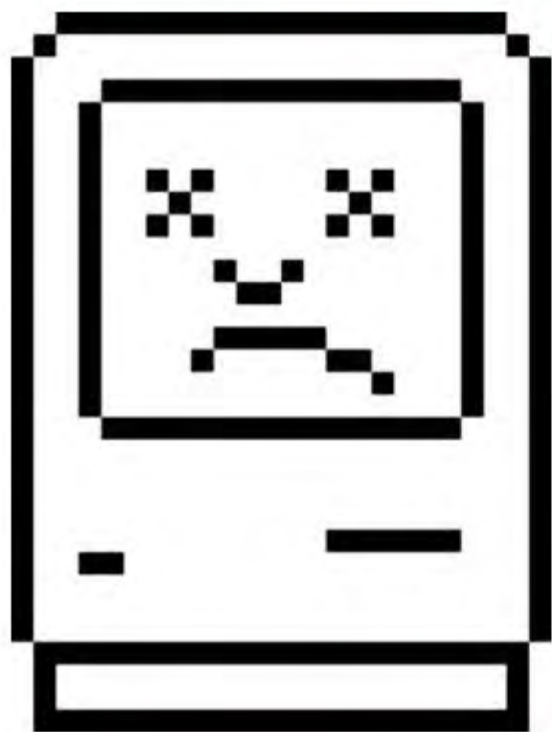


My numbers sucked, and I made this baby anyway

whitney erin boesel
@weboesel



my brain
(july 2014)

HORMONES, ADRENAL HORMONES, GONADOTROPINS (etc)

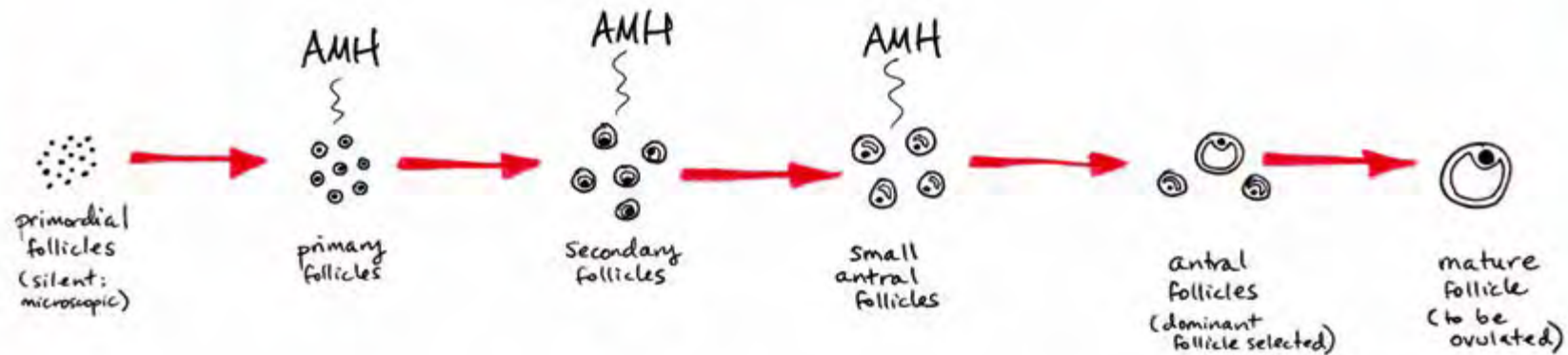
estradiol	29-Jul-15	1.6	5 pg/mL	---
estrone	29-Jul-15	1	1.3 3.3 pg/mL	10-Aug-15
estriol	29-Jul-15	0	7 pg/mL	---
Prog/E2	29-Jul-15	38	75 270 pg/mL	---
Free	29-Jul-15	38	100 500 (ratio)	---
Free	29-Jul-15	23	16 55 pg/mL	10-Aug-15
Free	29-Jul-15	3.1	2 23 ng/mL	10-Aug-15
Progesterone	30-Jul-15	6	15 120 nmol/L	10-Aug-15
17-OH progesterone	10-Aug-15	0.711	0.66 8.75 ng/mL	10-Aug-15
Cortisol, morning	29-Jul-15	6	3.7 9.5 ng/mL	---
Cortisol, noon	29-Jul-15	4	1.2 3 ng/mL	---
Cortisol, evening	29-Jul-15	2.2	0.6 1.9 ng/mL	---
Cortisol, night	30-Jul-15	1.7	0.4 1 ng/mL	---

