



# CREATE NEWSLETTER

A Natural and Safe Approach to Fertility

Autumn 2011

CREATE has high success rates with natural and mild IVF



## Successful and Safe Fertility Options

Professor Geeta Nargund, a pioneer in Natural and Mild IVF, from Create Health Clinics explains how a quick and reliable **One Stop Fertility test** can be useful and how IVF is about **Quality NOT quantity** including the latest IVF technology, **IVM**.

A **One-stop fertility test** works on the principle of 'Have it all done in one visit. Save your time. Save your money.'

For the infertile couple **save your time** has even greater significance as it essentially implies **save your fertility potential** – age is the greatest adverse prognostic factor contributing to female infertility. Single women can also have their fertility potential checked. Freezing eggs might be an option to safeguard future fertility for some women, and vitrification, the latest technology

continued on page 2...

### Our IVF & Fertility Services:

- One-Stop Fertility MOT (Men & Women)
- Natural Cycle In-Vitro Fertilisation (IVF)
- Natural Cycle IVF with In-Vitro Maturation (IVM)
- Modified/Controlled Natural Cycle IVF
- Mild Stimulation IVF
- Stimulated IVF
- Intra-Uterine Insemination (IUI)
- Ovulation Induction
- Intra Cytoplasmic Sperm Injection (ICSI)
- Fertility for Single Women & Same-Sex Couples
- Free IVF Programme

### Antenatal Scanning Services:

- Early Pregnancy Ultrasound Scanning
- 2D & Doppler Antenatal Scanning
- 3D & 4D Antenatal Scanning
- Baby Scans Gallery
- Our Oocyte (Egg) Related Services:

### Egg Sharing / Free IVF Programme

- Egg Recipient Programme
- Egg Vitrification Services
- Men's Reproductive Health Services:

### One-Stop Prostate Clinic

- One-Stop Fertility MOT
- Urology Services
- Support Services:

### Counselling Services

- Integrated Holistic Healthcare
- Peer-to-Peer Support Services

...continued from page 1

will help to increase its success.

### What is a One-Stop Fertility Test?

It is aimed at reducing the stress of repeated fertility tests and delays in treatment.

- A woman's egg reserve, fallopian tubes and womb (seed, passage and soil) can be checked within one hour using an expert, advanced ultrasound scan.
- It can be combined with detailed semen analysis for the male partner
- It allows the couple/individual to discuss the results with a fertility expert immediately and get advice about options of treatment if required.

### What are the Latest IVF options?

If IVF is required low-cost, natural, safe and patient-friendly approaches to treatments are now available. Couples requiring IVF can consider natural and gentle (soft) IVF. These treatments use no, or very few, drugs and are aimed at reducing side-effects and long-term health concerns for women and children.

### What is Natural Cycle IVF?

Natural Cycle IVF is IVF without the use of stimulating drugs. It is suitable for all women who ovulate naturally. Women

who want to avoid fertility drugs can try this method first. It is safer, healthier and can be cheaper than stimulated IVF. It avoids side-effects such as menopausal symptoms and risk of Ovarian Hyperstimulation Syndrome (OHSS). It is particularly beneficial to older women and for those with low egg reserve.

### What is Mild IVF?

Mild/Soft/Lite IVF is conducted in the woman's natural menstrual cycle without shutting down hormones. Smaller doses of stimulation hormones are used for a shorter duration than conventional IVF to collect between 2-7 eggs. It avoids menopausal symptoms and also reduces the risk of Ovarian Hyperstimulation Syndrome (OHSS). It can be a safer option for women aiming for quality rather than quantity.

### What is IVM (in vitro maturation)?

IVM is a new alternative to stimulated IVF. It is a technique used to mature eggs in the laboratory using advanced culture conditions. Several embryos can be created from a woman's natural cycle without any stimulating drugs. This offers potentially two embryos for transfer and some for freezing, whilst reducing complications of conventional IVF.

"Our most heartfelt thanks to you and everyone at CREATE – who were absolutely superb. PS You were absolutely right – A yield of six eggs was more than enough!"

## Did you know?

- CREATE is the only HFEA licensed UK clinic that offers a One-Stop Fertility Diagnosis for both men and women with results provided within an hour (excluding AMH results).
- Our treatments are delivered using the very latest technology including the country's first 4D Ultrasound clinic, advanced Egg Vitrification techniques and unrivalled Urology facilities.
- CREATE is proud to help women have babies even when they have been turned down by other clinics and when fertility drugs have failed.
- CREATE treats NHS patients.
- CREATE can offer financial plans to spread the cost of payments.

