

HEGDE FERTILITY THE RIGHT CHOICES BEGIN HERE!!

HEGDE FERTILITY is the offshoot of HEGDE HOSPITAL, a healthcare centre established in the year 1978 in Hyderabad & has worked steadfastly alongside women of all ages to ensure better health & a promise of a happy future. The centre is now located at 3 convenient locations in the city. A centre for excellence for women suffering from infertility related matters. Infertility can be kept at bay for the future mothers too, by taking precautionary measures from early stages. This article attempts to capture the various ailments that hinder the smooth transition of a woman towards becoming a mother.



PCOS SYMPTOMS:

- Excessive body hair growth
- Weight gain
- Ovarian cysts
- Low sex drive
- Irregular or missed periods
- Male pattern baldness / thinning hair
- High testosterone levels
- Insulin resistance
- Fatigue
- Acne
- Mood changes
- Trouble conceiving or infertility

GYNAECOLOGICAL ISSUES THAT PLAQUE WOMEN

PMS or Pre-Menstrual Syndrome
Pre-menstrual syndrome (PMS) refers to physical and emotional symptoms that occur in the one to two weeks before a woman's period. Symptoms often vary between women and resolve around the start of bleeding.

- Common symptoms include:
- Depressed mood
 - Irritability
 - Headaches
 - Constipation
 - Anger
 - Feeling overwhelmed
 - Sleep problems
 - Difficulty in concentrating
 - Bloating
 - Irritability

Ahimsa
● Vitamins & Minerals
● NSAIDs: Can be taken 7-10 days before expected period
● Diet: Diet can be used when lifestyle changes & limiting activities are not enough to reduce the symptoms
● Hormonal contraceptives: Help in suppressing ovulation which helps relieve from PMS symptoms.

Menstrual Cramps
During your menstrual period, your uterus contracts to help expel its lining. Hormones like substances (prostaglandins) involved in pain and inflammation trigger the uterine muscle contractions. Higher levels of prostaglandins are associated with more severe menstrual cramps.
● Lower back pain
● Lower abdominal pain
● Leg cramps
● Nausea
● Vomiting

Ahimsa
● Analgesics
● Oral contraceptives
● Acupuncture to relieve cramps

Vaginal Itching
Vaginal itching is an uncomfortable and sometimes painful symptom that often occurs due to irritating substances, infections, or allergies. It may also occur as a result of certain skin disorders or sexually transmitted diseases (STDs).
● Poor diet
● Pain or tenderness in the genital area
● Genitals redness or swelling
● Ulcers or blisters on the vulva
● Trouble urinating
● An unusual vaginal discharge

Pelvic Inflammation
Many women have painful intercourse at some point in their lives. The medical term for painful intercourse is Dyspareunia, defined as persistent or recurrent genital pain that occurs just before, during or after intercourse.
● Pain only at sexual entry (superficial dyspareunia)
● Pain with every penetration, including putting in a tampon
● Deep pain during thrusting
● Burning sensation
● Throbbing pain, lasting hours after intercourse

Ahimsa
● Avoid stress
● Psychological counseling in case of Dyspareunia
● Use of lubricants
● To rule out pelvic pathology by scan
● Use of Oestrogen therapy in postmenopausal women

GYNAECOLOGICAL ISSUES CAUSING INFERTILITY

Female infertility can be caused by:
● Ovarian problems
● Polycystic ovary syndrome
● Problems with the fallopian tubes & Uterus
● Endometriosis
● Unexplained infertility

OVULATION PROBLEMS CAUSING FEMALE INFERTILITY:

- Hypothyroidism
- Hypertension
- PCOS
- Decreased egg reserves

UTERINE FACTORS CAUSING INFERTILITY

- Intra-uterine adhesions only in the fallopian tube
- Spina-like coils travel through the uterus, fallopian tube and the egg mass and is captured by the uterine part of the coils and cause to block site for fertilisation.



- Blockage at any part of the tube will stop the egg from meeting the sperm, hence preventing pregnancy
- Blockage can happen at any site: proximal tube, mid-tubal, distal tubal block
- Other conditions like hydrosalpinx (accumulation of fluid in the tube), pelvic-tubal adhesions (seen in endometriosis or previous pelvic surgery) also prevent fertilisation.

PROBLEMS WITH THE UTERUS CAUSING FEMALE INFERTILITY

The fertilized egg lodges in the lining of the uterus which is called "implantation". Some uterine problems that can hamper implantation include:
● Fibroids - non-cancerous tumours within the walls of uterus
● Polyps - over growth of the endometrium
● Intra-uterine adhesions - formed due to either infection, surgery for uterine septum, myomectomy dilation and curettage

Wellness with the cervix causing female infertility
At the top of the vagina is the neck or entrance to the uterus, called the cervix. Ejaculated sperm must travel through the cervix to reach the uterus and fallopian tubes.
Cervical mucus around the time of ovulation is normally thin and watery so that sperm can swim through it.
● However, thick or poor-quality cervical mucus can hinder the sperm from reaching the uterus.
● Cervical stenosis (narrow cervix) and long cervix also prevents sperm from meeting the uterus.