THYROID & PARATHYROID HORMONES

FSH	30-Jul-15	2.4	2.5 6.5 pg/mL	10-Aug-15
LH	30-Jul-15	1.1	0.7 2.5 pg/dL	10-Aug-15
Prolactin	30-Jul-15	1.5	0.5 3 uIU/mL	10-Aug-15
T3RU	30-Jul-15	11.4	3 40 ng/ml	---
T3RU	30-Jul-15	15	0 150 IU/mL	10-Aug-15

Testosterone (free)	25-Oct-15	3.8	10.5 1.2 pg/mL	21-Dec-15
Testosterone (total)	25-Oct-15	0.67	0.00 1.40 ng/mL	21-Dec-15
DHEA (unconjugated)	25-Oct-15	45.5	31.0 228.0 ug/dl	21-Dec-15
DHEA-S	25-Oct-15	35	18 144 nmol/L	21-Dec-15
Androstenedione	25-Oct-15	5.4	1.9 12.5 mIU/mL	21-Dec-15
T3	25-Oct-15	3.2	2.3 4.4 pg/mL	21-Dec-15
FT3	25-Oct-15	0.98	0.60 1.18 ng/ml	21-Dec-15
rT3	25-Oct-15	12.7	9.0 27.0 ng/dL	21-Dec-15
T4	25-Oct-15	34.6	24.0 55.0 ng/dL	21-Dec-15
FT4	25-Oct-15	1.21	0.89 1.78 ng/dL	21-Dec-15
TSH	25-Oct-15	6.3	4.5 10.9 ug/dL	21-Dec-15
T3RU	25-Oct-15	1.329	0.350 5.500 uIU/mL	21-Dec-15
PTH	21-Dec-15	11	0 34 IU/mL	21-Dec-15

Testosterone (free)	21-Dec-15	50	19 14	---
Testosterone (total)	21-Dec-15	<0.5	0.00 1.0	---
DHEA (unconjugated)	21-Dec-15	8	23.0 268	---
DHEA-S	21-Dec-15	91	35 250 ng	---
Androstenedione	21-Dec-15	36	0 185 ng	---
T3	21-Dec-15	72	17 124 nm	---
FT3	21-Dec-15	11.3	2.5 10.2 mIU	---
rT3	21-Dec-15	8.1	1.9 12.5 mIU	---
T4	21-Dec-15	1.4	1.0 1.8 ng/dL	---
FT4	21-Dec-15	0.00	0.00 0.24	---
TSH	21-Dec-15	10.4	3.0 30.0 ng	---
Tg	21-Dec-15	3.1	2.0 4.2 ng/dL	---
TgAb	21-Dec-15	10.1	0 181 ng/dL	---
TPOAb	21-Dec-15	0.8	0.8 1.8 ng/dL	---
PTT	21-Dec-15	<1	0 9 IU	---



