

Introduction to Concept Fertility Centre



INTRODUCTION

Welcome to Concept. Our first IVF centre was Established in Karachi Pakistan in year 2000 and so can offer you a wealth of experience balanced with current advances in management. At Concept we will endeavor to provide you with the highest level of care ranging from state of the art embryology to a friendly shoulder to cry on. We recognise your needs as patients as well as people.

Your chosen gynaecologist is able to provide you with expertise in all aspects of fertility treatment either personally or via referral within the unit.

We have a team of scientists to make available to you the most advanced level of knowledge and technology currently available in the field of embryology.

Our Coordinate Doctors and nursing staff have a huge depth of experience in fertility management and are readily accessible to assist with queries, education and providing information when needed.

We have a dedicated counselling service available for support and to help you consider difficult situations before they arise.

YOU ARE NOT ALONE

It is estimated that up to one in ten couples find that at some time during their life they need assistance to become pregnant.

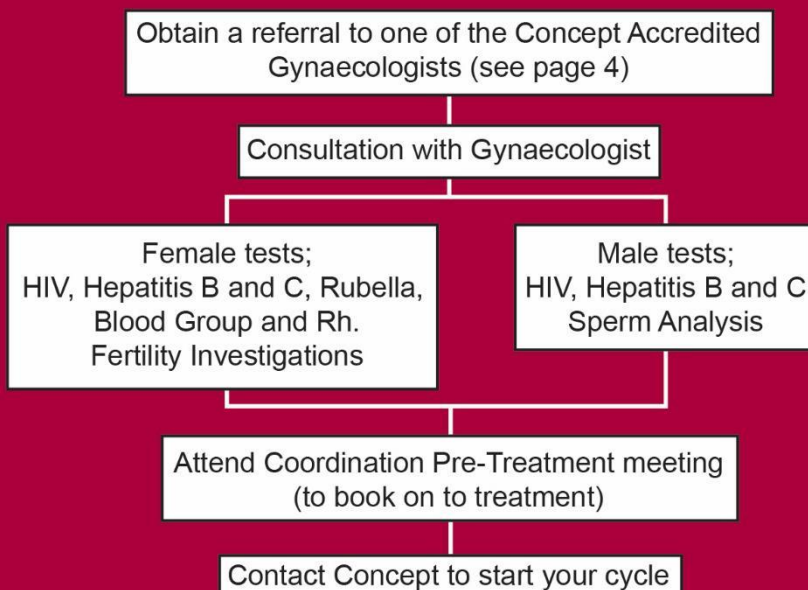
IT'S NOT ALL ABOUT IVF

Not all couples need to embark on IVF procedures, many simply need to establish their fertile periods or have artificial insemination, or sometimes hormonal support. Initially couples may seek the advice of their own GP, who will then refer them to the fertility specialists at Concept Fertility Centre.

Concept Fertility Centre provides a comprehensive range of programmes to assist you to start your family. The following are some of Concepts services:

- IVF (In Vitro Fertilisation)
- ICSI (IntraCytoplasmic Sperm Injection)
- Embryo cryopreservation
- Ovulation monitoring
- Hormone evaluation
- Semen evaluation
- Infertility counselling
- Gynaecological surgery
- Interuterine sperm insemination
- insemination
- Semen storage
- Ultrasonic diagnosis
- Assisted Hatching
- Blastocyst Culture
- Family Balancing GS.

How to get Started



During your treatment cycle you will meet a number of people who together, make up the Concept team. They are available for your support and care whilst you are undergoing the treatment. Concept Nursing Coordinators are available seven days a week during office hours. An emergency after hours service is also available. If this service is required phone 9382 2388 to be provided with the number of the on-call Coordinator doctor.

It is not always possible to contact your doctor. If you have any problem that you wish to discuss about your treatment or any questions about reactions or just for reassurance about a nagging question, do not hesitate to call Concept and discuss it with the patient Coordinator. We all acknowledge that undergoing

treatment and placing all your hopes on one treatment cycle can be very stressful. A phone call can minimise some of this stress and put your mind at rest.

