



**CANADIAN FERTILITY AND ANDROLOGY SOCIETY  
SOCIÉTÉ CANADIENNE DE FERTILITÉ ET D'ANDROLOGIE**

**PRESS RELEASE**

**Sept. 23, 2019**

**Canadian IVF Clinics continue to improve patient safety by bringing the multiple pregnancy rate arising from IVF to an all-time low of 7.4%**

**Ottawa, ON** – Canadian IVF treatment outcomes for 2018 and birth outcomes for pregnancies achieved through IVF for 2017 were presented at the recent Canadian Fertility and Andrology Society Meeting held in Ottawa, ON.

All but 1 of the 37 IVF centres in Canada voluntarily submit their data to the Canadian Assisted Reproduction Registry (CARTR) which is managed by Better Outcomes Registry and Network (BORN) Ontario. By joining forces these two entities are now able to provide not only treatment outcome results, but also follow-up on children born through IVF, although for now, only those born in Ontario. It is hoped that other provinces will also link with BORN to provide accurate national statistics in the future.

The following represents aggregate data for all clinics. Individual clinic statistics can only be obtained directly from the clinic itself. When interpreting individual clinic data, it is essential to consider that specific clinic populations vary considerably and may account for outcome variations. For example, some clinics attract a higher proportion of women in the older reproductive age group, others attract patients who have had poor treatment outcomes in the past, etc. Thus, simply comparing one clinic's outcomes with another may be quite misleading.

“A significant reduction in the multiple pregnancy rate has been achieved since the IVF Medical Directors undertook a commitment to the Assisted Human Reproduction Agency to reduce the multiple pregnancy rate in Canada from 32% in 2009. We are proud to state that in 2018 the multiple pregnancy rate in Canada was 7.4%, the lowest ever achieved with IVF treatment in Canada, while still maintaining a high clinical pregnancy rate,” said Dr Albert Yuzpe, Chair of the IVF Medical Directors Group and Past President of CFAS. We have exceeded our goal and we still continue to reduce that number even further.

We also continue to monitor the effects of new technologies that impact IVF treatment outcomes as they are introduced e.g. the use of preimplantation genetic testing of embryos for aneuploidy or the amount of chromosomal material in each cell of the embryo (PGT-A). In Canada, we have seen an increase in the use of PGT-A every year since it was first introduced into clinical practice. In 2018, there were 6,090 cycles initiated with the intention of performing PGT-A.

This year we were able to demonstrate a cumulative pregnancy rate of 49.9% when up to two embryo transfers are performed per batch of oocytes retrieved.



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## Key messages from the 65<sup>th</sup> annual meeting of the CFAS

### IVF Treatments and Outcomes 2018

- There were 16,852 cycles of IVF initiated
- There were 900 using fresh donor eggs
- There were 497 using eggs or embryos from frozen oocyte IVF
- There were 2,438 clinical pregnancies among IVF cycles (own or donor oocytes, natural IVF and modified natural IVF)
- There were 232 multiple pregnancies, 7 (3.0%) of which were triplets or greater
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### FET Treatments and Outcomes 2018

- There were 16,939 cycles of FET initiated
- There were 2,155 donor egg cycles
- There were 6,886 clinical pregnancies
- There were 393 multiple pregnancies, 7 (1.8%) of which were triplets or greater

### All ART Related Birth Outcomes 2017

- 6,903 babies were born from ART treatment in 2017
- There were 6,389 singleton deliveries and 510 twins
- The live birth rate per embryo transfer
  - for women under 35 years of age – 33.7%;
  - for women 35-39 years of age – 28.7%
  - for women 40 years and older – 21.9%

The type of assisted reproductive technology (ART) services accessed by Canadians is changing. More patients are seeking genetic screening than ever before with 6,535 cycles reported in 2018, an increase of 890 in 2017 (5645 cycles).