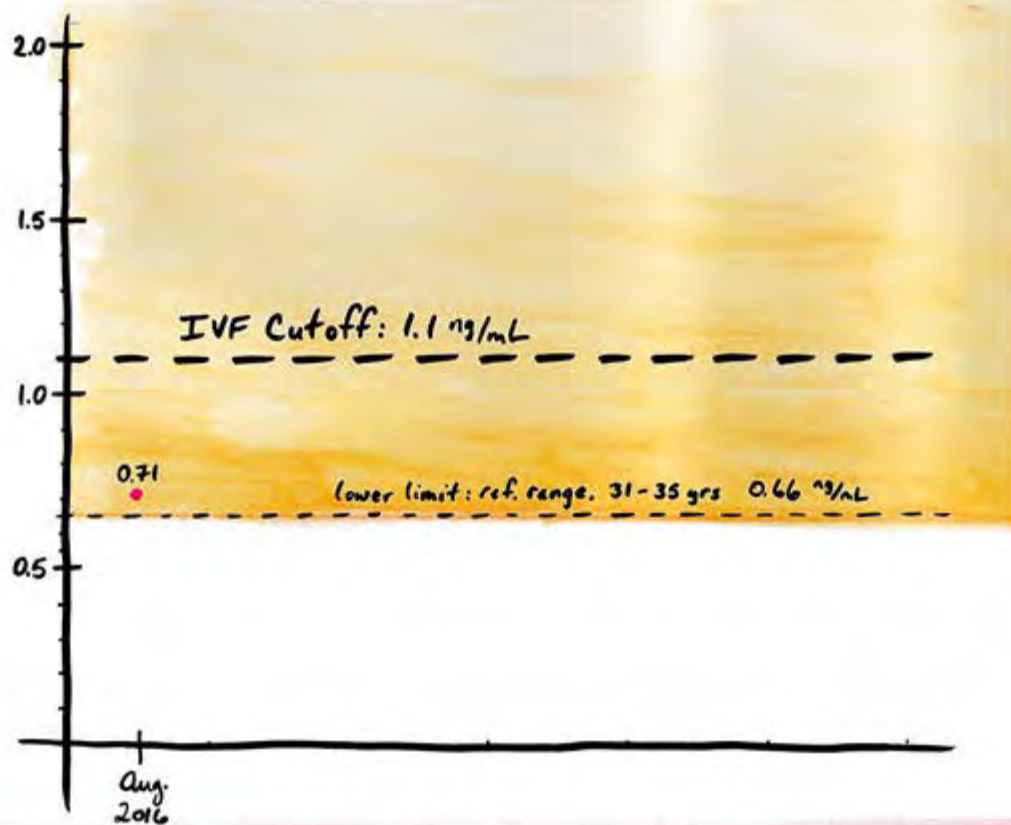


polycystic ovarian syndrome
(PCOS)



