

ALL ABOUT INFERTILITY AND HOW TO DEAL WITH IT.



TOPICS

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THE SUPPORT GROUP AT NOVA

WHAT IS INFERTILITY?

Infertility means being unable to conceive a child despite trying for one. If it has been more than a year without success it is time to seek help.

OVER
25
MILLION



COUPLES IN INDIA SUFFER FROM INFERTILITY

Roughly 25-30% of this number is due to male factor infertility, 30-35% due to female infertility, 10-15% are combined factors and the rest is unexplained infertility.



WHAT CAUSES INFERTILITY?



Infertility can occur due to various reasons. These can be genetic (inborn) factors, illness, injury, stress or even just age.

Infertility affects men and women. In men, low sperm count and quality are the main factors. In women, age of the woman and egg quality as well as conditions like PCOS, endometriosis, tubal and uterine factors are key causes.

WHEN IS IT TIME TO MEET AN EXPERT?



If you've been trying for a baby for one year without success.



If the female partner is nearing 35.



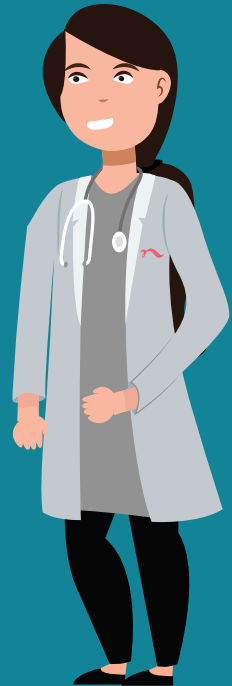
If the female partner has suffered from repeated miscarriages.



The female partner is diagnosed with PCOS, endometriosis etc.



The male partner's semen analysis not being normal and ejaculatory problems.



HOW TO CHOOSE A FERTILITY CENTRE

Since this is a critical choice, the more you know, the easier it will be.



TRACK RECORD

Nova, for instance, has helped 28000+ IVF pregnancies happen with success rates that are as good as any in the world.

EXPERT FERTILITY CONSULTANTS & EMBRYOLOGISTS

Our doctors are among the most acclaimed in the country and our embryologists are trained in India and abroad.



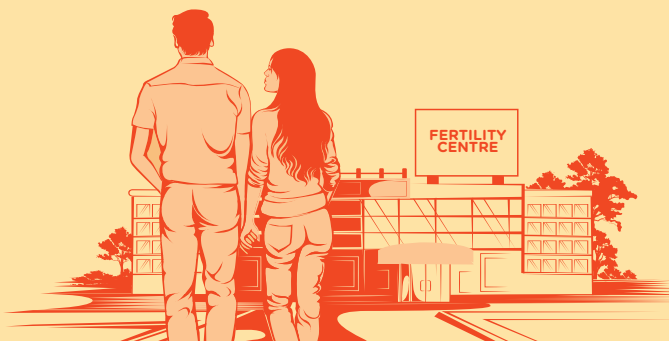
THE TECHNOLOGY AND PROCESSES SHOULD BE WORLD-CLASS

THE STAFF MUST BE SENSITIVE TO YOUR NEEDS - OFFERING COUNSELLING AND EMOTIONAL SUPPORT



THE CENTRE SHOULD OFFER TRANSPARENT PRICING

It's an assurance of no unpleasant surprises and a sign of accurate diagnosis.



WHAT TO EXPECT ON YOUR FIRST VISIT

From the first welcome to the meeting with the consultant, every step is important.



A counsellor will meet you and take down the basic information. They will talk to you and understand your situation, your emotional state and worries.



A junior consultant will study your reports (if you have any), take down your menstrual and medical history, note down any medications that you may be on. Lifestyle habits such as smoking, alcohol etc., exposure to radiation/toxins/chemicals, history of menstrual cycles and problems having sex.



The consultant will study your case and examine you. They will then recommend a set of diagnostic tests and explain the process of the treatment.



A financial counsellor will help you understand the costs.



Finally, dates for your testing and treatment will be set.

