

FEMINA ADVERTORIAL

A BOON FOR INFERTILE COUPLES!

Lifestyles these days have become largely erratic and unhealthy. With stress, pollution and lack of exercise becoming major cause for concern, more and more couples are finding it difficult to achieve pregnancy. These days almost one in every five couples needs help in achieving pregnancy. Where does one go then for the right advice and solution to their fertility problems? Auyon Acharya discovers with Dr. Amol Lunkad, Medical Director, Indira IVF, a state of art, one stop destination for all kinds of fertility related issues.

Dr. Amol Lunkad, M.D (OBGY) (AIIMS), DNB, MICO, MNMAS, Dip. Advanced Gynaec. Laparoscopy (Germany), Fellow Advanced IVF & ICSI (USA) is one of the foremost gynaec, laparoscopic surgeons & IVF specialists in India. As the Chief IVF Consultant and CEO of Indira IVF, Dr. Amol has proven expertise in handling complex fertility issues and he ensures that everyone who comes to Indira IVF returns back happy and satisfied. He in fact is the founder member of Gynaec. Endocrine Society of India (GESI) and has been bestowed with the Times Man of the Year 2018 award for his excellence and perfection in the field of infertility.

UNDERSTANDING IVF

IVF (In-vitro Fertilization or test tube baby) is the process of fertilisation by extracting female eggs, retrieving male sperms and then manually combining an egg and sperm in laboratory dish in a controlled environment. The embryo(s) so formed are then transferred to the uterus to achieve pregnancy. ICSI (Intracytoplasmic Sperm Injection) is a specialised form of IVF that involves the injection of a single healthy sperm directly into a mature egg under a microscope to achieve fertilization. IVF/ICSI is the best solution if wife has tube

blockage, problem in formation or release of egg (ovulation problem-PCOD, premature ovarian ageing/menopause), three or more cycles of failed IUI, endometriosis, uterine fibroids / adenomyosis, unexplained infertility, previous history of surgery for tubal sterilization, recurrent abortions, after two years of basic treatment of infertility has failed and if the husband has impaired sperm production/function, NIL sperm count (Obstructive Azoospermia), ejaculatory and erectile problems.

OVERCOMING INFERTILITY BY ADVANCED TREATMENT

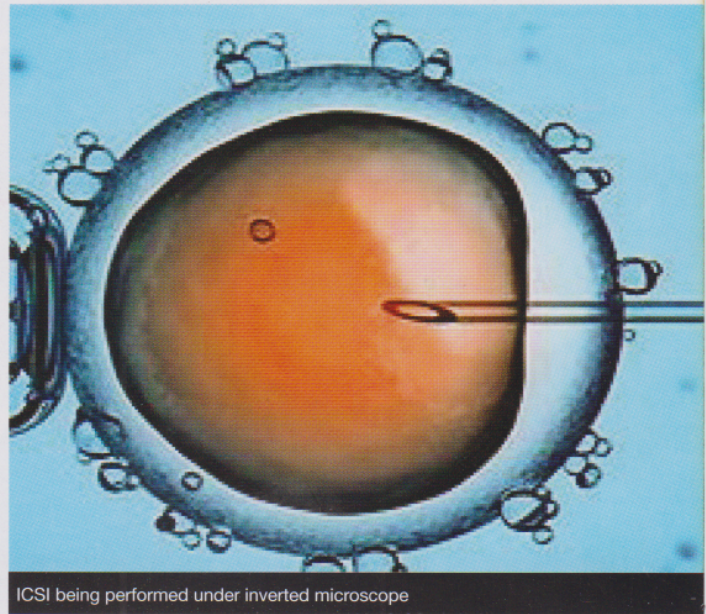
Assisted Reproductive Technology (ART) has become a top choice of treatment in infertile couples. Improved techniques have increased the variety of procedures to assist couples in achieving pregnancy. Treatment recommended depends on the reason and duration of infertility, age of the couple and many other reasons. IVF is one of the mainstay of ART treatments. Since IVF was invented in 1978- several advancements have occurred in IVF which has tremendously increased its success, namely:

• **ICSI (Intracytoplasmic Sperm Injection)**- Specialised form of IVF that involves the injection of a single sperm directly into a

matured egg under microscope. It has now almost completely replaced the traditional IVF process.

• **IMSI (Intracytoplasmic Morphologically selected Sperm Injection)**- process of best sperm selection for ICSI is done under higher magnification of 6000 times especially useful in very poor sperm quality.

• **Blastocyst culture** – extended culture of embryos in



ICSI being performed under inverted microscope

special incubators for five to six days so we can transfer more robust embryos into the womb to increase success of IVF.

• **Laser Assisted Hatching (LAH)** – Involves thinning of the outer shell of the embryo before transferring the embryo back into the womb, this helps in the process of hatching and attachment of the embryo to the womb giving higher success of IVF.

• **Closed working chamber IVF technology**- here a similar environment is given to the egg and sperm as they should ideally get in the womb. It helps in giving an ideal temperature, O₂ & CO₂ concentration In-vivo thus giving better embryos and better IVF success. Indira IVF was the first to bring this advanced IVF technology to India.

• **PGD/PGS**- helps to identify a genetically normal embryo and thus helping in a better pregnancy outcome.

Dr Amol who has successfully done more than 6000 plus ICSI pregnancies says, "Assisted reproductive technology allows women to freeze their eggs when they are younger to preserve them for future use and pregnancy. ART can also help menopausal women to achieve pregnancy by using the egg donation IVF technique." So now you know exactly where to head to discover the best solutions to your fertility related complications.

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