poor ovarian reserve

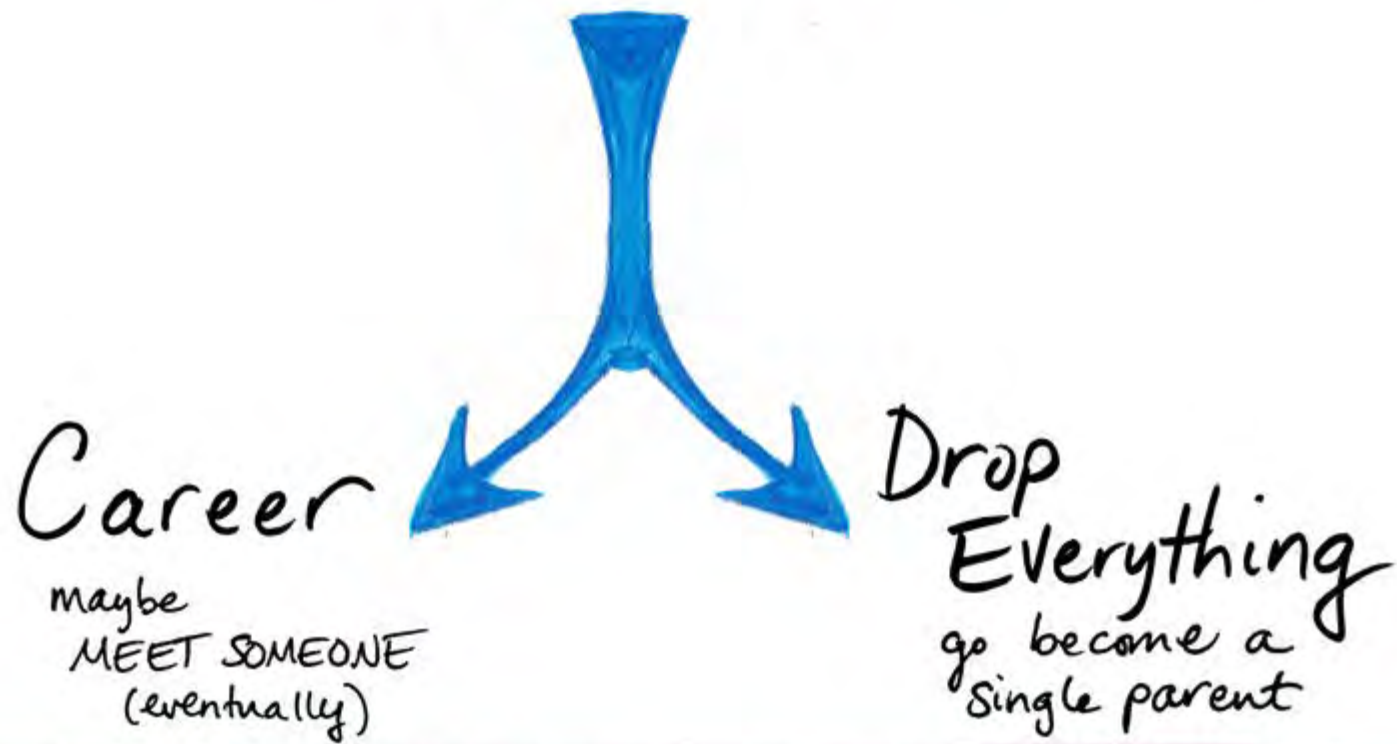
AMH
(ng/mL)



My Numbers Sucked, But I Made This Baby Anyway

Whitney Erin Boesel / @weboesel / #qs17

↳ 2012 (or so) :



↳ 2012 (or so):

WRONG

Career

maybe
MEET SOMEONE
(eventually)

Drop
Everything
go become a
single parent

I don't want to break up.

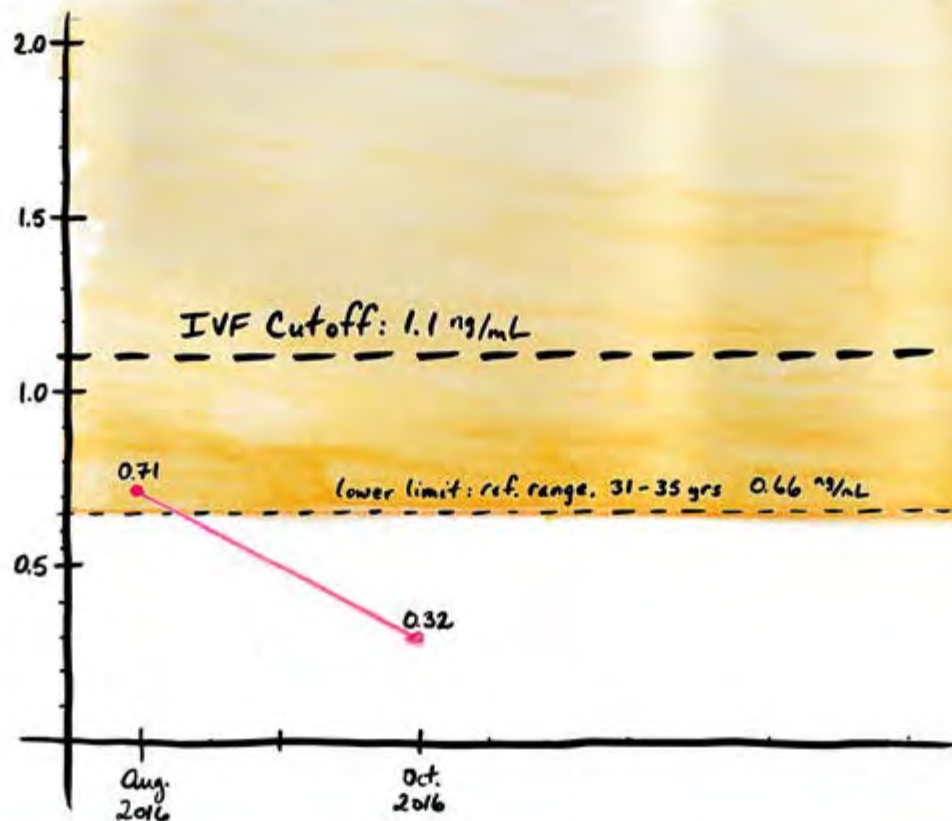
But I don't want to
break up.

