

Song-Po Pan



Current position:

- Attending physician, division of Reproductive Endocrinology and Infertility, Department of Obstetrics & Gynecology, National Taiwan University Hospital (NTUH).

Specialty:

- Reproductive endocrinology and infertility
- Endometriosis
- General obstetrics and gynecology

Education:

- Doctor of medicine (MD), Taipei Medical University (TMU).

Career and certification:

- Residency in Obstetrics and Gynecology, NTUH.
- Fellowship in Reproductive Endocrinology and Infertility, NTUH.
- Attending Physician in Reproductive Endocrinology and Infertility, NTUH.

Reminder from Dr. Pan:

In recent years, trends toward later and less marriage and childbearing have been even more pronounced in Taiwanese society. According to statistics, in 2016 the average age of mothers at first childbirth was 31 years, with 20% of them being over 35 years old. This phenomenon is particularly evident in the metropolitan area. The trends mentioned above is still ongoing.

Ovarian function declines with age. The fecundity of women decreases gradually but significantly beginning approximately at age 32 years and

decreases more rapidly after age 37 years. Infertility is defined by the failure to achieve a clinical pregnancy after 12 months or more of regular unprotected sexual intercourse. If you meet the conditions mentioned above and you are thinking of having a baby on your own, you and your partner should visit a fertility doctor together as soon as possible.

If an unmarried woman is approaching age of 35 and she still has no plan to become pregnant recently, she may worry about getting harder to conceive because of decreasing fecundity when meet the "Mr. Right" in the future. Having a consultation with a fertility specialist for egg freezing is appropriate. Younger woman who have the following risks, such as endometriosis, previous ovarian surgery, shortened menstrual cycle intervals, genetic female relatives with early menopause or ovarian dysfunction, low serum Anti-Mullerian Hormone level, etc., should have insight for early conception, if she plans to have her own offspring. Book a consultation with a reproductive endocrinologist when having questions or encountering difficulties is strongly recommended.

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