

YOUR GUIDE FOR A CHILD



IVF CENTRE
2015-16

DR SUMITA SOFAT
HOSPITAL

DR SUMITA SOFAT
MEDICAL DIRECTOR

10 INDIAN
FOODS FOR
EAT LOSS

MALE INFERTILITY
MYTHS BUSTED

HOW DIABETES
CAN AFFECT
YOUR FERTILITY



CONCEPT COPY: NOT FOR SALE

www.theivfindia.com



I'll
love you *Forever,*
I'll like you for always, as long as
I'm living, my *Baby* you'll be.

-Robert Munsch (Love You Forever)

PUBLISHING DIRECTOR & EDITOR IN CHIEF

V Bhargava

editor.ivfindia@gmail.com

PUBLISHER, PRINTER & EDITOR

Ravi Pathak

CONSULTANT EDITOR

Ratan Mani Lal

rotanmlal@gmail.com

DEPUTY EDITOR

Vikram Gaglash

ASSISTANT EDITORS

Shashi Tewari, Pubali Roy

EDITORIAL DESK

Shweta Malviya, Manoj Singh,
Sandhya Saurabh, Alok Mahajan

ART DIRECTOR

Raj Bhagat

VISUALISERS

Ranjit Mongia, Prasoon Pal, Laila K., Arun Masih

PHOTOGRAPHERS

Aditya Goswami (New Delhi)

09999905026

Babar Ali (Mumbai)

09892169423

Ashok Krishnaswamy (Chennai)

09840191265

Prabhu (Pondicherry)

09994095378

Prabir Mukherjee (Kolkata)

09830035991

Akhil Ranjan (Bhubneshwar)

09776429634

Vijay Khunekar (Pune)

09823070433

Anoop Taneja (Jalandhar)

09814309039

K. Rajnihawan/Jaipal Bhatia (Chandigarh)

09501066163

Bejoy Viswas (Kochi)

09847104580

Gurmeet Singh Sidhu (Kota)

09887205428

Dipna Kirpalani (Ahmedabad)

09998240802

Syed Shakeel Hussain (Hyderabad)

09000226210

Nitin Arora (Lucknow)

09415020148

Dharmendra (Allahabad)

07668957192

Sanjay Kapur (Nagpur)

09960757337

Utpal Barua (Guwahati/N.E.)

09435117963

Kishore Raj (Raipur/Chattisgarh)

09329680293

Zafar (Kolhapur)

09890980124

Ravi Shankar (Patna)

09304906588

Licensed images: Shutterstock/Canstock

CORPORATE COMMUNICATIONS

Affinity Media, Mumbai

Printed & Published by Ravi Pathak for Pugmarks Media., from 63/9A, South Lokpur, Naini, Allahabad, Uttar Pradesh and Printed by him at Nova Publications & Printers (P) Ltd., Plot No 9 & 10, Sector 59, Phase 2, Faridabad, Haryana. Editor: Ravi Pathak

IVF India does not take the responsibility for returning unsolicited publication material. All disputes are subject to the exclusive jurisdiction of competent courts and forums in Allahabad only. Opinions expressed in the articles are of the authors and do not necessarily reflect those of the editors or publishers. While the editors do their utmost to verify information published they do not accept responsibility for its absolute accuracy.

Contact us:

editor.ivfindia@gmail.com www.theivfindia.com

www.facebook.com/ivfindia.info

Distributed in India & Nepal by The India Today Group

EDITORIAL

Vitrify The Future

Let others lead small lives, but not you. Let others argue over small things, but not you. Let others cry over small hurts, but not you. Let others leave their future in someone else's hands, but not you.

Jim Rohn

A number of fertility clinics across the country are switching from offering fresh cycles where your embryos are retrieved and subsequently transferred during the same cycle to a frozen embryo transfer model where your embryos are retrieved and grown in the lab then frozen and then transferred back.

This trend is bolstered by recent advances in freezing technology. The industry standard now is vitrification. Where the egg/embryo is frozen quickly and, most importantly, the thaw survival rate is in the 95-98% range. Compare that with slow freeze techniques of the past which boosted rates between 30-50%. Effectively, the embryos can be frozen and thawed again with little to no ill effects.

These trends have increased the success rates for all patient populations using their own eggs as much as 10% across the board! That is a huge increase! Higher success rates mean less cycles will be required.

What this means to IVF costs is a reduced average cost per successful cycle, across the board. This is a good thing!

If you are looking at IVF clinics right now for treatment I would encourage you to ask about the clinic's use of vitrification in the lab.

In this issue we have two Guest Editors; Jill Mahrlig Petigara, a world famous Fertility Yoga expert and author of *Yoga and Fertility: A Journey to Health and Healing*; and Susannah Makram, Naturopathic Doctor of Nutrition, Osteopath and Founder of The Functional Healthcare Group. Both have contributed immensely readable and informative articles.

We look forward to your responses and suggestions to make IVF India more informative and useful.

editor.ivfindia@gmail.com



INSIDE



Page 14 **Diabetes & Fertility**



Page 10 **9 Embarrassing Fertility Questions Answered**



Page 31
FILMS:
Super Cool
Animal Flicks



Page 22
Fertility Yoga



Page 28 **10 Indian Foods That Help You Lose Weight**



Page 17
How Crash Diets Harm your Health

Page 20 **Male Fertility Myths BUSTED**



Our Contributing Editors



SUSANNAH MAKRAM is a leader in Naturopathic Nutrition as well as an osteopath. Susannah is an integrative healthcare practitioner and founder of The Functional Healthcare Group. She is passionate that the right nutrition CAN help you achieve Gut Health within the Modern Lifestyle. You don't need to live in a spa (although might be rather lovely). Susannah works with clients for:

- HEALTHYWEIGHT LOSS
- NUTRITION FOR FERTILITY - Male & Female (Particularly with an "unexplained" infertility diagnosis)
- SKINCARE NUTRITION- specific to conditions e.g. to improve visible signs of ageing, acne, eczema
- NUTRITION FOR HAIR vitality - for loss and thinning with an underlying medical condition
- NUTRITION (CHRONIC) FATIGUE or unexplained Osteopathy:

Areas of interests are:

Back Pain & Neck Pain

Susannah is author of the The Body Youth Code. you can sign up for a free e-book copy of your desired chapter here:

<http://www.susannahmakram.com/membership>

JILL PETIGARA, E-RYT, MA, has helped many women struggling with fertility through her work as a Fertility Yoga Teacher and as a volunteer with Resolve, the National Infertility Association. Jill is the co-author of *Yoga and Fertility: A Journey to Health and Healing*. She teaches group and private classes in Atlanta where she lives with her beautiful family.



UNPLUGGED

Global Rates of Infertility Remain Unchanged Over Past 2 Decades

In 2010, almost 50 million couples worldwide were unable to have a child after five years of trying. Infertility rates have hardly changed over the past 20 years, according to a study by international researchers published in a recent issue of PLOS Medicine.

In an analysis of 277 national surveys, the authors, led by Gretchen Stevens from the World Health Organization, estimated the levels and trends of infertility in 190 countries from 1990 to 2010. They found that in 2010, 1.9% of women aged 20 years who wanted to have children were unable to have their first live birth (primary infertility), and 10.5% of women who had previously given birth were unable to have another baby (secondary infertility) -- a total of 48.5 million couples.

The authors found that the levels of infertility were similar in 1990 and 2010, with only a slight overall decrease in primary infertility (0.1%, but with a more pronounced drop in Sub-Saharan Africa and South Asia) and a small increase in secondary infertility (0.4%).

The authors found that primary infertility rates among women

wanting to have children also varied by region, ranging from 1.5% in Latin America and the Caribbean in 2010, to 2.6% in North Africa and the Middle East. Furthermore, with a few exceptions, global and country patterns of secondary infertility were similar to those of primary infertility.

The authors say: "Independent from population growth and worldwide declines in the preferred number of children, we found little evidence of changes in infertility over two decades, apart from in the regions of Sub-Saharan Africa and South Asia."

