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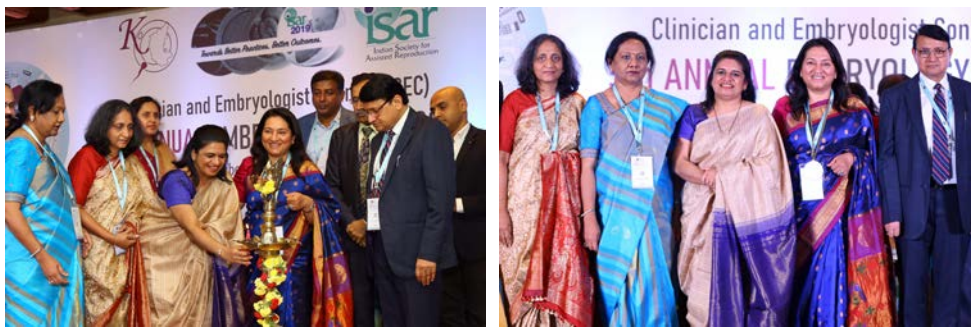
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Indian Newz

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Effective collaboration between fertility doctors and embryologists will improve IVF success

ISAR meet focuses on new trends in assisted reproductive technology



BENGALURU: With infertility rate among working couples in urban areas reaching an astonishing level in India, it is imperative that fertility doctors and embryologists collaborate effectively to improve the success of in-vitro fertilization (IVF) as not many couples are aware of the reasons for infertility.

This crucial suggestion was made by Dr. Hema Divakar, CEO & Chairperson, ARTIST India who is also the Technical Advisor to the Union Ministry of Health & Family Welfare, at the inaugural session of the 5th Annual Embryology Indian Society for Assisted Reproduction (ISAR) conference in Bengaluru.

“In our country, infertility has become a social stigma. Consequently, childless couple resort to IVF under an impression that it is a routine process. But not many of them are aware that their lifestyle, obesity and other habits are detrimental to the success of IVF,” pointed out Dr. Hema, who is also the IDF (International Diabetes Federation) spokeswoman for India.

“If we need to nurture a healthy generation next, we have to invest now. The most important challenge for obstetricians and gynaecologists is to offer pre-conceptional care. This challenge turns into an opportunity for the fertility specialist because women, who cannot conceive, are available to them at the pre-conceptional stage. Every attempt should be made so that the woman is ‘fit to be mom’ goes a long way in programming her baby – her embryo in the womb to prevent NCDs in adulthood,” Dr. Hema observed.

Dr. Shobhana Patted, Chairperson KISAR, pointed out that increasingly couples are opting for IVF because they are not aware of many issues related to fertility. “An estimated 27 million to 30 million couples in the reproductive age group suffer from infertility. They are



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not aware of the importance of their reproductive health. Many opt for late marriages and late pregnancies. These days, such decisions adversely impact their parenthood as late pregnancies, coupled with changing lifestyle habits and obesity are leading to infertility,” she said.

Embryologists have seen number of developments in recent years resulting in improved outcomes. However, improving embryo implantation continues to pose a major challenge to clinicians. Despite numerous new interventions to improve the success rate of assisted reproduction, the role of pre-conceptional care has been largely ignored. “Increasing evidence suggests that pre-conceptional interventions designed to optimise factors related to lifestyle and nutrition may improve outcomes of fertility treatment,” Dr. Shobhana added.

Speaking on the occasion, Dr. Jaideep Malhotra, President ISAR, stressed on the importance of streamlining infertility treatment in India. “Less than 20% IVF clinics operating in India are registered. There is a wide spread mushrooming of infertility clinics and a major lack of accountability in practice. We will continue to curb such clinics. We will also work towards streamlining standardization of IVF process,” she added.

High rates of implantation failure and early pregnancy loss in IVF are a considerable cause of frustration to both patients and clinicians. “Under these circumstances, it is very important for fertility doctors and embryologists to collaborate effectively to ensure that IVF success rate improves. Improved selection of both the embryo and the optimal uterine environment for transfer is the key to improving implantation,” Dr. Jaideep Malhotra added.

The conference saw experts come together on a common platform to offer solutions to the frequently asked questions and frequently failed situations in clinical practice. The Conference included a masterclass on “Errors in ART”, the main conference and 3 Post-Congress Workshops, which gave in-depth knowledge about the subjects to both embryologist and clinician.

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