

ENHANCING REPRODUCTIVE HEALTH WITH COMPREHENSIVE CARE FOR OPTIMAL OUTCOMES



OFFER DETAILS:

Hegde Fertility offers free:
Fertility consultation for couples

A special discount of ₹25,000 is offered on IVF*
The offer is valid till 15 November 2023 on all the branches of Hegde Fertility (T&C apply)

A well-considered reproductive life plan is a personal roadmap that encapsulates one's goals, choices and thoughts concerning parenthood and the methods to attain them. Prioritising your sexual health doesn't only enhance overall well-being but also safeguards your fertility, ultimately improving the prospects of a healthy pregnancy. Preconception health and healthcare focus on the actions to take before and between pregnancies, increasing the likelihood of a successful, healthy childbearing journey.

In a world where infertility rates are rising due to multifactorial causes, including genetics, lifestyle, and environmental factors, planning your reproductive journey has never been more crucial. Today, the chances of conception for a couple in a single month of planning during the fertile period of a woman's cycle is around 15% and only around 70-80% of couples are able to conceive within the first year of planning. Just as you undertake thorough research before making life-altering decisions like choosing your educational path, career, life partner, or a home, understanding your fertility status and that of your partner is equally vital. Armed with this knowledge, you can pave the way for a smoother conception journey when the time is right.

CRITICAL TIPS FOR A SUCCESSFUL PREGNANCY OUTCOME

1. Seek a medical consultation before conceiving. Discuss any existing medical conditions that could affect pregnancy, evaluate your current medications for potential changes, inquire about necessary vaccinations, and explore pre-pregnancy measures to prevent certain birth defects.
2. Embrace lifestyle modifications. Smoking, alcohol consumption, and specific drug use can lead to pregnancy-related complications for both mother and baby such as premature birth, birth defects and infant death. Seek counselling, treatment and other support services to address these concerns.
3. Prioritise folic acid supplementation at least a month before pregnancy and throughout gestation to prevent major birth defects affecting the baby's brain and spine.
4. Reach and maintain a healthy weight. Both overweight and underweight individuals face risk of serious health problems during pregnancy. The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. Achieving and sustaining a healthy weight involves long-term lifestyle adjustments, including balanced nutrition and regular physical activity.
5. Share your family's health history with your healthcare provider, as it can significantly impact your child's health.
6. Pave the way for a healthy pregnancy. Once you become pregnant, continue your newfound healthy habits and attend regular prenatal care appointments.

FIRST STEPS TOWARDS PLANNING PREGNANCY

A well-structured reproductive health plan plays a pivotal role in preventing unintended pregnancies. Consulting a healthcare professional can provide valuable insights into contraception methods for those who wish to delay or avoid pregnancy.

A comprehensive evaluation of your reproductive health including a thorough examination and testing can help pinpoint the root causes of subfertility. Women undergo pelvic scans and blood tests, while men undergo semen analysis.

STRATEGIES TO ENHANCE FERTILITY

- Understand the fertile period, which typically spans about four days before and ends on the day of ovulation. So, a woman with a regular cycle of 28 days is fertile between cycle day 10 to 16. This is not applicable if cycles are irregular.
- Adopt a high-protein, nutritious diet at least six months before conceiving, eliminating fast food, artificial additives, preservatives, taste makers, canned foods, caffeinated drinks, alcohol and smoking.

- Prioritise physical activity, and practice an exercise regimen with yoga, workouts, swimming or recreational sports like badminton and have adequate sunlight exposure.
- Cultivate a harmonious relationship with your partner, and consider planning short get-aways during the fertile window to reduce workplace stress.
- Avoid night shifts, as they can disrupt hormone release patterns.
- Address any sexual dysfunction issues encountered like erectile dysfunction, premature ejaculation, decreased libido or vaginismus and painful intercourse early on in your marital life and don't postpone them till you plan a family.

WHEN TO SEEK THE ADVICE OF A FERTILITY SPECIALIST

1. You haven't achieved pregnancy after one year of regular unprotected sexual intercourse.
2. You're over 30 and haven't conceived after six months of trying without birth control.
3. Your menstrual cycle is irregular.
4. You or your partner experience difficulties during sexual intercourse.
5. There's a family history of genetic problems.

Treatment options for subfertility:

Various treatment options exist for subfertility, including natural cycle monitoring, ovulation induction, intrauterine insemination, minimally invasive surgery, and in vitro fertilization (IVF). The choice of treatment depends on the specific diagnosis and individual circumstances.

Natural cycle Monitoring and timed intercourse:
In women having difficulties related to ovulation timings—ultrasound monitoring can be done to determine the timing of ovulation and intercourse timed accordingly.

Ovulation Induction and timed intercourse:
For women with irregular cycles in order to induce ovulation fertility drugs are used to stimulate the ovaries, ovulation is tracked via ultrasound and dates are suggested for timed sexual intercourse. Success rate for this procedure is 5-10 % per cycle.

Intrauterine insemination (IUI):
It is the process of placing washed sperm into a woman's uterus when she is ovulating. This procedure is used for couples with mild male factor infertility and unexplained infertility. IUI is often done in conjunction with

ovulation-stimulating drugs. The success rate for this technique is 15-18 % per cycle.

