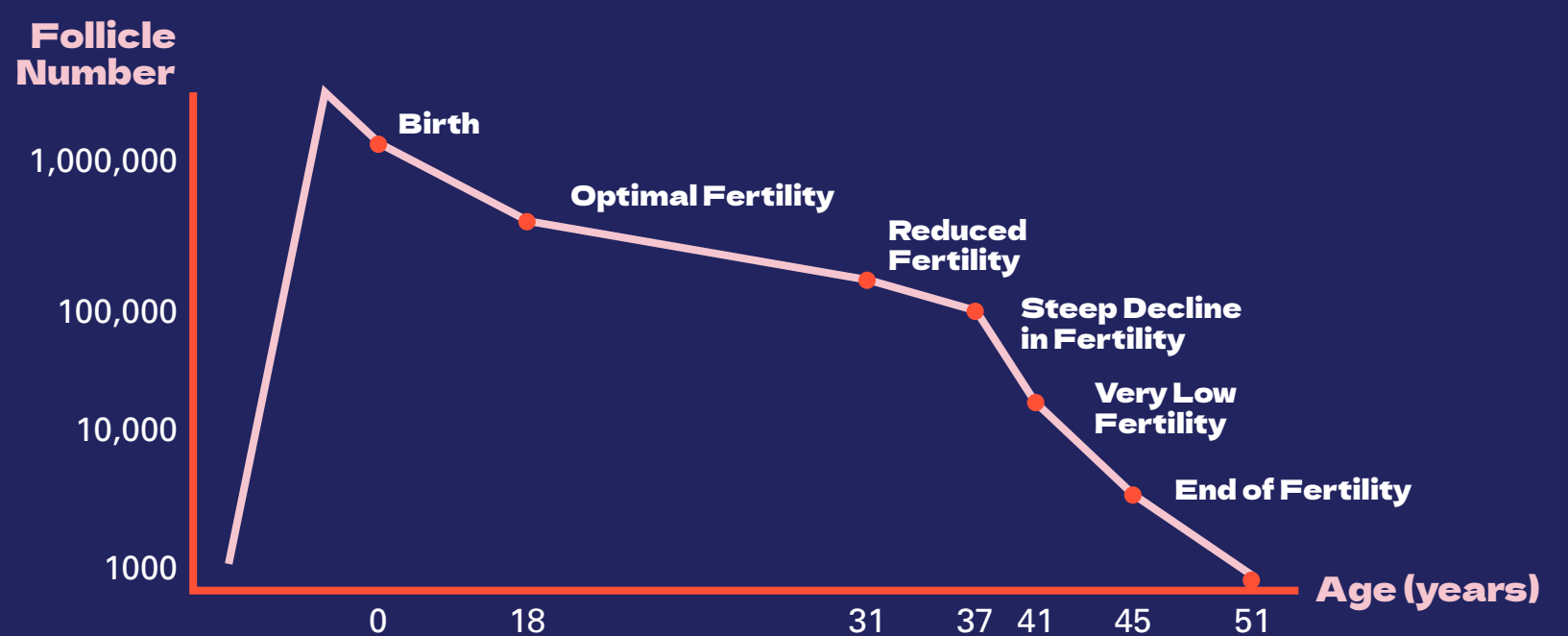
Estrogens: essential in numerous bodily functions, including mental, cardiovascular and bone health

Androgens: contribute to libido and synthesis of estrogens

2

Ovaries have a finite lifespan

This is dependent on the number of ovarian follicles or oocytes a girl has within her ovaries at birth. As the girl ages, this number will decrease.



3

As ovarian follicles decrease to very low numbers, menopause sets in

Here, women will experience their final menstrual period. The process of menopause will span more than 20 to 30 years in the post reproductive state.

Final Menstrual Period

Terminology	Menopause Transition		Post Menopause		
	Early	Late	Early	Late	
	Perimenopause				
Duration of Stage	Variable	1 – 3 Years	2 Years	3 – 6 Years	Remaining Lifespan
Menstrual Cycle	Variable Cycle Length Persistent >7day difference in length of consecutive cycles	Interval of Ammenorhea > 60 days	None		
FSH	↑ Variable	↑ Variable	↑ Variable	Stable	
Symptoms		Vasomotor Symptoms <i>likely</i>	Vasomotor Symptoms <i>most likely</i>		<i>Increasing</i> symptoms of urogenital atrophy

4

This reproductive ageing process seems inevitable – ultimately leading to loss of fertility in women.

In other words, the decrease in ovarian follicle numbers lead to the eventual end of a woman's reproductive lifespan and later on — menopause.

The loss of reproductive hormones in women also increases risks of cardio-metabolic diseases, osteoporosis, neuro-cognitive decline and urogenital atrophy.

How ACRLE can help:

Our research centre is committed to breaking through this seemingly inevitable reproductive ageing process.

Go to ACRLE.com for updates on our advances in reproductive sciences