Infertility with the fallopian tube fertility
Endometriosis is a condition in which cells from the lining of the uterus (the endometrium) migrate to other parts of the pelvis. It can damage the fallopian tubes and the ovaries, and significantly alter the movement of the egg and sperm.
Even if the fallopian tubes and ovaries are not damaged, endometriosis can affect the movement of sperm, egg pick-up by the tube, egg fertilisation, embryo growth and implantation.

Diagnosis
Tests for the women may include:
● Physical examination
● Blood tests
● Ultrasound scan.
● Laparoscopy - A 'keyhole' surgical procedure may be required sometimes to enhance fertility

How best to treat female infertility
Treatment options for female infertility depend on the cause of infertility. Hence, identifying the cause is an important step.
● Lifestyle modification: healthy diet, good physical activity, adequate sleep may help normalizing the hormonal imbalance.
● Ovulation induction: using hormone therapy for closed fallopian tubes and intercourse insemination.
● In vitro fertilisation (IVF) in difficult scenarios.
● Fertility enhancing surgery: fallopian tube, polyps, endometriosis, ovarian cysts, uterine septum, hydrosalpinx.
These days, more reproductive surgeries are performed by 'keyhole surgery' using an operative laparoscopy (through the abdomen) or an operative hysteroscopy (through the cervix) and into the uterus.

Factors Leading to Multiple Failure of Fertility Treatments

- POOR EMBRYO QUALITY
Poor egg quality is caused by diminished ovarian reserve and is one of the most common causes of infertility especially in women over 35. Egg quality is important because it determines embryo quality. Poor egg quality is closely associated with chromosomal abnormalities in embryos, also known as aneuploidy.
- EGG QUALITY AND AGE
● POOR OVULATORY RESPONSE
● IMPLANTATION DYSFUNCTION

LIFESTYLE FACTORS LEADING TO INFERTILITY

- Sedentary lifestyle
- Working night shifts
- Irregular sleeping habits
- Stress
- Smoking
- Alcohol consumption
- Obesity

KEY TO FERTILITY

- The key to fertility includes maintaining a healthy weight, exercise and choosing foods that support your ability to conceive

- Following a low carb diet is generally recommended for women with polycystic ovary syndrome (PCOS)
- Eating a diet high in refined carbs can raise insulin levels, which may increase the risk of infertility and make it harder to get pregnant
- Fibre may have beneficial effects on fertility. However, too much fibre may interfere with ovulation.
- Replacing animal proteins (such as meat, fish and eggs) with vegetable protein sources (such as beans, peas and seeds) is linked to a reduced risk of infertility
- Eating more vegetable protein may protect against infertility
- Choose High-Calcium Dairy: High intakes of low-fat dairy products increase the risk of infertility whereas high-fat dairy products decrease it.
- Try replacing one low-fat dairy serving per day with one high-fat dairy serving, such as a glass of whole milk.
- Consuming iron supplements which come from plant-based foods, may decrease the risk of ovulatory infertility

Prenatal Vitamins & Low Stress

- Women who take multivitamins may be less likely to experience ovulatory infertility
- Dietary supplements including cherry, green tea, vitamin E and vitamin B6, improved chances of conception



and deliver a healthy baby
● 30% of infertility has been associated with weight or obesity. Infertility rates are 3 times higher in obese women. Women who are overweight can improve their fertility by losing just 5% of their body weight. Excess fatness causes the body to release more insulin which leads to ovulation. Underweight women often suffer with ovulation problems as well.

Healthy Eating Habits

- Eat Foods That Are Rich in Antioxidants: Foods such as fruits, vegetables, grains and nuts are packed full of beneficial antioxidants like vitamins C and E, folate will improve fertility rates
- Eating more calories at breakfast and less at your evening meal can improve fertility
- Avoid Trans Fats: Eating healthy fats every day is important for boosting fertility
- Trans fats are commonly found in hydrogenated vegetable oils and are readily present in items like margarine, fried foods, processed products and baked goods

HEGDE WOMEN WELLNESS PROGRAMS

- Diet Counseling
- Diet Plans
- Acupuncture
- Yoga

See assured HEGDE FERTILITY can provide any couple the right guidance to achieve full-term pregnancy through a team of highly qualified doctors along with the best in technology and infrastructure.

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A Team of Specialized Practitioners

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