The authors continue: "In the absence of widespread data collection on time to pregnancy, the methods used and results presented here provide valuable insights into global, regional, and country patterns and trends in infertility."

FINGER FACTOR

Verbal aggression has now been linked to the ratio of length between the pointer finger

and the ring finger. The State University of New York, University of Tennessee,

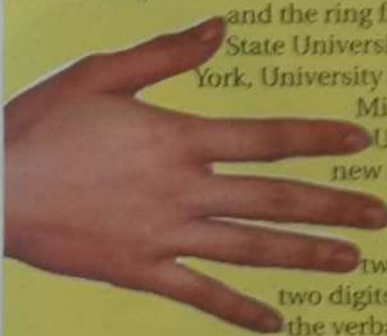
Michigan State

University in a new study, related

smaller ratio of length be-

tween these

two digits, the higher the verbal aggression



in the study participants. This means that the closer the two digits are in length, the more verbally aggressive the person is. Some degree of verbal aggression can be beneficial when standing up for yourself if attacked but higher degrees of verbal aggression can be very detrimental to one's personal life, causing problems with personal relationships, loss of job and etc.

ABUSED & ANXIOUS



Abused children are at a higher risk of anxiety and mood disorders. Scientists have now found that traumatic experience changes gene regulation. Scientists from the Max Planck Institute of Psychiatry documented genetic variants of the FKBP5 gene that cause epigenetic alterations induced by early trauma. This frequently leads to depression, post-traumatic stress disorder or anxiety disorders in adulthood. Torsten Klengel, a scientist at the Max Planck Institute of Psychiatry, explains: "Depending on genetic predisposition, childhood trauma can leave permanent epigenetic marks on the DNA... The consequence is a permanent dysregulation of the victim's stress hormone system, which can ultimately lead to psychiatric illness."



Eat For Fertility

The joyous moment in a woman's life is knowing that she is capable of getting pregnant and giving birth to a healthy child. However, not all women are able to get pregnant naturally. Some are referred as infertile while others need medical treatment to conceive. Surgical/medical treatments are expensive and not all are successful; some will even do more harm to your body. The best way is always the natural way and it starts with the healthy diet to boost the woman's fertility. Firstly, being either overweight or underweight can reduce your chances of getting pregnant. Try to reach your ideal weight. Overweight women have more pregnancy and birth complications whilst underweight women are more likely to have a low-birth-weight baby. Healthy eating means eating a balanced diet and avoid taking foods that is high in fat and sugar. Eat a variety of foods while trying to conceive, which includes:

- Fruits and vegetables - these can be fresh, frozen, tinned, dried or a glass of juice. Take at least five portions a day. Fruits and vegetables contain vitamin C which helps your body to absorb iron, an important nutrient in preparation for pregnancy.
- Carbohydrate foods such as bread, pasta, rice and potatoes. Switch white flour to whole grains which help improve the body's digestion and overall health. This can improve your chance of getting pregnant.
- Protein such as lean meat and chicken, fish, eggs and pulses (beans and lentils).
- Fish, including some oily fish, but do not have more than two portions of oily fish a week. This

includes fresh tuna, sardines and trout. Do not eat raw fish eg, sushi, to prevent food poisoning. Certain types of fish are high in mercury, which can be harmful to your unborn baby. Mercury can get stored in your body and linger there for more than a year. So it is best to avoid them



these can affect ovulation and may cause infertility. Alcohol prevents the body's absorption of all the essential nutrients needed for a healthy body to conceive whilst smoking and drugs can lead to miscarriage, premature birth, and low-birth-weight babies. In addition, research suggests that any tobacco use

can affect your fertility and lower your partner's

while you are trying to conceive.

- Dairy foods such as milk, cheese and yoghurt, which contain calcium.
- Iron rich foods, such as red meat, pulses, dried fruit, bread, green vegetables and fortified breakfast cereals, to build up your resources of iron in preparation for pregnancy.
- Vitamin supplements. Since most women do not get enough nutrients from their daily diet, start taking vitamin supplements when trying to conceive, which includes the B vitamins, folic acid and zinc. These vitamins help to reduce the risk of birth defects and are essential to a healthy menstrual cycle. Get at least 400 micrograms of folic acid a day.
- Stop alcohol drinking and smoking as

sperm count. In fact, even second-hand smoke may affect your chances of getting pregnant. • It is time to give up drinking coffee or switch to decaf. A few studies has showed that excessive consumption of caffeine and soda may lead to fertility problem. It is also a suspected cause of miscarriage in the first three months of pregnancy, reduce your ability to absorb iron which is needed plenty for pregnancy, and increase your risk for stillbirth. • Consult your doctor of any medication or drugs you are currently taking whether it is safe to continue while you are trying to conceive. • Drink eight glasses of filtered water to help flush out excess toxins.

MULTITASKING LEADS TO ANXIETY

Simultaneous use of different forms of media at the same time, like playing a computer game while texting and watching TV, is now definitely linked to anxiety and depression. Michigan State University found a clear association between media multitasking and

mental health problems. Overall media use among American youth increased 20% in the last ten years but the amount of media multitasking has jumped 120% percent during the same period. Instead of learning our lesson, I'm sure that most Americans will sit on their duffs and wait for Big Pharma to find a new drug to specifically overcome the deleterious effects of media multitasking...



Blocking hormone could eliminate stress-induced infertility

Releasing brake on fertility restores normal reproductive behavior in rats despite stress

University of California, Berkeley, scientists have discovered that chronic stress activates a hormone that reduces fertility long after the stress has ended, and that blocking this hormone returns female reproductive behavior to normal.

While the experiments were conducted in rats, the researchers are optimistic that blocking the gene for the hormone - called gonadotropin inhibitory hormone (GnIH) - could help women overcome the negative reproductive consequences of stress.

Stress is thought to be a major contributor to today's high levels of infertility: Approximately three-quarters of healthy couples under 30 have trouble conceiving within three months of first trying, while 15 percent are unable to conceive after a year.

"What's absolutely amazing is that one single gene controls this complex reproductive system, and that you can elegantly knock this gene down and change the reproductive outcome completely," said Daniela Kaufer, an associate professor of integrative biology. GnIH was discovered only 15 years ago, in quail, and found to be a powerful suppressor of fertility. Its mammalian equivalent, RFRP (RFamide-related peptide), was isolated in humans in 2009 by Kaufer's UC Berkeley colleague George Bentley, an associate professor of integrative biology.

Bentley and Kaufer later found that exposing male rats to stress increased the brain's production of RFRP. The new study found similar negative effects on fertility in female rats, though the increased levels of RFRP caused by chronic stress last much longer in females than in males. Three UC Berkeley labs - those of Kaufer, Bentley and Lance Kriegsfeld, an associate professor of psychology - collaborated on the study, which was led by graduate student Anna Geraghty and undergraduate Sandra Muroy.

"GnIH seems to be the main player, because it is elevated in the brain's hypothalamus for a full estrus cycle after the stress ends," Kaufer said. "When we knocked down levels of GnIH, we restored all reproductive behavior back to normal."

"We know that human GnIH is present in the human brain and gonads, and that it inhibits the production of steroids in human ovaries, so certainly the potential is there for it to be manipulated to address human infertility," Bentley said.

Relieving stress to allow captive breeding

Bentley is also excited about the potential to knock down GnIH to improve breeding success in captive animals, in particular those threatened with extinction in the wild.

"A lot of wild birds and vertebrates won't breed in captivity in part, we think, because of chronic low-level stress," Bentley said. "Just a chronic slight elevation in glucocorticoid stress hormones might influence the GnIH system and inhibit reproduction sufficiently to stop females from ovulating properly."

Blocking the GnIH gene via gene therapy might alleviate this chronic stressor, he said. "The biology is there. I think we can do it."

He and Kaufer are also involved in attempts, funded by a Michelson grant from the Found Animals Foundation, to boost RFRP hormone in mammals to induce permanent infertility in feral animals without the need to capture and neuter them.

