

WELLNESS & FERTILITY: A HEALTHY ROAD TOWARDS CONCEPTION

In the past Infertility was mainly encountered among older couples while today doctors are consistently dealing with much younger couples suffering from the inability to conceive. Now a days younger couples who are battling their professional and financial commitments towards home and family are now having to visit infertility specialist for having their first child.

A diagnosis of infertility can upset a couple's life affecting their emotions, sleep and raise stress levels. When Infertility treatments that have a success rate varying between 30-80% is the couples only option the couples fall short of being emotionally or financially ready for it. Majority of couples also need to shoulder the burden without the support of their family members as it is either a taboo or they live in nuclear families far from their parents.

After managing these couples for more than 10 years I have seen that it's not just a patients physical reports that decide their chances of conception but also the couple's mental and emotional make up while undergoing any treatment that influences the result of the treatment.

Imbuing into couples a positive outlook towards life through better counselling from doctors and counsellors does improve the chances of success. Infertility diagnosis should never instigate a blame game between the partners. The couples who have supported each other irrespective of each other's deficiencies have come out successful.

A couple should remember that when you don't conceive that month - it's the treatment protocol that failed and not YOU!. So there is always the possibility of another protocol which may work better. Many couples fail to understand this and get depressed thinking they are the ones failing which affects their emotional make up during treatments. To counteract this effect we recommend that women should find a source for stress relief in their daily lives and indulge oneself in wellness programs to be



mentally and emotionally strong to withstand this lengthy process of fertility treatment. It is advisable to carry along your favourite books or listen to or watch any audio or video that reaffirms a positive mindset during the treatment. Family members should abstain themselves from putting undue pressure on couples through the process while couples should openly talk about the matter & share problems among their friends as with increasing incidence it's no longer a taboo topic also maintaining an active social life helps you be more positive.

Healthy lifestyle habits, including diet, nutrition and exercise will reduce this negative stress and provide health benefits that shall in turn result in better fertility. Individual and group counselling, yoga and meditation have potential for boosting fertility treatments success rate.

Finally believe that it will definitely happen and it's just a matter of time.

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