## An update from the Lab...

We are extremely proud of our results which continue to improve due to the hard work and dedication of the laboratory team. We continue to invest in bringing new members to the team who will increase our capacity for research and development. We take care to ensure our patients know what happens to their sperm, eggs and embryos in the laboratory and discuss their treatment cycle at each stage with them. Our state-of-the-art laboratory is rigorously maintained to the highest standard to provide the best environment for the embryos to develop.

We continually look to new approaches and are pleased to see the implementation of our in vitro maturation of immature oocyte programme which has led to a publication at this year's European congress for infertility (ESHRE-Stokholm). We have shown we can increase the success in patients with advanced maternal age using this technique.

We are promoting our egg freezing process (vitrification) for oncology patients and for patients who want to freeze their eggs for social reasons as we have had great success with this technique.

We now have a sperm donor bank and are actively recruiting; we would welcome any help in informing



potential donors of the need to help our patients. There is a national shortage of sperm donors and having our own bank will help reduce the costs to our patients who currently have to import samples from abroad.

**Paul Wilson** Lab Manager

The Centre is committed to providing a Safer, Affordable, Patient-friendly and more Natural Approach to Assisted Reproduction

## Pioneering New Techniques

# Natural Cycle IVF with In-Vitro Maturation (IVM)

IVM is a new alternative approach to conventional IVF.

In Vitro Maturation (IVM) is a new and exciting development in infertility treatment, which recent scientific publications have shown could be an alternative approach to conventional IVF.

Essentially, we can potentially create more embryos from a Natural Cycle without using stimulating drugs – which means the treatment is safer, less expensive and can potentially have the same advantages of stimulated cycles (i.e. more eggs and embryos from one natural cycle).

CREATE Health is proud to include Professor RC Chian, a world renowned pioneer of IVM, as our Scientific Director responsible for co-ordinating embryology services.

Once considered a challenge, IVM is now a reality. However, it is still important to individualise natural cycle IVF treatment with or without IVM for different patients in order to optimise success.

### Why choose Natural Cycle IVF with IVM?

Natural Cycle IVF/M potentially creates more embryos without stimulating drugs

In Natural Cycle IVF with IVM we aim to collect one mature egg together with several immature eggs. Immature eggs are then matured in the laboratory using special and advanced culture conditions to create several embryos.

Normally, 70-80% of these immature eggs collected from the ovaries will mature 24-48 hours after culture in the laboratory.

### Natural Cycle IVF/M can greatly increase success rates

Collecting more eggs with IVM greatly increases the chance of achieving pregnancy as it potentially results in several viable embryos - some of which can be frozen and transferred in a subsequent cycle.

So far, there have been more than 250 healthy babies born worldwide following the collection of immature eggs

which were matured with IVM. (Data from Canada, Denmark, France, Korea, Japan, Taiwan and China).

### Natural Cycle IVF/M is safer and less expensive than conventional stimulated IVF

In comparison with stimulated IVF treatment, the major advantages of Natural Cycle IVF with IVM include the avoidance of stimulation drugs and their associated side effects such as Ovarian Hyperstimulation Syndrome (OHSS).

The treatment is carried out in a woman's own menstrual cycle with no suppression from drugs that can cause menopausal symptoms. There is no artificial cycle and women feel that they are in control. The treatment is also less expensive and more simple.

### Natural Cycle IVF/M is a successful alternative for women with Polycystic Ovaries (PCO) or Polycystic Ovarian Syndrome (PCOS)

It has recently been demonstrated that immature egg collection followed by IVM is a successful alternative to conventional IVF for women with Polycystic Ovaries (PCO) or Polycystic Ovarian Syndrome (PCOS) related infertility (Chian et al, 1999).

In general, the clinical pregnancy rates are 30-35% in infertile women with PCO or PCOS, based on approximately 1,000 cycles of IVM-treatment.

**We are the only clinic in the UK to offer Natural Cycle IVF/M to older women and to women with a low egg reserve.**

**"I am writing to say the biggest thank you ever for enabling the happy, safe arrival of our baby son following the low dose stimulation and IVF"**

# Making Dreams Come True

Unique case studies of some of our patients (names have been changed to protect confidentiality)

Create Health is dedicated to helping couples and women have a baby as safely and naturally as possible even when other clinics have turned them away and fertility drugs have failed!