"If the role of GnIH plays out to be a fundamental mechanism for integrating stress into the reproductive axis, we think we can turn it around the other way and overexpress RFRP in the brain and gonads and cause infertility in pest species or feral cats and dogs," he said.

Sheng Zhao, a psychology postdoctoral fellow, is also a co-author of the study. Kaufer, Bentley and Kriegsfeld are also members of UC Berkeley's Helen Wills Neuroscience Institute.



Gloat Away The Bloat

Ever had that strong feeling in your stomach like it is going to explode any moment? Many people try many things when they feel this stomach discomfort! This is what you should eat, says Pubali Roy...

Bloating is a condition where gas released from the breakdown of foods builds up in your stomach and intestines instead of passing out of the body. It can lead to abdominal pain, constipation, digestive disorders etc. This is extremely common and can be cured with some simple diet choices.

CUCUMBER



Cucumbers are mostly water and can help flush out toxins from the body. They're rich in sulphur and silicon and help the kidneys effectively remove uric acid.

They're not only detoxifying but also refreshing and delicious.

COCONUT WATER



Coconut water is a real healer. It's refreshing and an excellent substitute for a sugar based energy drink. It's rich in potassium which helps counter sodium-induced bloating. Coconut water not only flushes the sodium out of the body but also regulates the cleansing process.

YOGURT



with fresh fruits.

Yogurt is one of the most highly recommended foods that one should eat on a bloated stomach. It's great for digestion as it contains good bacteria that blocks out the bad one and prevents belly bloat. Although plain yogurt is advisable you can pair it up

BANANAS



kiwis, oranges, and pistachios are other potassium rich foods you must include in your diet.

Bananas are rich in potassium which can help with salt-induced bloating. Keeping a healthy sodium-potassium balance is extremely important to maintain an ideal water balance in the body. Avocados,

GINGER



Besides being a great home remedy for fever, cold and aching muscles, fresh ginger is also a good way to ease an upset stomach. It's an anti-



inflammatory that relaxes the muscles of the digestive tract. It contains a crucial enzyme that absorbs protein and helps with protein-induced gas. You can add it to tea or drop it over salads and vegetables.

PAPAYA



Papaya contains an enzyme called papain that break down proteins which makes digestion easier. Papain works as a laxative and is important for smooth bowel movement. Papaya also has anti-inflammatory properties and fibers that strengthen the digestive tract.

HERBAL TEA



Herbal tea is typically consumed to help with digestion after a meal but can also be used to reduce bloating. It soothes inflammation and relaxes the digestive tract, calling that swollen tummy back in.

CORIANDER SEEDS



Drop a handful of coriander seeds in water and bring it to boil. Take it off the stove after 10 -15 minutes and set it aside. Strain this water and drink it warm. If the taste puts you off then add a drop of honey. Nutritionists recommend this as a sure shot solution for excessive bloating.



understanding

RECURRENT PREGNANCY LOSS

By Dr Rupal Shah

Recurrent pregnancy loss (RPL) is the loss of 2-3 or more consecutive pregnancies in the first or early second trimester of pregnancy. Other terms for RPL include recurrent spontaneous abortion, miscarriage, or habitual abortion.

Pregnancy loss occurs in about 15% of all clinically recognized pregnancies in women under age 35, and the frequency of spontaneous pregnancy loss increases as a woman's age increases. By age 40, miscarriage rates in women increase to 30%.

A definite cause is established in

no more than 50% of couples, and several alleged causes of RPL are controversial. There are also many unproven hypotheses and poorly designed clinical studies and treatment options for RPL, many of which are without proven benefit. The following is a contemporary approach to RPL.

RECOGNIZED CAUSES OF RECURRENT PREGNANCY LOSS UTERINE ANATOMIC ABNORMALITIES:

Distortion of the Uterine Cavity or Congenital Uterine Abnormalities is found in 10 to 15 % of women with RPL. The majority of these women have a septum in their uterine cavity, fibroids or adhesions (Asherman's Syndrome). The presence of a submucosal fibroid(s) or large endometrial polyps may also cause recurrent pregnancy loss.

Diagnosis: Hysteroscopy or hysterosalpingogram (HSG)

Treatment:

- Hysteroscopic resection (removal) of abnormal tissue, polyps or fibroids
- Hysteroscopic adhesiolysis of intrauterine adhesions
- In severe cases, use of a Gestational Carrier (surrogate) to carry a future pregnancy.

GENETIC ABNORMALITIES (IN PARENTS OR EMBRYOS):

In 24% of couples with RPL, one partner will have a genetically balanced structural chromosome rearrangement (balanced translocation). Studies using preimplantation genetic diagnosis (PGD) in women with RPL have shown that more than 50% of embryos were found to have aneuploidy (an abnormal of chromosomes).

Diagnosis: Parental Karyotypes (a blood test) which measures chromosomes in both partners

Treatment: Preimplantation genetic diagnosis (PGD) using IVF technology. Donor sperm or donor egg.

MALE FACTOR:

Recent evidence suggests that abnormal sperm DNA may affect embryo quality and increase the miscarriage rate.

Diagnosis: Parental Karyotype (blood test) which measures chromosomes, Sperm DNA fragmentation tests; PGD of Embryos.

Treatment: No definitive treatment has been proven; Anti-oxidants may be of some value; Donor Sperm.

ENDOCRINE:

Sub-optimal or low progesterone levels may cause RPL. Evaluation of hormonal abnor-

malities in the Female partner, including the luteal phase of the cycle for suboptimal production of progesterone, may provide insight into a condition known as "Luteal Phase Deficiency". Patients with Polycystic Ovary Disease are at increased risk for miscarriage.

Diagnosis: Short luteal phase duration, CD 2-3 FSH and Estradiol, Prolactin and TSH (thyroid stimulating hormone). Endometrial biopsy is generally not helpful.

Treatment: Supplementation of cycle with vaginal or injectable progesterone, or use of Clomiphene; correction of other hormonal or medical abnormalities as indicated.

DIMINISHED OVARIAN RESERVE:

As a woman ages, so do her eggs, and each woman's ovaries age at a unique rate. As the quality of a woman's eggs decline, the quality of the embryo produced is poorer, and the chance of a spontaneous abortion in the first 3 months of pregnancy increases. In some women with RPL, this may be the first indication of a decline in the quality of their remaining eggs. Fortunately, there are simple, safe and easily performed blood tests that may measure your remaining ovarian reserve. There is currently no definitive test of egg "quality".

Diagnosis: Day 2 Antral follicles count (transvaginal sonography) and blood AMH level

Treatment: Tab DHEA S (may or may not be of proven benefit); IVF with own or donor eggs

AUTOIMMUNE AND CLOTTING DISORDERS:

Five to 10% of women with RPL have an auto-immune or thrombotic cause. We frequently recommend testing for selected blood tests to rule-out autoimmune or inherited thrombophilia.