I'm sorry, but I want kids.
We have to break up.

You don't want any
more children.

You're just hoping that
I'm infertile.

AMH
(ng/mL)



My Numbers Sucked, But I Made This Baby Anyway

Whitney Erin Boesel / @weboesel / #qs17

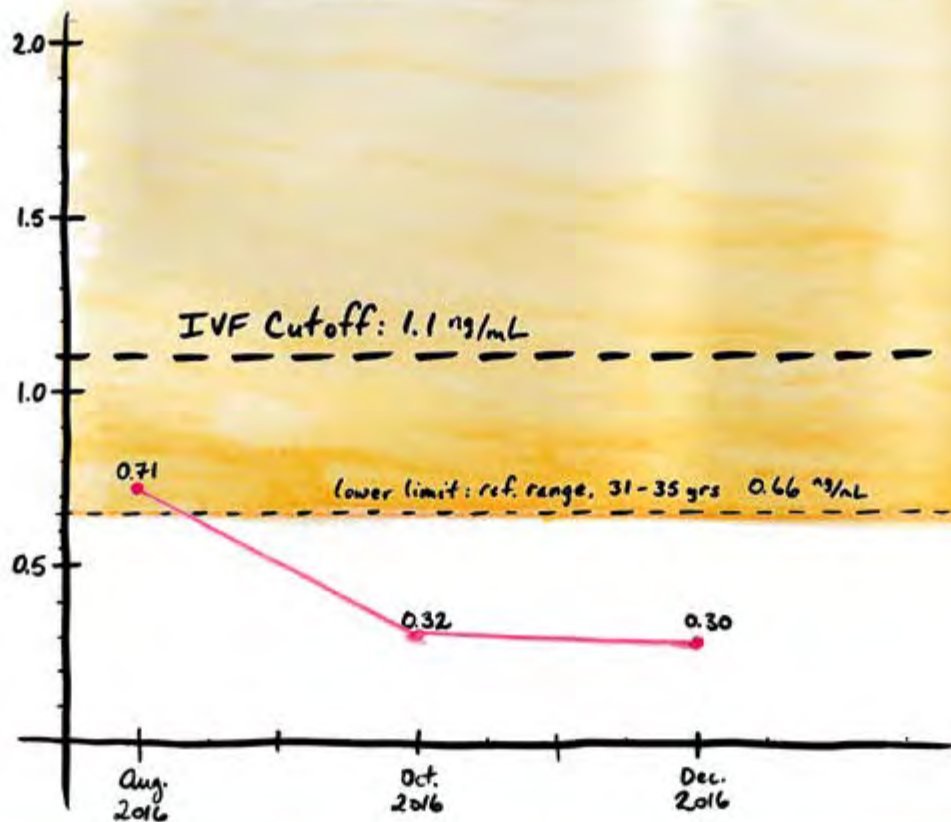
“Do you have
**ANY MORE
DATA?**”

(direct quote)



AMH

(ng/mL)



NOW
isn't a
GOOD TIME

end relationship
get disowned
disappoint grandmother
geography problem
single parenthood
solo parenting
probably a terrible idea



