

Symptoms of Low AMH, Meaning, Causes, & Treatment 2024: Dr Rupali Bassi

When it comes to women's fertility, one of the most significant markers that doctors often refer to is AMH (Anti-Müllerian Hormone). But what does it mean when your AMH levels are low? In this article, we'll dive into the **symptoms of low AMH**, its **meaning**, **causes**, and **treatment options**. We'll also discuss how seeking care from the [Best IVF Clinic in Sarita Vihar](#) and a qualified [gynecologist in South Delhi like](#) Dr. Rupali Bassi can help you on your journey to conception.

Whether you've just started your fertility journey or are looking for answers, this guide is designed to give you the insight you need.

What is AMH?

AMH is the abbreviation as **Anti-Mullerian Hormone** AMH is a chemical created by the Ovaries. It plays an important role in controlling the development of follicles which contain eggs. AMH levels can be used to determine the woman's **reserve of ovarian eggs** which is the number of eggs she's left. The greater the AMH is, the higher the likelihood to have more eggs to fertilize. On the other hand, a lower AMH indicates that there are fewer eggs left that could mean there are issues in conception.

Why is AMH Important for Fertility?

AMH is generally regarded as an accurate indicator of fertility potential. It informs doctors of the number of eggs you've left within your ovaries. This helps to estimate the likelihood that you will be able to conceive naturally or through assisted reproductive techniques such as IVF. Although it does not provide information what the grade of your eggs, it gives an accurate picture of your reserve ovarian tissue and can help assist in making decisions about fertility treatments.

Symptoms of Low AMH

Low levels of AMH don't typically create any obvious physical symptoms, therefore it's not something that you "feel." However, some indicators could suggest low levels of AMH.

- **irregular menstrual cycles** A woman suffering from low AMH may experience absence or irregular menstrual cycles as a result of hormone imbalances.
- **difficulty in conceiving** If you've tried to conceive, but without success, over a long period of time Low AMH could be a factor.
- **A Poor Response To Ovarian Stimulation** In the event that you've had treatment for fertility, having a weak response to stimulation of the ovaries (where your ovaries fail to produce enough eggs) could be an indication.
- **Menopausal onset earlier** women with a low AMH risk menopausal symptoms early, which means they begin menopausal at a later time than normal.

If you are experiencing these symptoms, it's important to speak with an **Gynecologist in South Delhi**, like Dr. Rupali Bassi, who can assess your AMH levels and offer specific treatment plans.

What Causes Low AMH Levels?

Many factors contribute to the low AMH levels. They include:

- **Age** as women get older AMH levels naturally diminish. This is the main explanation for the low AMH.
- **Genetics** Certain women could have lower levels of AMH due to genetic causes. If your grandmother or mother went through menopausal early or early menopausal periods, you may be more likely to have AMH levels that are low.
- **Polycystic Ovary syndrome (PCOS):** While PCOS is usually linked to high AMH In some instances, women suffering from PCOS might also suffer from low levels of AMH because their ovaries are stimulated too much.
- **Endometriosis** This condition could affect the ovaries and result in a decrease in egg reserves as well as AMH levels.

- **Chemotherapy or radiation** The treatments used to treat cancer can have an adverse impact on the function of the ovarian gland, resulting in less AMH levels.
- **Lifestyle Factors** Poor diet, stress smoking, stress, and being overweight could also cause a decrease in the levels of AMH.

How to Check AMH Levels?

AMH levels are generally determined by AMH levels are typically checked through a **testing of blood**. This test is generally done during the first menstrual cycle since hormone levels fluctuate during the course of each month. The results will give the number of digits that your gynecologist will determine in relation to your fertility goals and age.

Impact of Low AMH on Fertility

Women who have low AMH might have fewer eggs to fertilization, which could lower the likelihood of conception. But, it's important to remember that having the absence of AMH doesn't mean you are unable to be pregnant. Women who have low AMH have been able to successfully get pregnant using the aid of advanced techniques for reproduction like IVF. A consultation with a fertility expert will help you consider the options available to you.

Does Low AMH Mean Infertility?

Low AMH doesn't necessarily indicate infertility. A lot of women who have AMH that are low AMH are fertile, particularly when they are older and don't have other fertility problems. However, it can make natural conception more difficult. If you suffer from low AMH, your physician may suggest **the IVF** as well as other reproduction methods to improve your chances of conceiving.