Diagnosis: ACA (anticardiolipin antibody), Lupus Anticoagulant test,

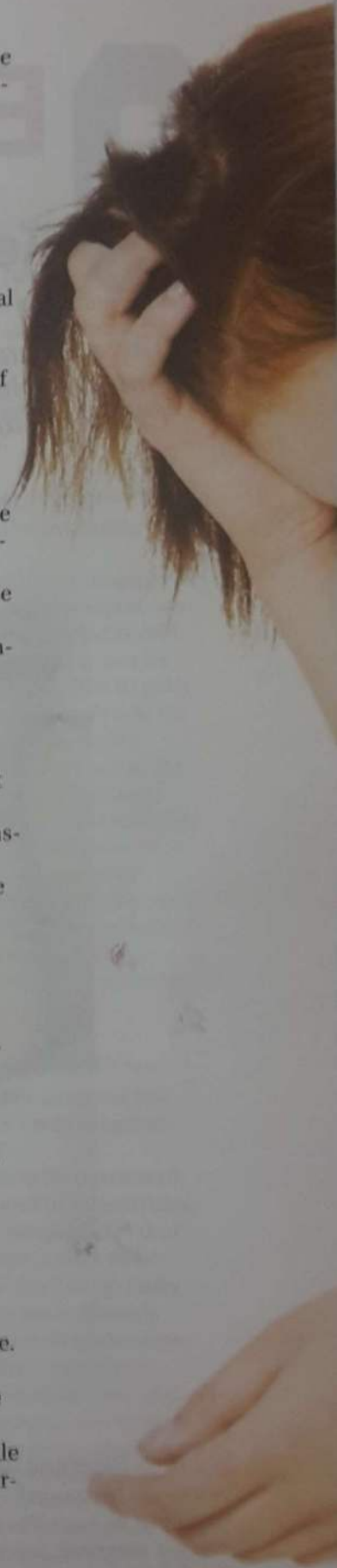
Treatment: Low dose Heparin therapy, Folate Supplementation, Low-Dose Aspirin (ASA).

No Proven value of WIG (Intravenous Immunoglobulin), WBC immunizations or other Immunologic Treatments at this time.

ENVIRONMENTAL:

Smoking and alcohol increase miscarriage rates.

Low Body Weight and Obesity in the Female partner has been shown to increase miscarriage rates. Coffee in moderation (<3 cups/day) does not increase miscarriage rates.



9 Embarrassing Fertility Questions Answered

There are probably all sorts of crazy questions you have, which don't spring to your lips when you're sitting in front of your doctor. Never fear though, Smitha Chandran answers the questions you've been dying to ask, but haven't...



Q1 Does having an orgasm help you to get pregnant?
In theory, an orgasm could help you get pregnant, but experts agree it's definitely not necessary. During

an orgasm, the uterus contracts, causing a vacuum effect which could theoretically move sperm up into the uterus. But Sandra Gahn, co-author of *The Infertility Com-*

panion: Hope and Help for Couples Facing Infertility points out. "There's a certain logic in this theory, yet while studies have shown such a vacuum effect exists,



whether it actually brings about a higher pregnancy rate is unproven."

The key to getting pregnant is not having an orgasm, but timing intercourse to correspond with your fertile period. Trying to force yourself to have an orgasm every time is a recipe for disaster since the stress will not put you in the mood.

Q2 Should I try to stop the sperm from leaking out? For how long?

After ejaculation, the fluid that carries sperm liquefies and most of it runs out. Your body can't use and doesn't need that fluid, so it's has to run out at some point. You may be worried that you're losing valuable sperm, but the vagina naturally slopes backwards and the majority of ejaculate is retained. Sperm are speedy and can make their way to the Fallopian tubes within five to 10 minutes of ejaculation. Many experts recommend lying on your back with a pillow under your hips for about 15 to 20 minutes after intercourse. The consensus is that it can't hurt and may help. But forget standing on your head—that won't do anything other than make you dizzy.

Q3 Are there any practices we should avoid while trying to conceive?

If it is natural, it shall not harm your chances of conceiving. Remember while trying to get pregnant stress can be the biggest spoiler so try to be stress free. Lubricants can make intercourse more comfortable, but they aren't conducive to conception. Oil-based lubricants or any product containing scents or inorganic materials are likely to kill sperm. Lubricants also affect sperm motility, slowing down the swimmers.

Q4 Do we need to have intercourse every day while trying to get pregnant?

The standard advice from fertility clinics is to have intercourse every other day during your fertile period (from five to six days before ovulation to one day after).

Q5 Is there a body type that's best for conceiving? I'm flat-chested and thin-hipped ... are women with more curves more fertile?

Fertile women come in all sizes and women of all body types are able to get pregnant. However, a recent study has shown that women with larger breasts and slimmer waists have higher levels of estrogen and progesterone, the hormones associated with fertility. The study did not compare pregnancy rates though. Since you can't control your basic body shape, focus instead on staying healthy and maximizing your fertile period.

Q6 Is it OK to diet while trying to get pregnant? Is it safe to cut out carbs?

Some dieting is OK but, a well-balanced and healthy diet accompanied by light exercise is ideal. Extreme diets like South Beach and Atkins induce a starvation-type response, not good if you are trying to conceive. Make sure you're getting enough calcium, folic acid, and iron by taking a prenatal vitamin.

Q7 My period isn't late yet, but I really feel like I'm pregnant. Am I crazy? How early can I do a home pregnancy test?

Early pregnancy often feels just like a period about to start, but some women notice the effects of the early rise in HCG levels, which can result in breast tenderness. A pregnancy test is the best way to determine if

you are pregnant, and a blood test is the most accurate, particularly in early pregnancy. Home tests are accurate when used according to package instructions, usually not until the first day of your missed period, though some brands now offer results up to five days sooner, with decreased accuracy.

Q8 If I get my period regularly does that mean I'm ovulating and fertile?

Fortunately, for the vast majority of women, regular periods equal ovulation. Not getting a period is definitely a sign that you may not be ovulating, but it is possible to get a period in months in which you do not ovulate. Even the fact that you're ovulating doesn't mean for sure that you're able to get pregnant—you could have tube blockage or low progesterone levels or other problems. If you're concerned, chart your basal body temperature and use an ovulation prediction kit. If you ovulate in the month you test, then it is likely you are ovulating monthly.

Q9 My periods are usually very regular, but the last one was late. Could that mean I was pregnant and miscarried?

It is possible. Ten to 25 percent of all pregnancies end in miscarriage, including many pregnancies that women aren't even aware of because they occur very early. Early pregnancy losses are extremely common and not a cause for concern. You would not experience more cramping with an early miscarriage, and the only way to know you that you were pregnant and miscarried would be with a blood test. Having a late period one or two times a year is in fact normal and often due to stress, travel, exercise, or illness.

The Best Fertility GADGETS



Knowing when you are ovulating will greatly improve your chances of getting pregnant. There are a lot of low tech methods of predicting ovulation like urine strip ovulation tests, basal body temperature charting, and keeping a look out for your own body's ovulation signs. While these low tech methods may be helpful, they can be confusing and tedious to keep up with. There are now numerous products on the market to help couples conceive. We have come up with a list of the best high tech gadgets to help you get pregnant.

CLEAR BLUE EASY FERTILITY MONITOR



The Clear Blue Easy Fertility Monitor is a computerized device that stores your personal information and tells you each day how fertile you are, taking the guess work out of trying to conceive. A study published in the February 2007 issue of the American Society for Reproductive Medicine's publication *Fertility & Sterility* found that the Clear Blue Easy Fertility Monitor helped couples conceive faster. The study found that 23% of the couples that used the Clear Blue Easy Fertility Monitor became pregnant during the first two cycles, whereas only 14% of couples conceived without using the monitor.

Unlike urine ovulation test strips that only detect the hormone LH, a hormone that surges just before ovulation, the Clear Blue Easy fertility monitor tests for LH (luteinizing hormone) and estrogen. Both hormones are involved in ovulation. High levels of estrogen signal the body to release LH, which in turn, triggers ovulation. By detecting both hormones, the Clear Blue Easy Fertility Monitor can predict a woman's fertile days sooner than ovulation test strips. Since the egg only survives for a short time, about 24 hours, and sperm can live for as long as five days, a woman can get pregnant during the five days preceding ovulation. Identifying these fertile days will improve your chances of conception.

The Clear Blue Easy Fertility Monitor can identify up to six fertile days during a woman's cycle. Using the monitor is easy. You will need to purchase urine test

sticks to use with the monitor and insert them into the test stick slot on the days the monitor indicates. The display screen will tell you when you are most fertile, ranging from high fertility to peak fertility. You should plan to have intercourse during both your high fertility days and peak fertility days, ideally at least once during each.