DON'T
bank on
LATER

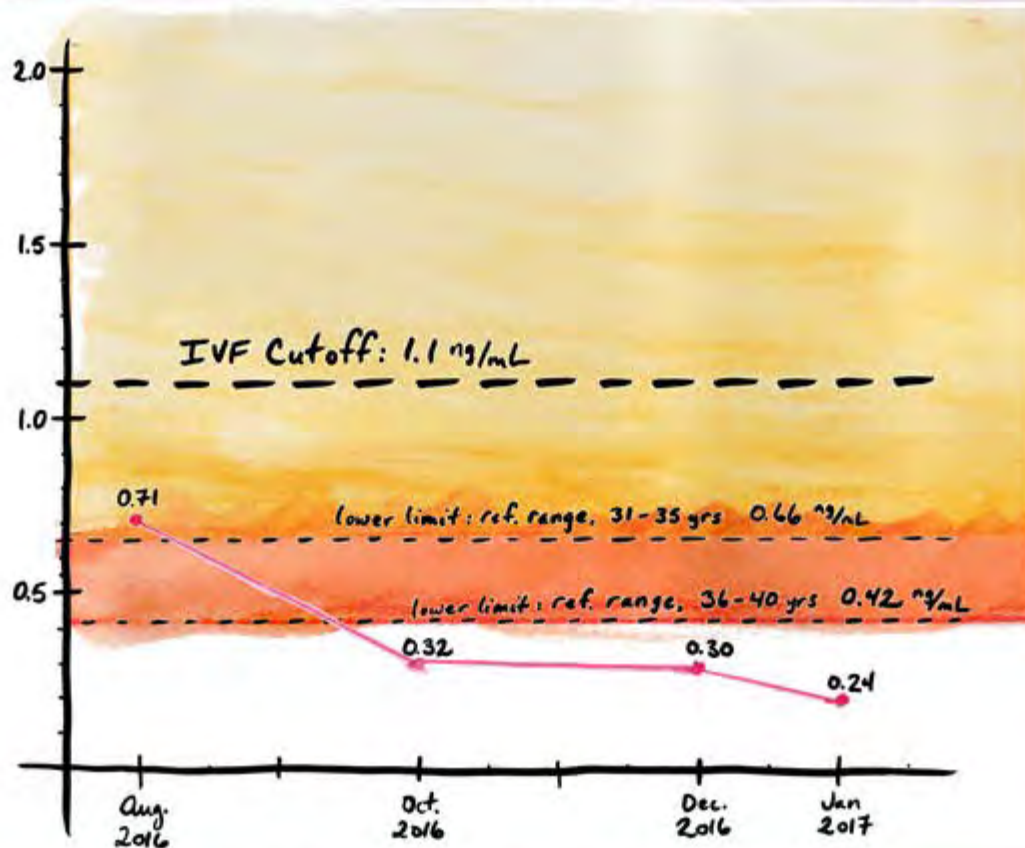
Soul-crushing regret.

Hypotheses:

- ~~1.) Low AMH caused by low Vitamin D — nope.~~
- 2.) Low AMH is artifact of inter-lab variability

AMH

(ng/mL)



