

Egg Freezing Is Gaining Popularity! Could It Be the Perfect Fit for You?

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Picture this: You're out on a date with your mom on a hot summer day at your favourite cafe for delicious fruit juice and cold salad. Suddenly, your special mom-daughter time is interrupted by a neighbourhood aunty who is surprised to see you all grown up and escalates to making unsolicited comments on how you should be married by now, how your 'biological clock' is running out, yada yada.

Sounds familiar? Then, there's an ultimate sassy way to counter all those who give you marriage and family planning advice: Egg freezing! Don't let anyone tell you it's an 'experimental' procedure that doesn't work. Those are talks of yesteryear. Today, science has made enough progress and discovered the right ways to help women freeze eggs, preserve fertility, and have a baby by 'choice' not 'force'.

Now that we know egg freezing can be your reliable best friend, let's understand whether you need to invest your time and efforts into building a relationship with it in the first place. To simplify things, we have discussed six situations where egg freezing can be the right choice for you!

Situation #1: You want to climb the career ladder up and higher

You want to be a mom, but you also want to be a grad student, a corporate leader, or a businesswoman. If you feel balancing family and career goals would be too much on your

plate (and there's no denying that) and wish you could extend your fertility timeline by a few years, you need not think twice about egg freezing!

Situation #2: You are working towards your financial goals

Raising a child is undeniably expensive. Considering school costs, extra-curricular activities, clothes, medical expenses, and higher education investments, it can go up to roughly 2-4 lakhs per year, especially in urban cities like Mumbai or Bengaluru. Being financially prepared puts you in a more comfortable position to manage expenses and promise the best of everything for your child. So, if egg freezing can help you become pregnant later in life, why not consider it and focus on growing savings in your youth?

Situation #3: You are yet to find your life partner

Once you turn a certain age, aka 24 or 25, society puts you under the 'marriageable age' category so that you can have a baby at the 'right' time. While biologically, this makes sense, constantly being under the mental pressure to find a partner does not. If you need to buy more time until you find 'the one' you want to spend the rest of your life with and start a family, egg freezing can help you do that.

Situation #4: You are not ready to start a family just yet

You have a set career and a loving partner, but there's something else stopping you from becoming a mom. Maybe you have an ailing parent or grandparent you want to care for. Perhaps you are not emotionally ready for the responsibilities and challenges of motherhood. Maybe your dream is to travel the world before you settle down. In any case, egg freezing gives you the freedom you always wished for!

Situation #5: You have PCOS

It's no secret that polycystic ovary syndrome (PCOS) brings along fertility struggles due to lack of ovulation and irregular periods. But if you are made to believe that you will never be able to get pregnant with PCOS, that's a big myth! There are many ways to improve your chances of pregnancy with PCOS, and egg freezing is one of them.

Situation #6: You are receiving specific medical treatments or taking certain medications

Are you undergoing cancer treatments such as radiation therapy or chemotherapy? Are you taking some antidepressants or antipsychotics? Then, you have the right to know that these procedures and medications can cause fertility issues. Egg freezing is a saviour in disguise if you wish to be a mom later.