OVACUE FERTILITY MONITOR



The Ovacue Fertility Monitor also stores all of your personal information and identifies your fertile days. To use the Ovacue fertility monitor you just place a small sensor on your tongue for five seconds. It's very easy to use. The monitor stores the information and tells you how fertile you

are by displaying 1-7 bars – one bar indicating lowest fertility and 7 bars indicating highest fertility. You should plan to have intercourse on the day Ovacue determines to be your most fertile day. What makes the Ovacue Fertility Monitor different than other fertility monitors is that it doesn't involve urine testing, so you don't have to buy extra test sticks to use this monitor. The Ovacue Fertility Monitor works by detecting electrolyte changes in your saliva. Hormonal changes that take place before ovulation affect a woman's cervical mucus by making it more slippery and stretchy to transport sperm. But, they don't only change her cervical mucus, they also change her saliva. The electrolytes in saliva are affected by the woman's changing hormone levels, primarily estrogen and LH. The Ovacue monitor, like the Clear Blue Easy Fertility Monitor, checks for changes in estrogen and LH, it just tests for it by a different mechanism.

The advantage of checking the electrolytes in saliva is that the changes in saliva are detectable sooner than changes in urine. Estrogen and LH take time to make their way from a woman's blood stream into her urine.

MAYBE MOM MINI OVULATION MICROSCOPE

The Maybe Mom Mini Ovulation Microscope is a saliva microscope that is used to examine crystallized salts in dried saliva. Saliva changes throughout a



woman's cycle. By looking at the patterns formed from the crystallized salts, a woman can determine how close she is to ovulating. As ovulation approaches the crystals will begin to form a pattern that looks much like a fern. If you see a fern-like pattern in the micro-

scope, it means you are ovulating.

There are several fertility saliva microscopes on the market, also called ferning microscopes. The Maybe Mom Min Ovulation Microscope is a little pricier than some of the other microscopes available, but it offers a lifetime replacement guarantee, is FDA approved, and is 98% accurate, according to the company's website. It is an affordable option for monitoring your fertility. And, because it doesn't involve test sticks, it can be used again and again, without the need to purchase extra supplies.

OV WATCH



The OV Watch is another high tech fertility gadget. The watch is easy to use, no need to remember to take a urine test or check your saliva. You simply wear the watch while you sleep starting on the first, second, or third day of your menstrual cycle. The OV Watch tells

the woman when she is fertile by counting down the days to ovulation. The first fertile day will be displayed on the watch as "Fertile Day 1", followed by "Fertile Day 2" until it gets to "Fertile Day 4." The fertile days indicate the days leading up to ovulation when a woman is fertile, but not ovulating. On the day

she ovulates the watch will display a notice that says "Ov Day 1", after that it will show one additional fertile day "Less Fertile Day 1."

Unlike the other fertility gadgets that collect urine or saliva, the OV Watch determines a woman's fertility based on salt levels in her sweat. Researchers have found that a woman's salt levels fluctuate throughout her fertility cycle in response to her changing hormone levels. According to the company's website, chloride levels surge three days before there is a surge in estrogen, making the OV Watch capable of detecting ovulation sooner than estrogen or LH based fertility monitors.

OPTIMUS PETIT SOPHIA FERTILITY MONITOR



The Optimus Petit Sophia Fertility Monitor is an inexpensive way to keep track of your fertility. It is basically a high-tech basal body thermometer. Ordinarily, using the basal body

temperature method for fertility monitoring requires a woman to take her temperature, record it on a chart, and interpret the data on the chart. The Optimus Petit Sophia Fertility Monitor makes fertility charting easy. It has a built in alarm, making it convenient and portable. Like the other fertility monitors, it stores your personal information and identifies fertile days. The price is right for this fertility monitor, but like most temperature methods of predicting ovulation, it is better at indicating when ovulation has taken place than predicting it in advance. Still, if you want to improve your chances of getting pregnant and don't want to spend a lot of money, the Optimus Petit Sophia Fertility Monitor may be the way to go!



DIABETES AND FERTILITY

How Diabetes Can Affect Your FERTILITY



If you have been trying with no luck to get pregnant and have not been able to find a reason for your infertility, it may be time to have a simple blood test to determine if your glucose levels are too high. With the rates of Type II diabetes rising every year, more and more infertility specialists are looking toward this health issue as a main cause of some otherwise unexplained infertility cases they see. When it comes to diabetes and infertility the answer is clear: there is a connection. No, in many cases (especially among women), diabetes alone does not keep them from getting pregnant, but it often times keeps them from staying pregnant. In many cases, say fertility doctors, "a woman with higher than normal glucose levels does get pregnant month after month. Unfortunately her diabetes status prevents that embryo from implanting in the uterus, causing a miscarriage before she ever realizes she is pregnant." In this case, the diabetes isn't preventing conception, but is preventing an ongoing pregnancy. High glucose levels are reported to increase a woman's chances of miscarriage by 30-60% according to statistics released by the American Diabetes Association.

mother's chances of infection

- An increased risk of gestational diabetes in the mother, which can cause other health concerns for both mother and baby

When Glucose Levels Are Too High

In addition to keeping an embryo from implanting, glucose levels that are too high can also affect hormone levels throughout the body including the all-important estrogen, progesterone and testosterone levels needed for a pregnancy to occur. That is why glucose control is so vital to your fertility.

Diabetes in Men

Men too can experience infertility issues due to high glucose levels. For some retrograde ejaculation, where semen backs up into the bladder, making it impossible to get to the woman's reproductive organs, becomes a problem, as does erectile dysfunction caused by both the diabetes itself as well as medications which may be used to control it.

Still, there is one, more dangerous reproductive side effect to diabetes in men: DNA damage. According to research released by Dr. Ishola Agbaje of the Reproductive Research Group at Queen's University in

Belfast, diabetes can and does cause serious DNA damage to sperm which can inhibit a pregnancy, live birth and even healthy, normal fetus. Among the results of the study include that:

- An increased risk of birth defects due to damage caused to embryonic cells from the high levels of glucose in the blood
- A larger baby resulting in a C-section, which increases a

Belfast, diabetes can and does cause serious DNA damage to sperm which can inhibit a pregnancy, live birth and even healthy, normal fetus. Among the results of the study include that:

- Diabetic men have much lower semen levels (just 2.6 compared to 3.3 ml in their non-diabetic counterparts).
- The nuclear DNA in diabetic man's sperm cells was more (52 per cent versus 32 per cent).
- There were more deletions in the mitochondrial DNA of diabetic men's sperm cells than those of the non-diabetic men.
- The mitochondrial DNA deletions in the diabetic men's sperm cells ranged from 3 to 6 and averaged 4, while for the non-diabetic men it ranged from 1 to 4 and averaged 3. What does all this mean? Simply put, a diabetic man who does not control his glucose levels has less of a chance of impregnating his partner and when he does the risk of miscarriage and deformities are much higher.

Should Diabetic Partners Try and Conceive At All?

All of this may leave diabetic partners wondering if it is even safe to try and get pregnant at all. While it is important to understand the risks involved in high glucose levels and fertility, it is also important to understand that simply controlling your glucose levels, and getting (and keeping them) at a more normal level will reduce these risks and offer the opportunity for a safe pregnancy resulting in a healthy baby. The key to success, of course, is working with your endocrinologist and obstetrician to ensure that your glucose levels remain stable months before trying to conceive as well as during a pregnancy. With a good plan and dedication to eating right and staying healthy, your chances of giving birth are very high, despite a diabetes diagnosis.

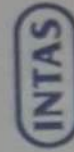
INTRODUCING

The all new state of the art Swiss Made Pen

Folisurqe Pen

Recombinant Follitropin ALFA

A Promise of Consistency





5 HEALTHIEST SPICES ever

Wars were fought over them, best-selling pop groups were named after them and new continents were discovered in search of them. But before they were money or symbols of Girl Power, spices were medicines—healers that date back to the world's first civilizations.

Today's researchers are discovering incredible health and nutritional riches in spices. From balancing blood sugar to boosting brain power, and even promoting weight loss, here are five of the healthiest spices on the planet—plus helpful tips for making the best purchase for the ultimate healing spice rack!