Treatment Options for Low AMH

If you've been diagnosed as having AMH levels that are low, there are several options available. AMH There are many options for treatment:

- **IVF using Egg Donation** In the event that your reserve for ovarian cells is extremely small, egg donation could be a good idea. In this scenario, donor's egg is used and fertilization is accomplished via IVF.
- **Ovarian Stimulation to aid in IVF** A Gynecologist could suggest stimulating the egg-producing ovaries in order to increase the number of eggs. With a low AMH, you might not be able to respond well to conventional treatments for ovarian stimulation and special treatments might be needed.
- **Lifestyle Changes** Improve overall health may improve your fertility. This could include keeping a healthy weight or quitting smoking as well as the reduction of stress.

IVF and Low AMH: What You Need to Know

If you have a woman with lower AMH levels, **IVF (In Vitro Fertilization)** is often the most efficient treatment. IVF involves taking eggs from the ovaries, fertilizing them with an in vitro lab before transferring the embryo to the uterus. If you are a woman with an AMH that is low, **egg quality and quantity** are the most important aspects. However, with the correct procedure and expert guidance from a clinic such as one of the **best IVF clinic situated in Sarita Vihar**, many women with low AMH have successful pregnancies.

How a Gynecologist in South Delhi Can Help

A **Gynecologist located in South Delhi**, especially one who is skilled in fertility such as Dr. Rupali Bassi, can help you navigate the procedure of diagnosing and managing the symptoms of low AMH. Dr. Bassi can recommend the most effective fertility treatment follow-up on your progress and make sure you're given the greatest chances of successful treatment.

The Role of the Best IVF Clinic in Sarita Vihar

Picking the **most effective IVF clinic located in Sarita Vihar** is crucial for women who have low AMH. They offer cutting-edge facilities with highly skilled fertility specialists as well as a wide range of fertility treatment options that are customized to your particular

requirements. The success rates of IVF treatments at these clinics tend to be higher because of the advanced technology and individualized treatment.

Lifestyle Changes to Boost AMH Levels

Although there isn't a certain method of increasing AMH however, certain lifestyle modifications can improve fertility overall:

- **Take a diet that boosts fertility** Include foods that are rich in nutrients like leafy greens whole grains, whole grains, as well as healthy fats, to aid in maintaining the balance of hormones.
- **Exercise regularly** Regular physical activity can boost fertility. However, be careful not to overdo it, as this can cause negative effects.
- **Beware of Toxins** Exposed to environmental contaminants, such as smoking or drinking too much alcohol, may reduce AMH levels. By removing these from your daily routine, you will enhance fertility health.

The Success Story of Dr. Rupali Bassi's Clinic

Many women who had treatment with Dr. Rupali Bassi, one of the most renowned **Gynecologists located in South Delhi**, have had successful pregnancies despite having the fact that they have a low AMH. The clinic's emphasis on individual care, cutting-edge IVF methods, and a warm assistance has enabled countless women to realize their dream of having children.

When to Consult a Specialist?

If you're struggling with conception and think the lack of AMH might be the reason you should consult an expert in fertility. Early intervention may help you consider all options available and

Conclusion: Your Path to Fertility

The low AMH amounts can prove quite a burden however they're not a reason to avoid having children. If you have the right guidance and treatment provided by the **best IVF clinic at Sarita Vihar** and a **Gynecologist in South Delhi** like Dr. Rupali Bassi, many

women can still reach the fertility targets they have set. If you're experiencing difficulties with low AMH, know that you're not on your own and that help is on the way.

FAQs

Which are the initial indicators that you have low levels of AMH?

1. Low AMH does not display obvious symptoms, however signs like irregular periods or difficulty conceiving could indicate low levels of AMH.

Do I have the possibility of becoming pregnant if I have AMH that is low?

2. Yes, many women who have AMH levels that are low still become pregnant typically with the aid by IVF and egg donations.

Can I boost my AMH in a natural way?

3. Although there's no method that has been proven to boost AMH however, an appropriate diet, controlling stress, and regularly exercising could help improve fertility overall.

How do I determine the ideal age to measure AMH levels?

4. It's recommended to examine your AMH levels if trying to conceive after age 30 or have had difficulty conceiving.

Should I go to a fertility clinic if I have an AMH that is low?

5. Yes going to a fertility clinic or specialist in fertility gynecology is recommended to research the options for treatment and receive individualized treatment.

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