

Fertility for Life: Our Services

At **Fertility for Life**, we are dedicated to offering personalized and comprehensive fertility care to individuals and couples who are looking to start or grow their families. With a focus on evidence-based treatment and compassionate care, we specialize in a wide range of fertility services tailored to meet the unique needs of our patients.

Our Consultation Process

At **Fertility for Life**, we follow a thorough and personalized approach to each patient's fertility journey. The process typically begins with a **diagnostic consultation**, where I will carefully review any background information you've provided, including medical history and previous fertility treatments, if applicable. During this consultation, I will also take a detailed **clinical history** and, if necessary, perform a **clinical examination** to assess any physical factors that may be influencing fertility.

Following this, I will outline and arrange the **initial investigations** that may include blood tests, ultrasound scans, and other relevant fertility tests. For heterosexual couples, this often includes a **semen analysis** for the male partner. Once the results of these investigations are available, we will proceed to a **follow-up consultation**.

During the follow-up, I will review and explain the results of the tests in detail. We will discuss any issues that have been identified, and I will provide an assessment of your overall **prognosis**, which is the estimated chance of conceiving either naturally or with assistance. From there, I will present a range of **treatment options** tailored to your specific situation, along with statistics on success rates and a discussion of any potential risks. This ensures that you are fully informed and can make decisions with confidence about the next steps in your fertility journey.

Below is an overview of the services we provide:

1. General Infertility: Advice and Treatment

We offer consultations and treatments for a wide variety of infertility issues, including initial assessments, diagnostic testing, and tailored treatment plans. Our goal is to provide clear guidance and personalized care to help you navigate your fertility journey.

2. Fertility for Women Over 40 (up to age 50)

For women over the age of 40, fertility can present unique challenges. We offer specialized care for women up to age 50, providing realistic assessments and tailored treatment options to maximize the chances of success.

I have a **long-standing interest in age-related infertility and ovarian aging**, and am

particularly experienced in guiding women through the options available as they consider fertility later in life.

3. Fertility for Women with Poor Ovarian Reserve

Diminished ovarian reserve can make conception more difficult, but there are options available. We offer specific treatments and strategies to support women with low ovarian reserve in their fertility journey.

4. Assessment of Fertility Potential for Single Women

For single women interested in understanding their fertility health, we provide thorough assessments. This includes evaluating ovarian reserve, reproductive health, and offering insights on future fertility planning.

5. Fertility Treatments for Single Women

We support single women who are ready to start their families, offering a range of fertility treatments such as intrauterine insemination (IUI) and in vitro fertilization (IVF) using donor sperm.

6. Fertility Treatments for Female Same-Sex Couples

Female same-sex couples are offered tailored fertility treatments, including options for reciprocal IVF, where one partner provides the eggs, and the other carries the pregnancy, or using donor sperm for conception.

7. Egg or Embryo Freezing for Social Reasons

For women who wish to preserve their fertility for the future, we offer egg or embryo freezing. This option allows women to freeze their eggs or embryos now, with the goal of using them when the timing is right for them.

8. Egg or Embryo Freezing for Medical Reasons

Women facing medical conditions such as endometriosis or other benign gynecological pathologies, or those undergoing treatments like chemotherapy that may affect fertility, can benefit from fertility preservation through egg or embryo freezing.

9. Consultation for a Second Opinion

If you are seeking an independent review or second opinion on your fertility diagnosis or treatment plan, we offer consultations to ensure you have the information and guidance needed to make the best decisions for your care.

10. Consultation for Recurrent Implantation Failure

We specialize in helping patients who have experienced recurrent implantation failure. We provide a thorough review of your treatment history and offer evidence-based strategies to improve future outcomes.

11. Consultation to Set Up an IVF Cycle or Other Treatment

We provide comprehensive consultations to help you set up and plan for IVF or other fertility treatments, ensuring that all necessary preparations are in place for a successful cycle.

12. Egg Donation

- **Known or Unknown Egg Donation at Chelsea and Westminster Hospital:** For patients seeking egg donation, we offer the option of known or anonymous donation through Chelsea and Westminster Hospital.
- **Egg Donation at Quiron Hospital in Barcelona, Spain:** In collaboration with Quiron Hospital in Barcelona, we also offer egg donation services abroad, allowing patients access to high-quality international care.

Expertise in Polycystic Ovary Syndrome (PCOS) and Ovarian Aging

I have a **long-standing interest in polycystic ovaries, polycystic ovary syndrome (PCOS), and age-related infertility**. For women diagnosed with or suspecting PCOS, as well as those concerned about the impact of ovarian aging on their fertility, I offer specialized advice and treatment. Whether you're trying to conceive, or wish to assess and preserve your fertility potential, I can provide expert guidance and tailored treatment options.

Who We See

We are happy to support a wide range of patients, including:

- Women aged 18-50 who seek fertility advice or treatment
- Heterosexual couples
- Single women
- Female same-sex couples

Eligibility for Fertility Treatment

To ensure the best outcomes and adhere to medical and ethical guidelines, the following criteria apply:

- The female partner must be under the age of 50 at the time of treatment.
- The female partner's Body Mass Index (BMI) should be below 35 kg/m².

- A 'Welfare of the Child' assessment will be carried out before any treatment begins.

What We Do Not Provide

At Fertility for Life, our focus is solely on fertility assessment and treatments. We do **not** provide care for the following:

- General gynecological conditions which are not presenting as part of a fertility assessment or treatment (e.g., heavy or painful periods, endometriosis, fibroids, polycystic ovaries, abnormal cervical smears, etc.)
- Pregnancy care
- Emergency gynecological services or out-of-hours care