The voice on the end of the phone is usually the receptionist, and she will transfer your call through to one of the patient Coordinating Doctor or any other member of staff you wish to speak to.

Any query regarding the accounts will be handled by the Accounts department personnel, who will listen to your query and give you the best advice they can.

PATIENT SUPPORT (cont'd)

Infertility is a highly emotional issue and is sometimes associated with frustration, anger and guilt. Despair, anxiety and often a lack of self-esteem or confidence are some of the emotions felt by couples involved in fertility treatment. To assist in coping with some of these issues and to discuss the impact the treatment will have on your life, you are recommended to meet our counsellor, who can be contacted at Concept, before commencing on a treatment cycle. There is also a list provided by the Reproductive

PATIENT SUPPORT

Undergoing ART treatment programs can cause several areas of concern for patients as they go through the various stages of treatment. Patients should be aware of some of the possible problems so they can act promptly and seek advice.

Apart from the financial cost, there is the time commitment which is often overlooked. Taking time off work for injections, tests and finally for the treatments themselves, can leave patients in a quandary as to what to tell their employer.

Most employers, if you feel that you can tell them, will treat your situation with sympathy and understanding. But you must feel comfortable about

telling them facts, which are so intimate and this is often the hard part.

Then of course, there are the emotional and physical strains placed on both you and your partner. These stresses can come from areas such as how to deal with questions from family and friends. You should not hesitate to seek advice from the counsellor if things get too much for you. There are some procedures which are physically invasive such as the daily blood tests, the injections, ultrasound, insemination or the egg collection and embryo transfer, all of which can take a physical toll.

WHO ARE WE?

Concept Fertility Centre is a private clinic working in association with The Concept Fertility Centre, Perth Australia. Concept has been a leading fertility centre in Assisted Reproductive Technologies (ART) in Western Australia since 1982. We have state-of-the-art private facilities including Private Day Hospital, Treatment Rooms, Scientific Laboratories, Nursing and Counselling Services.

QUALITY

Concept is committed to the pursuit of excellence in all of its services and to ensure you receive the best treatment, we are accredited to the ISO 9001 and the National Safety and Quality in Health Care standards. We are also accredited by the Reproductive Technology Accreditation Committee, National Association of Testing Authorities and licenced under the WA Reproductive Technology Council and Commonwealth Legislation.

CONTINUITY OF CARE

Once you have chosen your Concept Fertility Specialist he/she will manage all aspects of your treatment program and usually perform the egg collection and embryo transfer procedures. We believe that continuity of care is important to give you the best chance of a healthy pregnancy.

Technology Council (RTC) of other approved counsellors.

Most counseling sessions are provided free of charge by Concept. Please confirm this with the Coordinator as not all treatments include a free counseling session.

Access Support Group is a self-help group provided to support new patients and allow patients to meet each other for social outings as well as at special interest talks by various professionals. Access can help by arranging for you to talk to someone who has "been there before". Information on joining Access

Support Group is available at Concept.

Some treatments can be expensive. However, to have the best opportunity of achieving a successful outcome, particularly IVF, a minimum of 3-4 treatments ought to be attempted.

Discussions about the financial costs can allow us to plan your treatment program within your budget. Special payment programs are available upon request. This can be discussed by contacting the accounts department at Concept.

INFORMATION

Before you undertake any treatment procedure, your Gynaecologist will make you fully aware of the options for treatment, the success rates, the risks and side effects including longer term outcomes, the limitations to current knowledge and details of the procedures you are likely to undertake.

You will be required to sign consent forms prior to each treatment so that both you and Concept agree on the procedures to be undertaken. You may place any specific conditions into these Consent Forms as long as they are within the Policies of Concept and the Reproductive Technology Act. You may also vary or withdraw these consents at any time prior to enacting the specified procedures.

WHO WILL HAVE ACCESS TO MY INFORMATION AND RESULTS?

