

## Thinking of freezing your eggs?

### Here's everything you need to know



Egg freezing is the answer to the burning question: when do you want to have a baby? A combination of science and technology have now made a medical marvel possible. Women waiting to settle down or those in pursuit of a high-flying career, and want to postpone having a baby, have the option of freezing their eggs. Find out all about this new-age procedure



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leading gynaecologist and infertility specialist, has conducted more than 10,000 embryo transfers in the past 20 years of practice as an IVF doctor. He trained at the Royal Women's Hospital in Melbourne, the ICSI at the Azvub IVF Centre in Brussels, the Verlinsky Institute in Chicago, University College Hospital, London and in vitrification at the Kato clinic Japan. He is the recipient of the Rashtriya Ekta Award, the Best Doctor Award from the Indian Medical Association and the Navshakti Award for yeoman's service in medicine.

#### FACT, FAD OR FICTION?

What do stars like Kim Kardashian, Jennifer Aniston, Jennifer Love-Hewitt and Sofia Vergara have in common? These Hollywood A-listers have openly spoken about their fertility choices and have chosen to freeze their eggs. In an interview with Vogue, Modern Family star Sofia Vergara and the highest paid television actress revealed in an interview that she began freezing her eggs when she turned 40, four years ago.

Now, if you think that this elective fertility preservation procedure is just another Hollywood fad, think again. Even Silicon Valley giants such as Facebook and Apple are encouraging their female employees to freeze their eggs. In fact, Facebook and Apple both cover the procedure as