



Touch of Hope

KOZHIKODE | THRISSUR | PALAKKAD | KANNUR | MANGALORE | DUBAI | DOHA

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A Quarterly Newsletter

October 2013 - December 2013

Touch of Hope

A general overview about what is infertility, its prevention and when to approach a physician for it.

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ARMC is committed towards its, "one world one tariff for IVF treatments" policy.

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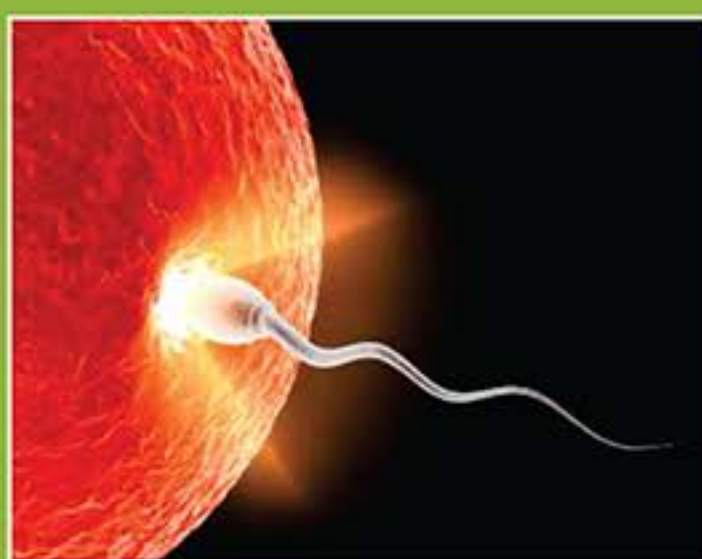
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Infertility - What is it?

For a man and a woman who are having frequent intercourse without using any birth control, the average amount of time that it takes to conceive is six months. Most couples are able to achieve a pregnancy within one year if they have intercourse frequently (twice per week or more often). Between 10% and 15% of couples will continue to have difficulty in conceiving after one year of trying. When pregnancy is delayed beyond this period, the man and woman are diagnosed as infertile.

Infertility can be caused by health problems in the man, the woman or both partners. In some infertile couples, no cause can be found to explain the problem. In approximately 20% of couples, more than one cause of infertility is found. Causes of infertility occurs about as often in men as in women.

Normal ageing reduces a woman's ability to become pregnant. Ovulation, the process of forming and releasing an egg, becomes slower and less effective.



Ageing starts affecting fertility as early as age 30, and pregnancy rates are very low after age 44, even when fertility medications are used. Even though fertility is reduced for women of older ages, approximately 20% of women in the United States have their first child at or after age 35.

How to prevent Infertility?

You can optimize your chances of getting pregnant in a number of ways. Exercise moderately and avoid extremes of weight. An optimum body mass index (BMI) is at least 20 and below 27. Avoid alcohol, smoking and excess of caffeine. Consult your doctor before starting any medications. Drugs such as body building steroids, some drugs for

treatment of thyroid disorders, can affect your ability to conceive or carry a normal pregnancy. Some treatments for cancer, including chemotherapy and radiation, can cause infertility. Techniques are now available to help a woman planning to undergo these treatments to have a baby from her own egg. One strategy is: Frozen storage - The woman's eggs are removed from her ovary surgically and are frozen. When the woman is ready to have a baby, a fertility expert can combine the egg with sperm and insert the embryo into the woman's uterus.

When to Call a Professional

Although it may be possible to become pregnant on your own after one year of trying to conceive, it is wise to speak with a physician after one year and possibly begin an infertility evaluation. If you are over 35 and want to become pregnant, you may want to consult your physician after four to six months of trying to conceive, because pregnancy is less likely to occur without fertility treatment at your age.

Dr Sreeja Sajith, ART Specialist, ARMC IVF, Calicut

EDITORIAL

Trouble Trying to Conceive? This May Be Why

Girl meets boy. Girl marries boy. Girl and boy have a baby. For many folks, this is how they envision their life will be-or at least some sort of semblance of these milestone events - but for a large number of people, this has become an unattainable reality. According to the Centers for Disease Control and Prevention, about 7.3 million women between the ages of 15 and 44 suffer from infertility, which is defined as the inability to get pregnant after 6 to 12 months of trying. And while a woman's increasing age is the most familiar reason for this condition - more and more women are waiting to have children - researchers are discovering that there are new and once - unconsidered factors at play. And men are not exempt from this pregnancy problem, as one-third of infertility issues stem from the male partner. Here are some of the latest findings and what doctors say you can do in response to them.

ARMC IVF, the largest infertility treatment centre network in Kerala, now brings out an E-newsletter quarterly, to enlighten you regarding the various causes of infertility, how to diagnose it and how to effectively manage it. The professional team at all locations of ARMC is committed not only to highly successful and ethical treatment programs but also to effective health education strategies in the prevention of infertility. I would like to stress on the point that while we deliver our treatment services we are strongly committed to our basic principle of no donor programs at all times.

Wish you all happy reading and also invite feedback on various articles as well as your suggestions regarding the topics to be discussed in future issues.

