

Mild/Natural IVF – for safety of mother & child, successful outcome and affordability

Pregnancy rate per Embryo Transfer for the period January - December 2009

Stimulated IVF/ICSI cycles (mainly mild stimulation)

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|----------------------------------|-----------|-----|
| <35 years | 51.5% /ET | 64 |
| 35-37 years | 44.4%/ET | 36 |
| 38-39 years | 38.2%/ET | 47 |
| 40-45 years | 11.3%/ET | 88 |
| Total number of Embryo Transfers | | 235 |

Natural/Modified Natural Cycle IVF/ICSI

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|----------------------------------|----------|----|
| <35 years | 33.3%/ET | 9 |
| 35-39 years | 10%/ET | 10 |
| 40-45 years | 15.3%/ET | 52 |
| Total number of Embryo Transfers | | 71 |

25/01/2010

Please note the following benefits of our approach to IVF treatment cycles

Mild stimulation cycles

- There was no Ovarian Hyperstimulation Syndrome (OHSS) or other complications related to drugs
- Most of our patients received mild stimulation for IVF/ICSI cycles
- Women above 40 years of age received mild stimulation
- Most patients had no down-regulation (suppression) of ovaries and menopausal side effects
- Mild stimulation was fitted into their natural cycles with no manipulation with contraceptive pills
- Low dose hCG was used to prevent OHSS in women at risk of developing this complication
- Blastocyst transfers were carried out where appropriate
- Women who had only one follicle in stimulated cycles were allowed to proceed with egg collection and embryo transfer
- The majority of our patients had previously failed IVF elsewhere due to poor response or failed implantation.

- The daily dosage, total amount and duration of stimulation used in stimulated cycles was significantly less than in *conventional IVF* cycles
- The total cost of cycles including drugs was significantly less than in *conventional IVF* cycles

Natural/Modified Natural cycle IVF/ICSI

- Young women had high success rate without the need for ovarian stimulation or suppression
- Women over 40 years had better outcome with Natural cycles compared to stimulated cycles
- Many women with low ovarian reserve and previously failed implantation had successful outcome with Natural cycles.
- A naturally selected egg is collected to create an embryo.
- More than one egg can be collected in Natural cycles
- The risk of spontaneous ovulation is about 1-5%
- If no follicle developed or spontaneous ovulation occurred, there is a reduced fee (for abandoned cycle)
- The cost, patient discomfort and complications were significantly reduced in Natural cycles
- The patient satisfaction rate was very high