TESTING BEFORE TREATMENT

There are several tests you will be asked to undergo. Each one helps in understanding your fertility issues.

TESTS FOR MEN:



Physical evaluation



Semen analysis



Hormone evaluation



Infection & signs of obstruction or retrograde ejaculation

TESTS FOR WOMEN:



Blood tests that detect hormones



Pap smear



Transvaginal ultrasound

ADVANCED TESTS



HSG (Test to examine the female reproductive tract), Hysteroscopy and Laparoscopy

FERTILITY TREATMENT: WHAT & WHY

The aim of any fertility treatment is to ensure you and your partner have a child. Before that happens, there are many hurdles to overcome: medical, emotional, financial. Each individual is different with different issues, which is why there are a multitude of treatments.

BASIC FERTILITY TREATMENTS

Medical management



Issues related to fertility can sometimes be solved with only medication.



Timely administration and correct dosage.

IUI (Intra Uterine Insemination)



Before treatment begins, both partners are tested. In the case of the male partner the sperm must be normal (in quality and numbers). The female partner should ovulate normally or through medication and the tubes should be patent. She should not have any condition that interferes with fertilisation such as severe endometriosis or dense adhesions. IUI can also be done with donor sperm.



Fertility drugs are administered to stimulate the growth of 1 to 3 eggs to maturity. These could be pills or injections.



The results of this are closely monitored with ultrasound to measure the development of follicles and blood tests measure the estrogen levels (only when indicated). The aim is to produce 1-2 (not more than 3) mature follicles.



When monitoring shows that 1-3 follicles have matured, an injection of hCG (human chorionic gonadotropin - a hormone) is given to induce ovulation.



A sperm sample is collected from the man and is carefully prepared. IUI done about 36 hours after the hCG trigger.



This concentrated sample is inserted high into the uterus of the woman - a fairly painless procedure.



After 15 days a pregnancy test is done.

PREGNANCY RATE: 15 - 20%

IVF (In Vitro Fertilisation)



Comprehensive evaluation of both partners.



We formulate the treatment strategy, explain the procedure, prognosis, costs, risks & benefits and offer counselling support.



If IVF treatment is recommended, we carry out the following sequence: hormonal injections for about 8 - 10 days for controlled ovarian stimulation.



Ultrasound monitoring to check follicular growth.



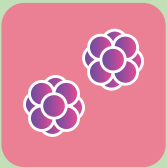
The patient needs to remain at the centre for at least half a day (not an OPD procedure), while eggs are collected under anesthesia, and the husband's semen is collected.



Fertilisation is carried out in a state-of-the-art, dust-free lab, by skilled embryologists. A small concentration of sperm is placed in a dish with each egg, 6 hours after egg retrieval.



The best embryos are selected and transferred on the 3rd or 5th day after eggs were collected.



A maximum of 2 embryos are transferred.
NOTE : Other good quality embryos can be frozen on request for future cycles if necessary. This prevents the need to go from step 1 to 6 again.



15 days later, a pregnancy test is done.

PREGNANCY RATE: 40 - 50%

ADVANCED FERTILITY TREATMENTS

ICSI (Intra Cytoplasmic Sperm Injection)



Used when the sperm is of poor quality. The first 3 steps are same as in IVF. A single, carefully selected sperm is injected into the egg with a needle to improve chances of fertilisation. The rest of the process is the same as in IVF.

MACS (Magnetically Activated Cell Sorting)



MACS is magnetically activated cell sorting which helps to filter out damaged sperms(with high DNA fragmentation) and get better quality sperms with less DNA fragmentation. This helps to improve embryo quality and pregnancy chances.

PGT-A (Preimplantation Genetic Testing – Aneuploidy)



This is a test performed on embryos to identify the numerical chromosomal abnormalities.

PGT-M (Preimplantation Genetic Testing – Monogenic)



This test identifies specific genetic disorders like thalassemia, hemophilia and certain types of muscular dystrophy.

