

# **HEGDE FERTILITY THE RIGHT CHOICES BEGIN HERE!!**

**HEGDE FERTILITY** is the off shoot 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 par excellence for women suffering from infertility related matters. Infertility can be kept at bay for the future in others 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

## **Factors Leading to Multiple Risky 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 aneuploidies.
    - HIGH QUALITY AND AGE
    - POOR OVARIAN RESPONSE
    - IMPLANTATION DISFUNCTION

## LIFESTYLE FACTORS LEADING TO INFERTILITY

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

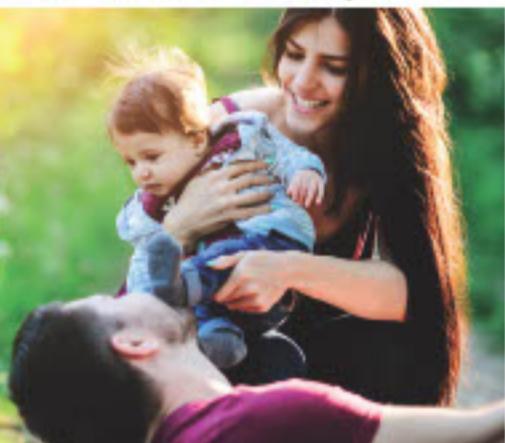
KEY TO FERTILITY

- 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
  - Fiber may have beneficial effects on fertility. However, too much fiber may interfere with ovulation.
  - Replacing animal-based proteins (such as meat, fish, and eggs) with vegetable protein sources (such as beans, nuts, and seeds) is linked to a reduced risk of infertility
  - Eating more vegetable protein may protect against breast cancer.
  - Choose High-Fat Dairy: High intakes of low-fat dairy food may increase the risk of infertility whereas high-fat dairy food intake decreases 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

Presented by Wizards & Low Stress  
• Women who take control

- Women who take contraceptives may be less likely to experience ovulatory infertility
  - Dietary supplements including cranberry juice, vitamin E, soybean oil, improved chance of conception



- 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 tube, distal tube.

- and deliver a healthy baby.
- 30% of infertility has been associated with weight extremes. 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. Insulin resistance causes the body to release more insulin which hinders ovulation. Underweight women often suffer from irregular periods or amenorrhea.

- A neighborhood containing fitness may be especially beneficial.
- As your stress levels increase, your chances of getting pregnant decrease. This is likely due to the hormonal changes that occur when you feel stressed.
- Having a screened job and working longer hours can also increase the time it takes you to become pregnant.
- Receiving support and counseling can reduce anxiety and depression levels, therefore increasing your chances of becoming pregnant.

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- Diet Counseling
  - Diet Plans
  - Acupuncture
  - Stress

Best assured INIVIDE 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 infra-



**A Team of Specialized Practitioners**

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