## Case 1

### Severe endometriosis – successful Natural IVF

Abigail was a 36 year old when she came to us, she had severe endometriosis and she was not able to undergo ovarian stimulation because she suffered from extreme pelvic pain with ovulation and ovarian stimulation could make her endometriosis worse. Her husband's sperm was normal. She had damaged tubes and needed IVF to help her get pregnant. However, she had not been offered IVF without drugs and was told that she should consider having donor eggs.

She found out about CREATE and came to London for Natural IVF. She conceived after her second cycle of Natural IVF using her own egg without any ovarian stimulation. She has a 5 year old daughter following her successful Natural IVF.

## Case 2

### Blocked fallopian tubes – successful Natural IVF

Claudia, 35, already had a child after aggressive, conventional IVF, and wanted another. However, because she had blocked tubes, she needed IVF. She was exhausted after her conventional IVF and said "never again"! It had been very aggressive IVF, had cost her nearly £9000 and she had lots of unpleasant side effects.

She had never even heard of Natural Cycle IVF before coming to us; so two ultrasound scans, one follicle, no drugs and £2,000 resulting in another baby made her very happy.

## Case 3

### 43 years old with very low egg reserve and no response to drugs. Baby with Natural IVF!

Dana was 43 and had very low egg reserve, low AMH (<1.0) She had not responded to ovarian stimulation in her previous attempts at IVF and she had been told that her only option was using donor eggs. She had regular cycles and was ovulating naturally.

Using Natural Cycle IVF, without stimulating drugs, we were able to help her have a beautiful daughter, Dorothy, using her own egg.

## Case 4

### Very low egg reserve and pre-menopausal ovaries combined with no sperm – Two babies with Natural IVF/ICSI using her own egg and husband's testicular sperm!

Tracy aged 38, was told by another clinic that she would never have her own children. She was turned away from several fertility clinics because her FSH was very high and egg reserve was very low. She had been told her this meant she was approaching the menopause and wouldn't be able to have a child with her own egg and donor eggs would be her only option.

They weren't ready to accept this and were absolutely devastated. Not only did she have very low egg reserve, but her husband suffered from infertility and no sperm result of carrying the Cystic Fibrosis gene.

Despite this difficulty, she conceived with natural IVF/ICSI using her own egg and her husband's testicular sperm. She became pregnant and a daughter. She returned for further treatment 2 years later against all odds and conceived again with natural IVF/ICSI and had a son.

She is convinced that staying away from fertility drugs helped her to have two children with Natural IVF/ICSI.

## Case 5

### One-Stop Fertility Scan with Doppler– Helped achieve a natural conception after blood flow to womb was checked and treated!

Georgina 32, had been trying unsuccessfully for a baby for nearly four years when she came to us with a view to having IVF treatment. She came for a one-stop fertility test first. She had good egg reserve and her womb lining was good, the only reason abnormal finding was that the blood flow to her womb was very low as measured by Doppler scanning. She was given dietary advice and a course of soluble aspirin tablets to improve her blood circulation to womb. A week later she was scanned again and uterine blood flow had improved enough for her to be advised to try to conceive naturally for a further six months. She did and is now 12 weeks pregnant with twins! Georgina and her husband are delighted that they conceived naturally after the diagnosis and treatment of low blood flow to womb. Thanks to the detailed "One-Stop" Fertility scan. It saved them a lot of trauma and money!

## Case 6

### Previous severe OHSS with conventional IVF and she nearly died. Now pregnant after drug-free Natural IVF/IVM

Harriet, 34 years old had PCOS (Polycystic Ovary Syndrome). She had tried conventional IVF elsewhere, got severe OHSS (Ovarian hyperstimulation syndrome) and nearly died in intensive care unit. She was warned that further conventional IVF treatment would put her at risk again. She had given up hope of having her own baby.

Two years later she was told about Natural Cycle IVF/IVM and came to us. Last year we successfully transferred one embryo following IVM with no drugs and now she is eight months pregnant! She believes that Natural IVF/IVM should be used widely to avoid risks of OHSS and other health risks to women with conventional, drug stimulated IVF.

## Case 7

### Preservation of fertility (eggs) in a complete Natural cycle for diagnosis of breast cancer

Barbara was a 40 year old, single woman, who had been diagnosed with breast cancer. She had been turned away from many clinics and with surgery only two weeks away CREATE was her last hope. She came for tests and the timing was perfect. Supported by her parents and our embryology experts in the lab, we were able to take two eggs from her Natural cycle, without any drugs frozen using the latest vitrification technology for her future use. Thanks to natural cycle approach, her fertility could be preserved without delay and drugs and on the same day!