Minimally invasive fertility enhancing surgery (laparoscopy &/or hysteroscopy):
Laparoscopy is a surgical procedure involving insertion of a narrow telescope like camera through a small incision in the abdomen. This process allows visualisation of abdominal and pelvic organs including uterus, fallopian tubes and ovaries. Since the incision is very small, it is also called key-hole surgery or minimally invasive surgery (MIS).

Hysteroscopy is inspection of the uterine cavity by endoscopy with access through the vagina and cervix. The procedure allows doctors to look inside the uterine cavity using a hysteroscope which is a thin long tube (telescope). The camera is connected to a TV screen or monitor. A distension media (liquid or gas) is used to distend the uterine cavity which provides space and vision for the surgery. The instruments are passed through the hysteroscope and surgical procedure can be performed. It allows for the diagnosis and treatment of various uterine conditions that lead to fertility problems.

Invitro-fertilisation (IVF):

Multiple eggs are collected from woman's ovaries after stimulating with hormone injections and fertilised with the partner's sperm in a special laboratory, where they develop into embryos in 2-5 days. The doctor then puts the embryos back into the womb. Success rate being approx. 40-60%.

WHEN IS IVF CONSIDERED?

IVF is likely to be recommended for the following fertility problems:

- Tubal Factor (Damage to the fallopian tubes due to infections or surgery)
- Endometriosis
- Male Factor Infertility (very low sperm count/Azoospermia where sperms have to be retrieved surgically from the testis)
- Diminished Ovarian reserve
- Age related subfertility (advanced age for women)
- Women with anovulation & Polycystic Ovarian Syndrome (PCOS) where simple treatment options like ovulation induction and IUI have failed
- Unexplained Infertility (This condition is seen in 30% of sub fertile couples)

UNDERSTANDING AND DEBUNKING COMMON MYTHS ASSOCIATED WITH IVF

Many couples and individuals are apprehensive about IVF because of the many misconceptions surrounding it.

IVF can resolve all infertility issues

There are many assisted reproductive procedures available today which can help childless couples conceive and IVF is just one of them.

IVF is only for the rich

IVF is a little expensive but cheaper than many other surgeries.

IVF has a 100% success rate

The success rate of IVF is about 40% in couples below the age of 35. Also, the success rate of IVF depends on factors such as age, cause of infertility and biological and hormonal conditions.

IVF babies are born with birth defects and malformations

The absolute risk of delivering an IVF baby with malformations is low. The risk of an abnormal foetus in spontaneous or IVF babies is the same as in general population.

IVF is not safe

It is a safe procedure with only about 2% of patients standing the risk of becoming unwell from ovarian hyperstimulation syndrome.

IVF leads to multiple pregnancies

Although there are cases of multiple pregnancies with this procedure, reducing the number of embryos transferred, particularly in younger women, can minimise this risk.

IVF requires a person to be admitted in the hospital

Hospital admission is only for few hours during the egg-collection procedure. It does not require overnight admission.

Bed rest is needed during and after the IVF treatment

IVF is mainly an out-patient treatment. On the day of egg-collection, one might have to take off from work. During the entire treatment period normal routine activities can be carried out. There's no need to put your life on pause after the embryo transfer.

IVF pregnancies result in caesarean births

IVF pregnancies are just like naturally conceived ones and not an indication for caesarean section. Couples who have tried to conceive for many years or those with higher chances of multiple pregnancies can opt for elective caesarean delivery. A normal vaginal delivery is possible following IVF.

Infertility can be a challenging and emotional journey, but with the advancements in medical technology and comprehensive reproductive life planning, the odds of achieving a healthy pregnancy have never been more favourable. While many couples seek help early, others take time to get the required help. With rapid advancements in medical science over the past decade, there is a greater understanding of reproductive health, allowing for more accurate diagnoses and effective treatments. This has led to almost 80% of infertility cases to be diagnosed and treated.

In the pursuit of parenthood, thorough planning and timely intervention can significantly improve the chances of a successful, healthy pregnancy. Understanding your reproductive health and available treatments is the first step towards achieving your dreams of parenthood.

For more details, contact:

HEGDE FERTILITY
Conception. A Miracle. A Science
Touching Hearts of Millions Since 1977

- Hitec City ● Malakpet ● Miyapur ● Suchitra ● Attapur
- To know more visit:
www.hegdefertility.com
Call: 8880 747474

TEAM OF FERTILITY EXPERTS



DR. DURGA VYTILA
Clinical Head & Consultant-
Reproductive Medicine
Miyapur Branch



DR. JASMINE SALKAR
Clinical Head & Consultant-
Reproductive Medicine
Malakpet Branch



DR. SHALINI SINGH
Clinical Head & Consultant-
Reproductive Medicine
Attapur Branch



DR. LAVANYA BOMMAKANTI
Clinical Head & Consultant-
Reproductive Medicine
Hitec City Branch



DR. INDRANI MOGILI
Consultant-Reproductive
Medicine
Suchitra Branch



For more queries: email to Kiran.Tsm@timesgroup.com