COCOA: HEART-SHAPED HEALING



How sweet it is! Dozens of studies show that people who consume cocoa—as a hot drink or eaten as dark chocolate—are in much better cardiovascular shape than those who don't.

In fact, new research shows that, gram for gram, cocoa has an even higher antioxidant capacity than fruit juice! The benefits don't stop at the heart, though. Studies have shown this sweet spice can help control inflammation-related diseases such as diabetes, liver cirrhosis, and degenerative diseases of the brain like Alzheimer's.

CINNAMON: BALANCING BLOOD SUGAR



Ironically, (or perhaps nature's way of cutting us some slack) cinnamon—the warm spice that gives sugary baked goods extra flavor—can help control blood sugar and prevent against diabetes. One study found that adding a heaping

teaspoon of cinnamon to a starchy meal is as effective as older generation diabetes drugs at stabilizing blood sugar and warding off insulin spikes. And a second study in the *Journal of Nutrition* found that when a meal contained a spice blend including cinnamon, antioxidant activity in the blood was increased by 13 percent and insulin response decreased by about 20 percent. There are other health benefits of cinnamon: studies have shown the spice may improve cholesterol, prevent against food-borne illness, ward off the effects of Alzheimer's, and provide treatment for women with Polycystic Ovary Syndrome (PCOS).

TURMERIC: BOOSTING BRAIN POWER



Once referred to as "Poor Man's Saffron" because of its deep yellow hue, turmeric is now touted by health experts as the "Golden Spice of Life." Traditional to Indian cooking, turmeric owes

its health benefits to the active ingredient curcumin, a powerful antioxidant shown to release its anti-inflammatory goodness to almost every cell in the body, boosting the immune system and treating a host of maladies from indigestion to cancer. And there's a growing body of research into the role of curcumin in the prevention and treatment of Alzheimer's disease.

GINGER: TAMING TUMMY TROUBLES



Used for thousands of years to tame troubled tummies and aid digestion, ginger is mentioned in Chinese medical texts from the fourth century BC! And for the past few decades, scientists have been proving ginger works at quieting that queasy feeling.

One study found that ginger helped prevent and treat motion sickness. Other research paints ginger as a powerful muscle relaxant, that helps reduce soreness brought on by exercise by as much as 25 percent, as well as banish bloat. In fact, studies suggest ginger may reduce symptoms of arthritis, improve cholesterol and prevent cancer.

CHILI: BURNING UP FAT



It's funny that the hottest spice in the world is called chile. And while debate over the spelling of the spice wages on—is it chile? or chilli? or chili?—researchers make no bones about the

health benefits of the red-hot spice. Studies suggest chili can do everything from reducing blood pressure to clearing up sinus inflammation. But the hottest research revolves around weight loss. Scientists say capsaicin's weight loss benefits occur at a molecular level by altering key proteins found in fat.

How crash diets harm YOUR HEALTH



We know you are trying to concieve. If your weight is an issue you need to shed that extra flab scientifically. Sarika Sen tells us the lows of crash diets.

Scores of otherwise health-conscious citizens who subject themselves to deprivation diets or intense exercise regimens, may unwittingly end up harming their health - and possibly even their hearts.

They go on fasts, yo-yo diets, detox programs, and 'cleanses' without realizing that there are serious consequences to weight loss and nutrient restriction.

That crash dieting doesn't work and can be dangerous is a message that gets lost in the clamor over rising rates of overweight and obesity.

Crash diets may harm your heart

Cardiologist Isadore Rosenfeld, MD, a professor of clinical medicine at Weill Cornell Medical College, in New York City, and author of the book "Doctor of the Heart: A Life in Medicine," opposes crash diets (less than 1,200 calories a day). He says these very low-calorie regimens are based on the false theory that the body needs help eliminating waste.

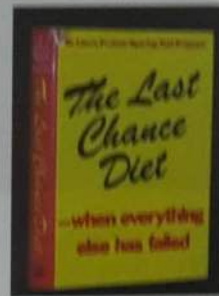
Research suggests rapid weight loss can slow your metabolism, leading to future weight gain, and deprive your body of essential nutrients. What's more, crash diets can weaken your immune system and increase your risk of dehydration, heart palpitations, and cardiac stress.

"A crash diet once won't hurt your heart," Dr. Rosenfeld says. "But crash dieting repeatedly increases the risk of heart attacks."

Long-term calorie-cutting can eventually lead to heart muscle loss. Yo-yo dieting can also damage

your blood vessels. All that shrinking and growing causes micro tears that create a setup for atherosclerosis and other types of heart disease.

Beware of fad diets



In the late 1970s, an osteopath named Robert Linn published "The Last Chance Diet," a best seller that advocated a miraculous "liquid protein diet." Following the lead of their favorite celebrities, millions of people bought quarts of Dr. Linn's liquid formula and embraced the diet (or one of many copycat versions), averaging just 300 to 400 calories a day.

The diet seemed to work wonders - some people reported losing as many as 10 pounds a week on the formula. But then the news of sudden deaths began to trickle in.

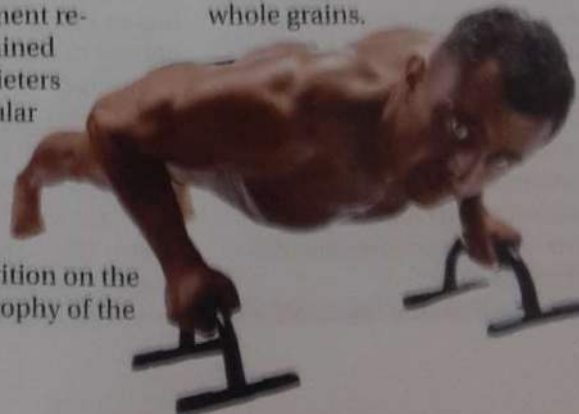
An investigation led by the Food and Drug Administration turned up nearly 60 deaths among liquid dieters. Although some of the deaths occurred in people with underlying diseases such as atherosclerosis (and therefore could have been coincidental), government researchers who examined otherwise healthy dieters who died of ventricular arrhythmias found that the pattern of deaths suggested "the effects of protein-calorie malnutrition on the heart," including atrophy of the

heart muscle.

Experts have since tried to pinpoint the dangers of crash diets (technically known as "very low calorie" diets). Shortages of potassium, magnesium, and copper have been suggested as possible causes of the arrhythmias seen in crash dieters, and studies have also found that the diets can cause a drop in blood pressure and sodium depletion. Experts stress that very-low-calorie diets should only be followed with a doctor's supervision. But crash dieters are more likely to consult their friends than a doctor -- which can get them into trouble.

How to lose weight - safely

If you're overweight, slimming down is critical for your overall health. Even moderate weight loss can lower your risk of developing heart disease, diabetes, some types of cancer and increase your fertility. But it's important to lose weight safely, which usually means slowly: Most experts recommend dropping just 1 to 2 pounds a week. And despite what some brand-name diets claim, the best way to do so is to exercise regularly and stick to a diet that limits saturated fat and sugars and emphasizes fruits and vegetables, lean meats and fish, and whole grains.



When IVF FAILS

Infertility treatment depends on the cause or causes of infertility. Treatment for infertility will depend on how long you have been infertile, your age, your partner's age and many personal preferences. Infertility treatment involves commitment that is significantly financial, physical, psychological and time consuming.

In vitro fertilisation (IVF) is the most common ART technique. When IVF fails your decision to go ahead with the same treatment for infertility is usually put into question. This is a natural reaction to have. One in six couples has difficulty having a baby – in 40 per cent of these cases the difficulty is associated with the man.

Male infertility treatment by personalized treatment for general sexual problems or lack of healthy sperm at *Susannah Makram Clinics* uses advanced male fertility diagnostics to outline effective treatment. These outline our available treatment protocols for couples to make an informed decision. Tests identify and support improvement for (normal sperm count and) poor sperm quality.