### Keep in Touch

We regularly hold **FREE OPEN DAYS** at our West Wimbledon clinic Please call us to book your place as numbers are limited, our Open Days are on...

Saturday November 12th

Saturday December 10th

For more details please go to our website

[www.createhealth.org](http://www.createhealth.org)

or

- Like our page on Facebook
- Follow us on Twitter @CreateIVF



# The Create Team

## Professor Geeta Nargund

Medical Director

## Professor Stuart Campbell

Consultant & Director of Ultrasound

## Mr Vinod Nargund

Consultant Urologist and Andrologist

## Professor Ri-Cheng Chian

Scientific Director

## Dr Martin Hrehorcak

Consultant Fertility Specialist

## Dr Eleftherios Meridis

Consultant Fertility Specialist

## Dr Vasileios Sarafis

Specialist in Fertility and Reproductive Medicine

## Paul Wilson

Laboratory Manager

## Maria Bonada

Senior Embryologist

## Sandra Zamora Lopez

Clinical Embryologist

## Oriol Oliana

Junior Embryologist

## Freda Cuffe

Senior Nurse Manager

## Linda Kohan

Senior Fertility Nurse Specialist

## Sulchana Sharma

IVF Theatre Sister

## Debi Bent

Senior Support Coordinator

## Mary Grace Miranda

Healthcare Assistant

## Michelle Tan

Healthcare Assistant

## Davinder Garewal

Lead Consultant Anaesthetist

## Maria Mattia

Administrator and PA to Medical Director

## Sonnette Wilson

Administrator and Office Manager

## Keisha Beneochrist

Administrator

## Ms Mollie Graneek

Independent Counsellor

## Lee Cowden

Patient Support Coordinator

## Joanna Cardwell

Design and Marketing Coordinator

HER Trust and ISMAAR Charity Coordinator

"Our most heartfelt thanks to you and everyone at CREATE – who were absolutely superb. PS You were absolutely right – A yield of six eggs was more than enough!"

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..."we are so thrilled with our pregnancy and can hardly believe that it is just a few months since we set foot inside Create Health"...

## One-Stop Fertility MOT

by experts and pioneers

-  Advanced scan to assess egg reserve and fertility potential for women
-  Detailed sperm test for men
-  Only takes one hour (Same day, lunchtime and Saturday appointments can be made)

**FOR WOMEN:**

- We use expert, advanced scanning including Doppler and 3D ultrasound (any time in menstrual cycle)
- An ultrasound scan is done to check egg reserve, ovarian blood flow, ovulation, womb lining, blood flow to the womb and to exclude any abnormalities (immediate result)
- Blood test for anti-mullarian hormone (AMH) may be required in some women (result can take up to 3-5 days)

**FOR MEN:**

- A detailed, expert semen analysis is done by scientists and an immediate report is provided
  - Advice is available by fertility experts if the report shows any concern about fertility
- 2-5 days abstinence from sexual intercourse is necessary prior to sperm test

**COST:**

- £200 for Fertility Scan for women.
- £75 for Men

"Thank you all so much for your amazing care and attention during our IVF process. We are so grateful to your clinic for offering an alternative low grade and natural IVF option which made us much more comfortable in making the difficult decision to try IVF treatment. We also so appreciated the caring and friendly atmosphere of the clinic which made the whole procedure so much easier to cope with. It was great to be able to see the same people from the beginning of the process to the end."

## Our Latest Success Rates

**IVF and ICSI cycles, Pregnancy rate (Positive BETA-hCG) per Embryo Transfer: 01/01/2011 -30/09/2011**

**Stimulated cycles (mainly mild stimulation)**

<35	44.44%
35-37	51.61%
38-39	52.38%
40-42	37.50%
43-44	33.33%

**Natural Cycles (includes natural modified cycles)**

<35	20.00%
35-37	42.11%
38-39	32.35%
40-42	33.33%
43-44	8.11%

**Clinical Pregnancy rates (fetal heart beat) per Embryo Transfer**

**Stimulated cycles (mainly mild stimulation)**

<35 years	42.59%
35-37 years	43.33%
38-39 years	33.33%
40-42 years	26.09%
43-44 years	16.67%

**Natural Cycles (includes natural modified cycles)**

<35 years	14.29%
35-37 years	38.89%
38-39 years	23.53%
40-42 years	24.00%
43-44 years	3.00%