

## Gynecology 2017: Use of home ovulation tests in women trying to conceive- Sarah Johnson-SPD Development Company Ltd

**Sarah Johnson**

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For a healthy couple one important thing to remember is that it can take, twelve months to become pregnant because even if after having intercourse during most fertile time, there are many other factors that affect the ability to become pregnant. Women's attitudes to achieve pregnancy differ and a multinational study has shown that expectations vary between countries. In most countries like USA and Germany, women expect pregnancy to occur quickly and are prepared to take actions to increase their chances, as compared to Brazil where there is a desire for the pregnancy to be as natural as possible. There are only a limited number of days on which intercourse can lead to pregnancy, and these vary both within and between women. In a survey of women have found that they many women who are unaware of basic fertility information, such that mistiming of intercourse can be a primary reason for failing to conceive. Home ovulation tests provide a simple, user-friendly method for enabling women to identify their fertile period. Qualitative assessment of women's experience in using these tests has found several positive themes relating to their use; understanding their menstrual cycle, confirming ovulation, emotional support, and improved relationship with their partner. Some fewer positive themes were also found; impact on sex life, dependency with long-term use, self-blame when they failed to become pregnant. A randomized controlled study examining stress in women using home ovulation tests found that test usage did not introduce additional stress, and indeed more women in the test group achieved pregnancy. Therefore, home ovulation tests can provide a useful early intervention for women who are hoping to become pregnant. Ovulation testing helps to detect the level of hormone such as LH (Luteinizing Hormone) and estrogen that a woman produces during the menstrual cycle. The urinary test is more commonly used and more reliable and about 24-48 hours prior to ovulation, the LH rises and falls over a 24-hour period. Ovulation test kits may be beneficial if a woman have slightly irregular periods or find other methods of tracking her fertility difficult or unreliable. LH is

always present in our body but it surges just before a woman's mature egg passes through the wall of her ovary and makes its way down the fallopian tube to meet up with any eligible spermatozoa that happen to be around. These fertility kits and monitors can help take the effort and guesswork out of predicting ovulation. A study show that a woman's fertile window is up to four to five days before ovulation. In some cases, even though a woman's LH levels have jumped to higher level but her egg may fail to pass into the fallopian tube. Not only LH tests but now newer saliva-based tests employ to test the estrogen level by a mini-microscope to help a woman spot changes in her spit that indicate the estrogen levels, a sign that she's about to ovulate.

### **Biography:**

Sarah Johnson is Head of regulatory and clinical affairs at SPD Development Company Ltd. Since joining Clearblue in 1999, she had gained over 15 years of experience in the medical devices industry, initially in research and more recently in clinical and regulatory affairs. She has over 15 peer reviewed publications in women's health. She now leads the clinical and regulatory affairs and statistics departments for SPD. Clinical affairs involve the management of clinical and laboratory research connected with biomarkers of women's health, and their application to medical devices. Recent important studies include the US based gestational age study and the UK based stress study, early pregnancy studies and fertility monitor usage studies. Regulatory affairs oversees the international registration of SPD's products, with successful registrations in USA, Europe, Australia.

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