All data concerning your procedure will be kept in strict confidence and a register will be kept in association with the Department of Health. They will use the data, without identifying any individuals, for the purpose of monitoring and evaluating the procedures and for ongoing studies into the long term effects of ART procedures.

TRY NOT TO LET FERTILITY TAKE OVER YOUR LIFE

Dramatic changes or alterations to your normal routine are not recommended as they may add unnecessary stress to what is already a very stressful time. It may take some time to get pregnant, even

with IVF, so we promote trying to integrate your treatment into your usual routine as much as possible.

WHAT CHANGES CAN BE MADE TO IMPROVE THE CHANCE OF PREGNANCY?

Both men and women can make lifestyle changes that will improve your chances for pregnancy.

Aim for an ideal body weight

Both under and overweight women take longer to get pregnant and female partners of obese men also have longer time to pregnancy.

Stop smoking!

Cigarettes are bad for you. In women smoking brings on earlier menopause, in men it damages sperm DNA thus reducing fertilisation, and children of heavy smoking fathers have higher rates of childhood cancer. Cannabis, as well as being illegal, has been clearly shown to stop sperm from swimming normally.

Don't consume alcohol to excess

Consuming alcohol in amounts above the recommended guidelines has been shown to increase time to pregnancy for both men and women. When pregnant, women are advised not to drink alcohol at all.

Coffee!

Oh no, what is left to enjoy! The bad news is that caffeine intake to excess increases the chance of miscarriage and reduces pregnancy rates. The good news is that excess is five or more cups of coffee a day! The bottom line is continue to enjoy your coffee if it is already part of your life but limiting your intake to one or two cups of coffee a day seems sensible.



Folate or Folic Acid

This vitamin does not improve fertility but when pregnancy is achieved by having it in your system reduces the chance of the baby having Spina Bifida or associated deformities.

Vaccinations

Ensure that you have immunity to Rubella (German Measles) and Chicken Pox (Varicella Zoster Virus) by having a blood test.

This is important whether you are undertaking ART procedures or attempting to become pregnant under natural conditions because either of these infections contracted during pregnancy can severely harm your unborn child.

Complementary therapies

Acupuncture has been shown to improve pregnancy rates with embryo replacement into the uterus. We don't know how this works but the research to date clearly shows no harm; consequently if you are interested to try this therapy then we would support it. Herbal therapies or preparations from Naturopaths and other complementary medicine providers may have potent actions that could interfere with the activity of prescribed medication and may even potentiate side effects therefore we recommend not using these therapies during treatment.

Reduce Stress

Stress management during treatment is very important for both partners. There is plenty of information available for your use and our Counsellors can help you in this area.

Be Informed

When starting treatment the programs can be very confusing. Please make sure to ask if you have any questions – Concept staff are available to help you in any way they can. At the pre-treatment coordination meeting you will be given more detailed information about your treatment cycle.

A wide range of information booklets are available at Concept or on the Concept website www.conceptfertility.com.pk. This information is a valuable source of reference information for couples who are interested in learning more about the procedures they are about to embark on.

Over 40 information sheets are available related to:

- * Infertility investigation
- * Natural fertility enhancement
- * Male infertility management
- * Assisted reproduction

There are a few pointers which you can follow

- **Endeavor to maintain a healthy lifestyle;**
- **Be conscious of a healthy diet, and leading an active lifestyle. This will certainly add to your chances of a successful healthy pregnancy.**

Questions and Notes

Concept Accredited
Gynecologists

Prof Dr Sadiya Ahsan Pal
Dr Razia Riaz Ahmed
Dr Samrina Hashmi
Dr Shahnaz Akbar Hussaini
Dr Samira Khan
Dr Uzma Akram
Prof Dr Aziz Abdullah
Dr Amjad Noor
Emeritus Prof Tasnim Ahsan
Dr Muhammad Shahid

Dr Azra Nasreen Khan
Dr Fauzia Monnoo Khan
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