My Numbers Sucked, But I Made This Baby Anyway

Whitney Erin Boesel / @weboesel / #qs17

AMH



PERMISSION
to keep waiting



AMH



PERMISSION
to stop waiting



*My Numbers Sucked, But I Made This Baby
Anyway*

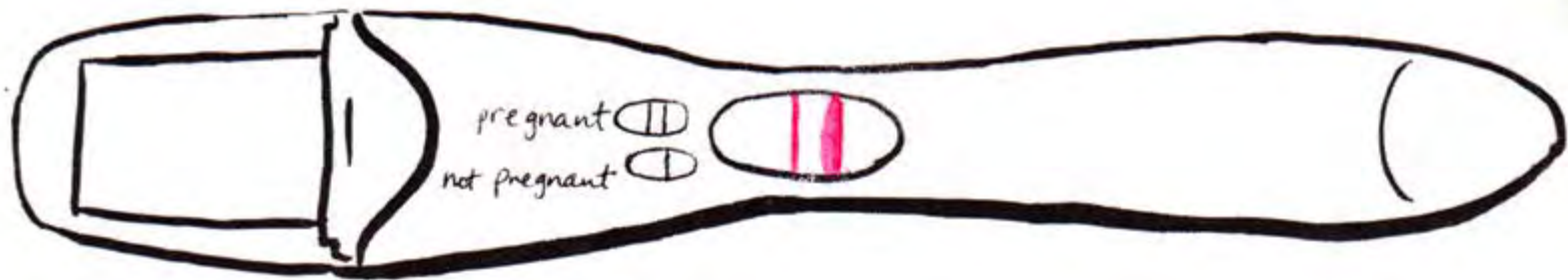
Whitney Erin Boesel / @weboesel / #qs17



BBT

My Numbers Sucked, But I Made This Baby Anyway

Whitney Erin Boesel / @weboesel / #qs17

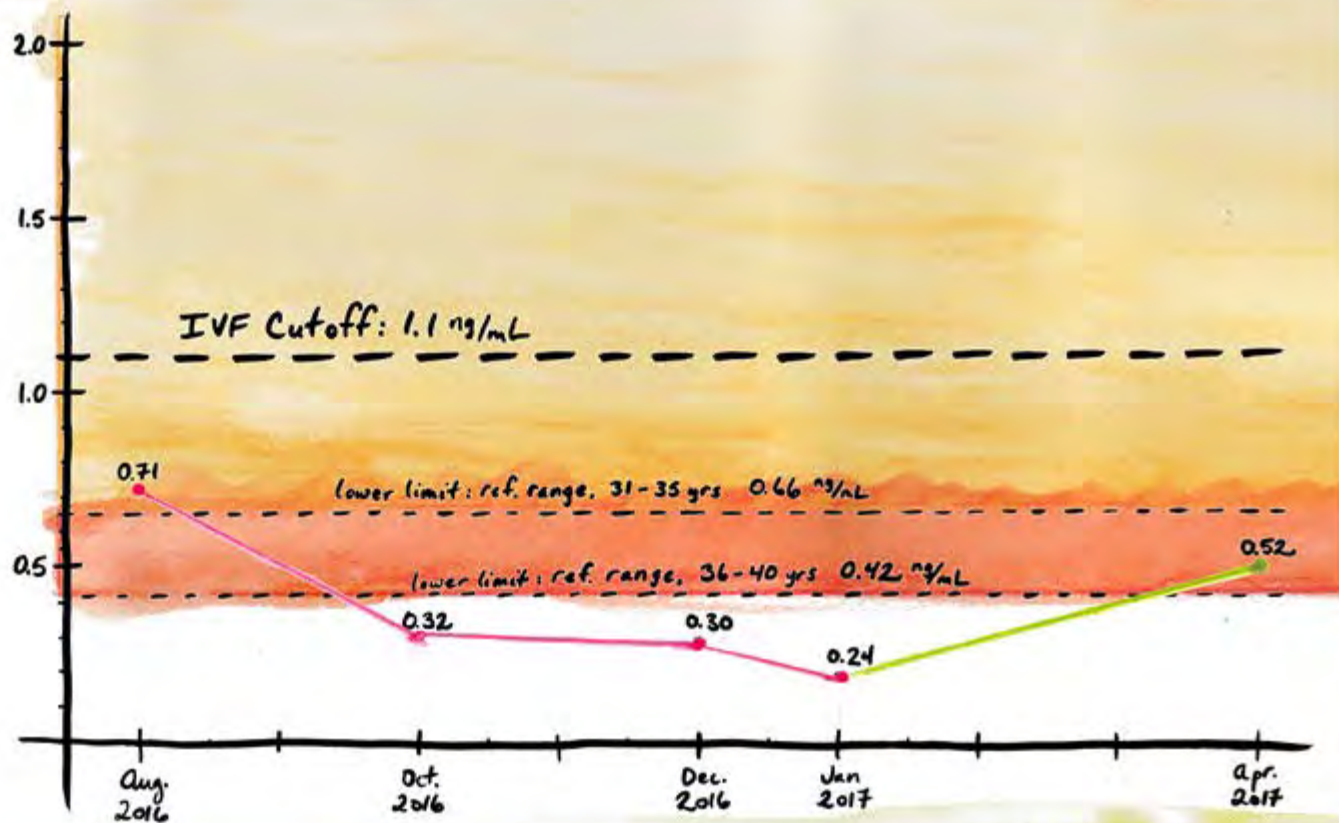


*My Numbers Sucked, but I Made This Baby
Anyway*

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AMH

(ng/mL)



My Numbers Sucked, but I Made This Baby Anyway

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(Six minutes old)

*My Numbers Sucked, But I Made This Baby
Anyway*

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AMH