Post your feed back to

newsfeedback@armcivf.net

Feseena Seethi. MCE(UK)

Editor-In-Chief

Mile stones in the Growth of ARMC

ARMC IVF (Asian Reproductive Medicine Centre) was established in 2009 as the first exclusive centre in Kozhikode, Kerala, India for Infertility and IVF treatments. The clinic prides itself on being able to assist couples whose treatment has been unsuccessful



elsewhere and we operate more flexible criteria in order to help couples with the more difficult fertility problems.

We offer a comprehensive range of fertility treatments. Dr. K.U. Kunjimoideen MD; DNB (Ob/Gyn), the Managing Director of ARMC IVF has a vast experience of sixteen years in the field of assisted reproduction. He is also at the forefront of new developments in the field of infertility and keen on introducing the latest state of the art technologies for Infertility treatment. He leads an experienced team of doctors, embryologists, nurses and counselors.

We are totally committed to provide the best medical and scientific services currently available in this field. We do so in an environment of genuine care, warmth and support for couples attending the clinic. We have started our second full-fledged IVF centre at Thrissur in December 2011 and the third centre at Mangalore, Karnataka in December 2012. The Palakkad and Kannur centres

Pregnancy Rates-Variou Infertility Treatments 2009-2013



were commissioned in 2013. We also provide consultation and early treatment facilities for couples residing in UAE and Qatar. At all our locations we uphold the principle of NOT using any donor programs in our treatment protocols.

Mr.M.K.Hamsa, an NRI based in Saudi Arabia, serves as the Chairman of the Organization and Dr.M.A.Mohammed, an NRI ENT Surgeon serves as the Vice Chairman and lead the organization from forefront.

Cost Effective treatments at ARMC

IVF PRICING @ ₹ 150,000/-

“ONE WORLD, ONE TARRIF FOR IVF TREATMENTS”

1. The cycle for ovarian stimulation.
2. All laboratory tests involving blood, urine and semen during the treatment cycle
3. ICU Services
4. Ultrasound Scanning
5. Semen Freezing
6. Counseling
7. Ovum pick up & embryo transfer
8. ICSI, IMSI, Laser assisted hatching
9. Day Care Services

The package excludes following items

1. Post embryo transfer medicines - INR 5000/- extra (USD 100)
2. Fee for embryo freezing if any - INR 15,000/- extra for initial 6 months and subsequently INR 5000/- for every 6 months (USD 300 and USD 100 respectively)
3. Embryo thawing during frozen embryo transfer - INR 15,000/- (USD 300/-)
4. Transportation, accommodation, airport pick ups, sight seeing
5. Any other items not mentioned in inclusions

PLEASE NOTE THAT THERE WILL NOT BE ANY ADDITIONAL CHARGES FOR LASER ASSISTED HATCHING OR IMSI

WE DO NOT ENCOURAGE ANY SORT OF DONOR PROGRAMS INVOLVING SPERM, EGG OR EMBRYO.

Laptops and Infertility: It Matters How You Sit

Dr.M.Venugopal, ART Specialist, ARMC IVF, Thrissur

If guys can find a way to operate laptop computers with their legs apart, they might limit their risk for infertility, a new study finds. Keeping the legs splayed while using a laptop generated substantially less damaging heat in the scrotum than keeping legs together, scientists report in *Fertility and Sterility*. Putting a shield under the laptop didn't seem to help beat the heat.

A hot scrotum is no laughing matter. The testes generally are 2 to 4 degrees Celsius cooler than standard body temperature, a unique environment conducive to the rapidly dividing nature of sperm cells. Heating the area

can trigger oxidative stress, slow the motion of sperm and lessen their ability to fertilize an egg for weeks or



months, say experts at the Cleveland Clinic. In the new study, urologist Yefim Sheynkin of Stony Brook University in New York and his

colleagues enlisted 29 men aged 21 to 35 to participate in three tests in which each man operated a laptop

computer on his thighs for one hour. One test entailed keeping the thighs together while using the laptop. A second required the same

position, but with a padded shield placed under the laptop. The third test allowed the men to keep their legs apart at a 70-degree angle as they used a laptop with a shield supporting it that was wide enough to reach across both legs and stabilize the computer.

Each of the men completed all three tests, but did only one test per day. Before each experiment, sensors recorded the scrotum temperature of each volunteer and recorded any changes during the session.

All three uses of a laptop increased the men's scrotal temperature substantially from pretest levels, but..



Adding Life to couples

performance speaks.... better than words



keeping the legs splayed limited this increase to about 1.4 degrees C during the hour-long test. When the legs were kept together the temperature rose by 2.2 degrees with a shield and 2.3 degrees without one.

What's more, it took an average of 28 minutes for scrotal temperatures to rise 1 degree C when the men had their legs apart, but only 14 minutes to increase that much when they kept their legs together with a shield and 11 minutes with legs together and no shield.

"Having the legs together, which is how most people use laptops, does seem to be the worst," Sabanegh says. "This makes a lot of sense."

The laptop shields-also called laptop pads or trays - are sold online and in office-supply stores, though not typically as protective devices, says Sheynkin. He recommends that men put laptops on



desks or tables, which enables them to move their legs around and avoid being trapped in a single position for extended periods.

Sabanegh says that many men have come to understand the risks of increasing the scrotal temperature. While such heat may not always be the underlying problem for a couple with fertility issues, it's part of counseling. "I tell them, 'Try to be healthy in all the ways you can.' And that means stop putting laptops on your lap, stop using hot tubs and other things of that nature."

ARMC IVF NOW STARTED ITS SERVICES AT KANNUR

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