PGT-SR (Preimplantation Genetic Testing – Structural Rearrangement)



This is done to test for specific chromosomal rearrangements, specifically for couples who present with repeated miscarriages.

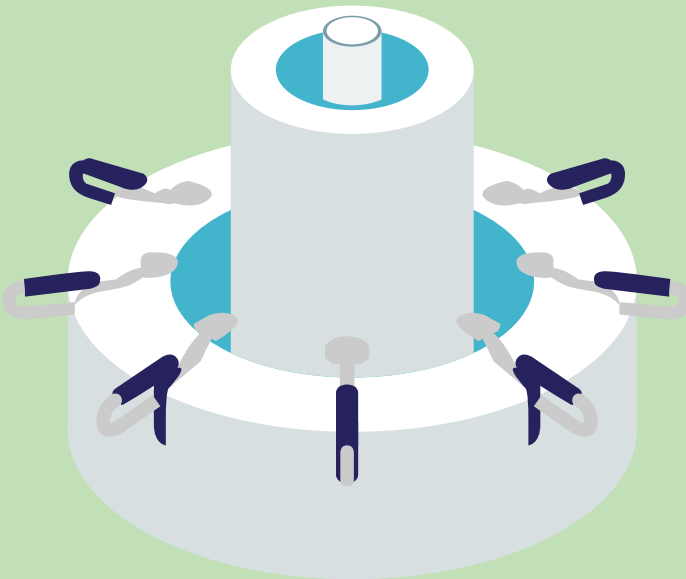
CRYOPRESERVATION OF EGGS, SPERM AND EMBRYOS

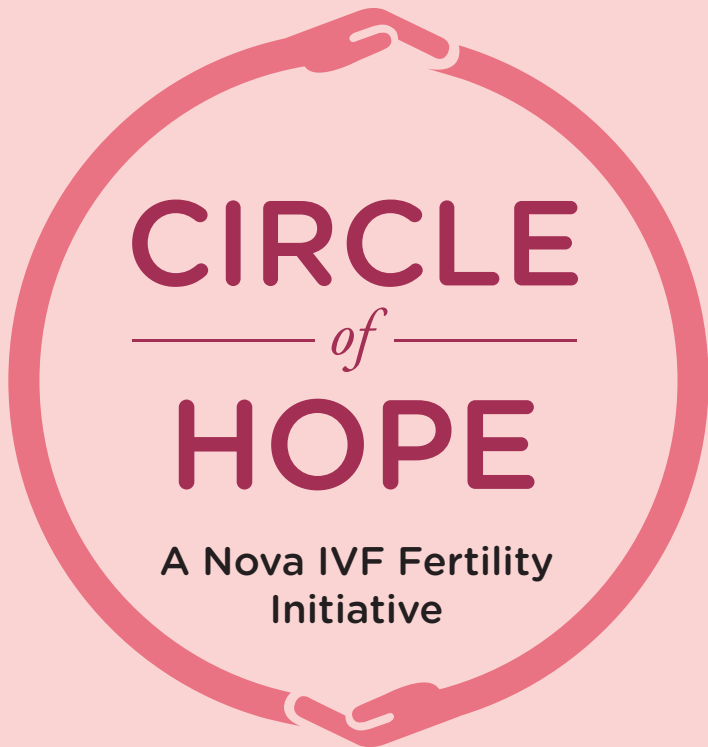
Also known as vitrification, it ensures no damage to the egg, sperm or embryo during freezing.

In case the embryo transfer fails - or if the couple decides to have another child, thawed embryos can be used for transfer.

Egg freezing can be done when the woman decides to delay pregnancy (late marriage, career advancement) or for fertility preservation if she has to undergo radiation or chemotherapy as part of cancer treatment.

PREGNANCY RATE: SIMILAR TO IVF USING FRESH EGGS.





**A support group for couples in their infertility journey.
This platform encourages them to clarify their questions, share their
experiences, support each other and above all, never lose hope.**



☎ 1800 103 2229

E: info@novaivffertility.com or visit www.novaivffertility.com

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