Aug 2015: 0.71
↓ Oct 2015: 0.32
↓ Dec. 2015: 0.30
↓ Jan 2016: 0.24
↑ Apr 2016: 0.52



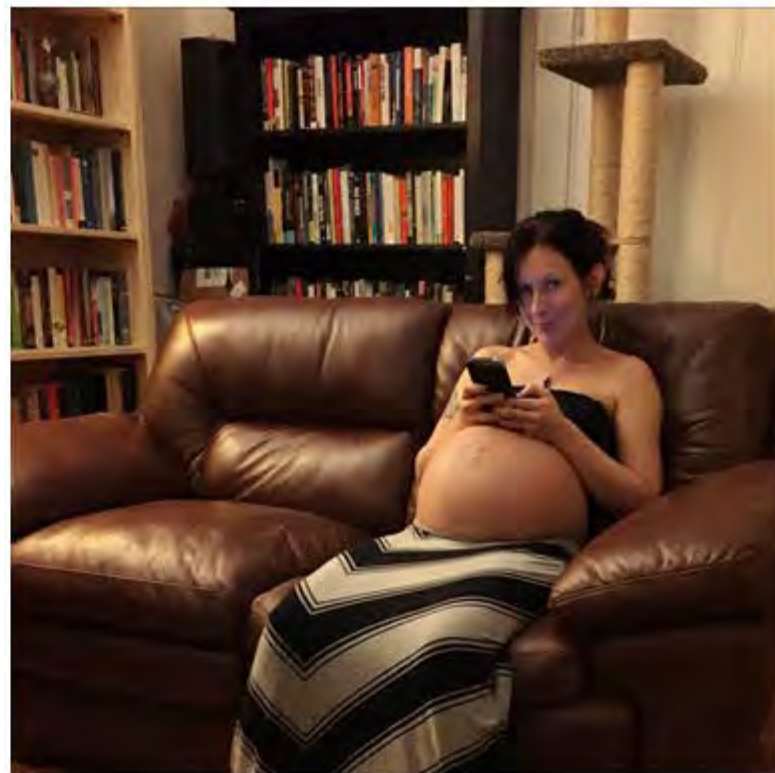


AMH CAN change

egg QUALITY



egg QUANTITY



Δ Aug → April:

ADD:

~~He Shou Wu~~
Ovabland
HRF-thalamic
Placenta
N-Acetyl Cysteine
Vitex
Probiotics
Fish oil
Evening Primrose
Multi-vitamin
Quercetin & Nettles
Augmented Plum Pi7 Qi
Astragalus
Hyaluronic Acid

Ubiquinol
vitamin D
Iron complex
Lysine ex
Cortisol Manager
Arnica montana
Acupuncture
Yoga

()

SUBTRACT:

~~Piracetam~~
~~Choline~~
~~Bupropion~~
~~Adrenal~~
~~Synbiotic~~
~~employment~~



I am
READY

I can
DO THIS



(24 hours old)





Thank you!

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twitter: @weboesel instagram: <ash>