

Infertility Answers: Test May Hold Hope for Those Unable to Conceive

By [Dr. Jay Adlersberg](#)

(New York-WABC, October 30, 2003) — There are many factors that can interfere with a woman's ability to get pregnant or to stay pregnant. Now, there's a new test that can help solve the puzzle of unexplained infertility or unexplained pregnancy loss. The test evaluates the uterine lining, where the embryo needs to attach for a successful pregnancy.

Health News from Dr. Jay Adlersberg

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Denise Olson, New Mom: "He was born on December second of last year and it was the best day of my life by far. He's adorable. After having problems having a baby it was just unbelievable to finally have it happen."

But before the joy of Ryan happened, Denise had already experienced two pregnancy losses.

Olson: "After I had two miscarriages, then I said I need to go find out why this is happening."

A lab test conducted at Yale University may help women like Denise find out why miscarriages happen or why they're not getting pregnant in the first place. Microscopic pieces of tissue are taken from the lining around the wall of the uterus.

The endometrium or lining is where the embryo attaches in order to grow. It's a lining that goes through changes during a woman's cycle. The new test is called endometrium function test, or EFT. It evaluates some of the chemical substances in endometrial tissue.

Dr. Steven Spandorfer, New York Pres. Weill Cornell Med. Ctr.: "EFT gives us a way of looking at that to make sure the uterine lining is actually developing appropriately .. and to be receptive."

Dr. Steven Spandorfer is a fertility specialist who also uses the test in women whose attempts with in-vitro fertilization have not been successful. .

Dr. Spandorfer: "We can maybe spot that something doesn't seem to be developing appropriately and then hopefully there are some things we can try to do to perhaps change the environment of the uterus and perhaps make it a little bit more receptive toward implantation."

Dr. Harvey Kliman of Yale University is the inventor of the endometrium function test. His studies show women with an abnormal EFT are ten times less likely to get pregnant than women with a normal one.

Dr. Harvey Kliman, Yale University: "What the test is good for is to help a doctor work with a patient to design a treatment protocol or an intervention that can improve her chances of getting pregnant."

Or staying pregnant. Most of the doctors now using this test are fertility specialists and what they do with the results of an abnormal EFT will depend on the specific results of the test as well as other factors of the woman's health. Both doctors told Eyewitness News they expect this test may get wider use as studies prove its usefulness. It's still fairly new.