REDUCING SPERM DNA FRAGMENTATION BY PERSONALISED NUTRITION

In the male, two agents known to increase nitric oxide, and therefore blood flow, increased the level of testosterone in the bloodstream and also significantly improved semen volume, sperm numbers, sperm motility, and sperm morphology. Weight resistance or cardiovascular exercises are most recommended for maintaining a healthy lifestyle and boosting fertility. Exercise boosts your glutathione levels. 40% of healthcare outcomes depend on lifestyle.

Testosterone production within the

testicles is an important stimulator of normal sperm production. In the female, blood flow to the ovary correlates with the number of eggs that develop when the ovary is stimulated as well as the quality of the egg.

Thus the chance of it initiating a pregnancy has been correlated with the blood

supply surrounding the structure containing the egg and its nourishing cells, the granulosa cells.

The regimen that improved testicular function was a combination of L-arginine and pycnogenol. L-citrulline at a dose of 2 grams per day raises the circulating levels of L-arginine. These two agents increase the production of nitric oxide, which increases blood flow by relaxing the arteries supplying nutrients, oxygen, and hormones to the testicles.

The antioxidant capacity of the semen and of the fluid and cells surrounding the egg decreases with age. It is lower in individuals with poor sperm and egg quality.

Potent oxidants increase with age and accumulate from eating foods cooked at a high heat such as with grilling and barbecuing and with higher blood sugar levels, as with obesity or excessive sugar consumption.

In the male, oxidation products correlate with poor semen parameters, particularly motility, and also correlate with fragmentation of the sperm DNA. Sperm require high levels of antioxidants in the surrounding seminal fluid because as



they shed most of their cytoplasm to make them more motile, they lose their normal intracellular antioxidant defenses.

Examples of potent antioxidants are berries, green tea, red wine, chocolate, and a commercial antioxidant called pycnogenol. Your Naturopathic Portfolio to improve sperm quality at *Susannah Makram Clinics* supports ICSI if used in an IVF cycle.

NATURAL SUPPLEMENTATION TO SUPPORT MALE FERTILITY BY IMPROVING SPERM QUALITY

There is growing evidence suggesting that oxidative stress can reduce sperm function. The antioxidant capacities of L-carnitine, vitamin C, coenzyme Q10 and vitamin B12 have been shown to improve sperm quality.

L-carnitine improves sperm mobility and enhances energy metabolism.

Absorption reaches saturation at 2g, and some L-carnitine will be absorbed from a man's daily diet. If levels of L-carnitine in the body go above 2g, excretion increases and less is actually absorbed. You need



the right supplement that allows for dietary consumption and avoids pushing the body over the 2g 'tipping point', allowing for optimal absorption.

Our nutritional supplement contains selenium as well, which has been associated with improved sperm motility, folic acid to improve sperm quality, and zinc, because men with fertility problems have been seen to have reduced levels of zinc compared with fertile men.

THE FUNCTIONAL APPROACH

Female infertility is typically caused by one or more of these factors:

- Damage to fallopian tubes (tubal infertility)
- Endometriosis
- Uterine or cervical causes
- Ovulation disorders

Although a woman may need just one or two therapies to restore fertility, it is possible that several different types of treatment may be needed before she is able to conceive. Other techniques are sometimes used in an IVF cycle, such as: ICSI, assisted hatching, donor eggs or sperm, gestational carrier. Complications of female infertility treat-

ment may include: Multiple pregnancy - Ovarian hyperstimulation syndrome (OHSS) - Bleeding or infection - Premature delivery or low birth weight - Birth defects.

Infertility for women due to ovulation disorders are supported greatly by the Naturopathic Portfolio for female fertility. We use the functional approach at *Susannah Makram Clinics*. This is because fertility drugs - that regulate or induce ovulation - are the main treatment for women who are infertile due to ovulation disorders. In general, they work like the natural hormones — follicle-stimulating hormone (FSH) and luteinizing hormone (LH) — to trigger ovulation. They are also used in women who ovulate to try to stimulate a better egg or an extra egg or eggs. Eg, fertility drugs may include:

Metformin. Metformin (Glucophage, others) is used when insulin resistance is a known or suspected cause of infertility, usually in women with a diagnosis of PCOS. Metformin will not help improve insulin resistance, which can make ovulation more likely to occur - unless the cause is addressed by personalised nutritional treatment. Supplements are an essential part of treating diabetes, especially when gut health is optimal and diet choices having the greatest impact on a daily basis are addressed. A good multivitamin, vitamin D, fish oil and special blood sugar balancing nutrients like alpha lipoic acid, chromium polynicotinate, biotin, cinnamon, green tea catechins, and glucomannan can be included.

Nutrition impacts 80% of your modern lifestyle. This impacts every single factor affecting fertility. This goes for both men and women. If you take ownership of your health you can make sure that the right changes impact you and your partner for the best.

WEIGHTY ISSUE. IDEAL WEIGHT FOR NATURAL CONCEPTION.

A BMI in the normal range is best. Excess body weight has major ef-

fects on ovulation but relatively minor effects on sperm quality. Bad gut bacteria and genetics may also account for raised BMI levels. Once these are assessed or accounted as appropriate, based on your medical history, you can get the right personalised nutrition treatment.

Polycystic ovary syndrome (PCOS) is a common endocrine condition with reproductive and metabolic consequences, including anovulation, infertility and an increased prevalence of diabetes mellitus. Obesity, central obesity and insulin resistance are strongly implicated in its aetiology. Reduction of these risk factors should be a central treatment focus.

Short-term weight loss has been consistently successful in reducing insulin resistance and restoring ovulation and fertility.

ABOUT THE AUTHOR

"I typically work with families of business owners travelling who need safe and immediate treatment for back pain and chronic health concerns. I help them achieve solutions to their pain, feel energised within the modern lifestyle and I enable them to take ownership of their health journey."

SUSANNAH MAKRAM is a leader in Naturopathic Nutrition as well as an osteopath. Susannah is an integrative healthcare practitioner and founder of The Functional Healthcare Group. She is passionate that the right nutrition CAN help you achieve Gut Health within the Modern Lifestyle. You don't need to live in a spa (although might be rather lovely). Susannah works with clients for:

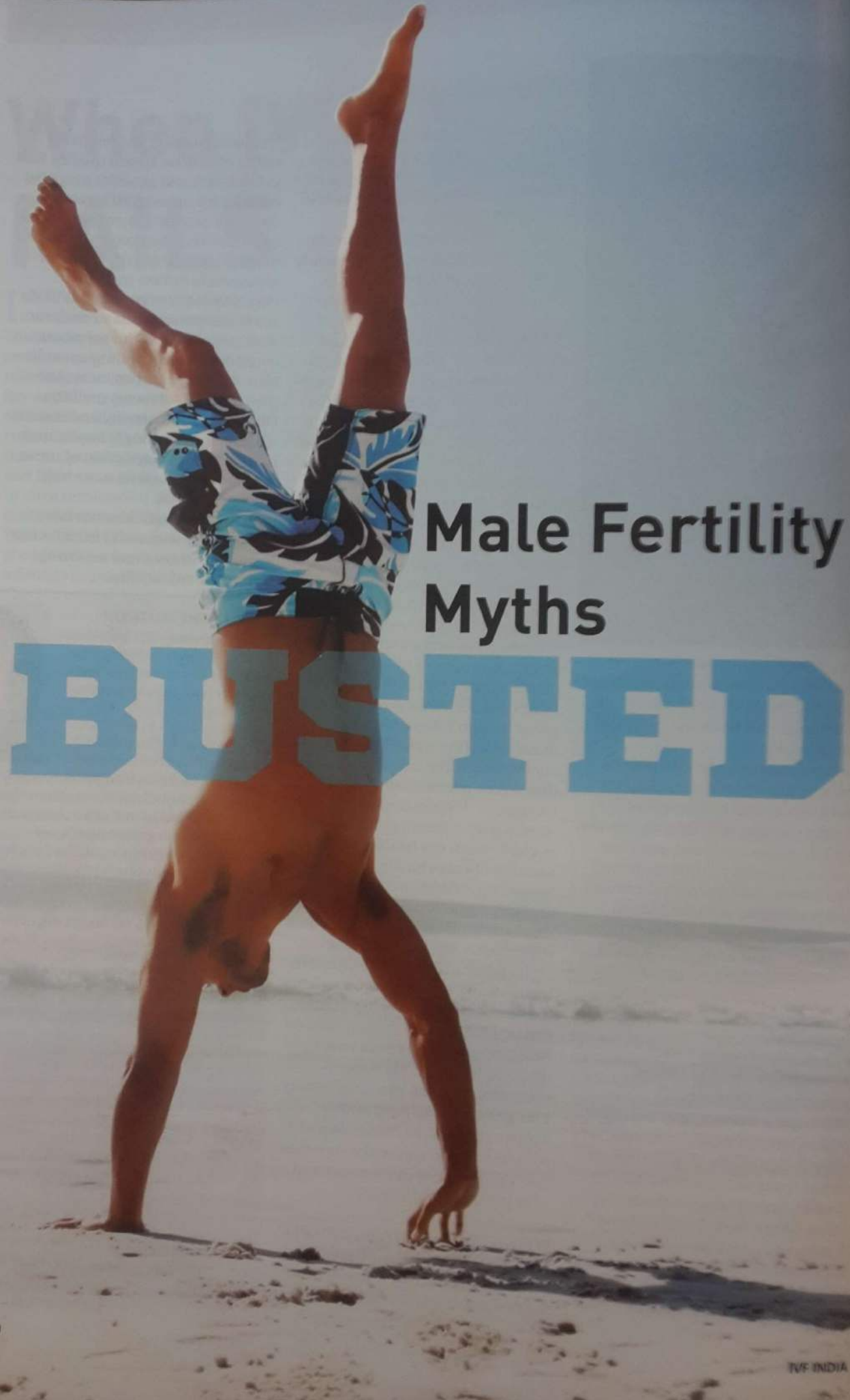
- HEALTHY WEIGHT LOSS
- NUTRITION FOR FERTILITY - Male & Female (Particularly with an "unexplained" infertility diagnosis)
- SKINCARE NUTRITION - specific to conditions e.g. to improve visible signs of ageing, acne, eczema
- NUTRITION FOR HAIR vitality - for loss and thinning with an underlying medical condition

• NUTRITION (CHRONIC) FATIGUE or unexplained Osteopathy. Areas of interests are: Back Pain & Neck Pain

Susannah is author of the The Body Youth Code. you can sign up for a free e-book copy of your desired chapter here:

<http://www.susannahmakram.com/membership>





Male Fertility Myths

BUSTED

When a couple is diagnosed as infertile, initial thoughts are often directed toward the woman. She can't conceive. She is somehow incomplete. But the reality is that infertility factors are equally shared between men and women. What's more is that men's infertility is a common concern. The idea that infertility is entirely a women's issue is just one of a few recycled myths regarding the ability to conceive. Here are a few more.

HAVING SEX DAILY WILL INCREASE YOUR CHANCES OF CONCEPTION

For many men out there, debunking this common myth may be cause for commotion. The truth is that conceiving is all about timing. Generally, the best time to conceive is from the 11th to the 17th day of a woman's menstrual cycle. Since a man's sperm can live for 48 to 72 hours in a woman's reproductive tract, having sex daily will therefore do little to improve fertility - a notion confirmed by a recent study that found no difference in pregnancy rates between couples that had sex daily and those who had sex every other day. Another study suggests that daily sex may improve the quality of sperm, so while it may not increase your chances of conception, it might not hurt either.

MEN DON'T HAVE FERTILITY CYCLES

Generally speaking, the time of year and time of day can affect a man's sperm count. Sperm counts are higher in the winter and lower in the summer, possibly because sperm production is increased in cooler temperatures. Sperm counts for men are also highest in the morning, mirroring the time when male hormone levels are also at a daily high. Despite these observations, experts do not really agree whether the time of day or year have an effect on fertility rates when looking at the big picture.

BICYCLING DOESN'T AFFECT FERTILITY

Before you take a crowbar to your bike in anger, this myth needs a little explanation. Sitting on a bicycle saddle for more than 30 minutes at a time - especially if wearing tight bicycle shorts - raises scrotal temperatures and temporarily affects sperm production. It's the raising of scrotal temperatures that is mostly to

blame. This is why it is ill-advised for men to frequent the hot tub or sauna when hoping to conceive. Even sitting with a laptop on your lap for prolonged periods may decrease sperm counts. The key is to take frequent breaks from sitting, and when cycling, choose a seat that's not too hard or narrow and adjust it so that the weight is on your butt bones.

LUBRICANTS WON'T SPEED UP SPERM

Lubricants decrease friction, which increases the pleasure, but they won't help you get pregnant. In fact, using lubricants can actually be counterproductive as they can interfere with sperm motility and may have ingredients that are toxic to sperm. The same is true for lotions and even saliva. Despite this, many couples rely on lubricants for sex; steer clear of all such products when attempting conception. If an alternative is needed, vegetable oils are sometimes recommended to couples, but a doctor should be consulted in determining the best available option.

WHEN IT COMES TO WEIGHT, ONLY AN EXCESS AFFECTS SPERM

Most men know that obesity can affect sperm production, but the lesser-known fact is that being too thin can reduce sperm count as well. Being underweight is believed to affect sperm because it is linked to hormonal imbalances as well as malnutrition. Findings from the European Society of Human Reproduction and Embryology conference in Barcelona showed that men with an optimal BMI (Body Mass Index) of 20 to 25 had higher levels of normal sperm than those who were either overweight or underweight. If you have a low BMI then it may not be a bad idea to discuss healthy ways of gaining weight with a nutritionist or doctor.

GET BUSY WITH THE FACTS

Infertility is a topic shrouded in myth and misconception. The few misconceptions presented here only scratch the surface and it should therefore be the prerogative of any prospective parent to get their facts straight before attempting conception. Because, contrary to popular belief, getting pregnant is not always easy.

NEW YEAR

Re-solutions WHICH WORK



It's that time of the year again when sales of chocolates hit rock bottom, the lines at McDonalds' grow dimly small and gym memberships sell faster than the tickets of the new Shahrukh Khan release. Why? Well New Year Resolutions says Kam...

5 FUN RESOLUTIONS TO MAKE IN 2016

- Join a dance workshop.
- Buy a guitar and teach yourself how to play it through Youtube
- Donate all the clothes that you've stopped wearing but can't let go of
- Take up an unusual hobby
- Do one random act of kindness everyday

Every year, in this month, people all over the world make sacred vows to eat healthier, work harder and spend wiser. It is also the time of the year where all these attempts at a better life gradually lose steam and you see yourself falling back into old habits. By the time February rolls around, you're already convincing yourself that you might have better luck next year. It's easier to make elaborate resolutions when you're just coming out of the holiday season and the parties. You've already had your fill and the idea of abstaining doesn't seem as difficult. It's pretty much the same as eating an obscene amount of ice-cream only to clutch your stomach and say that you will never have another bite as long as you live. A week later, there you are again.

Our resolve is at its peak when we feel full, drunk, or broke. It's easy to think about going on a diet as we groan from a bloating holiday meal. It's no problem to plan to quit smoking when we've just had a cigarette and replenished our nicotine level. At this point we feel confident about our New Year's resolutions because we have not yet confronted any prolonged physical deprivation or discomfort.

In early January, we are often so sick of rich food and drinks, and feeling so sluggish from lack of vigorous physical activity that it's not difficult to abstain from overindulgence. In fact, some people look forward to more structure and discipline in their lives. However, a few weeks into the new discipline, our appetites have returned, and we start to feel deprived. It is at this point that we are most at risk for reverting back to old behaviors.

This doesn't mean, of course, that you take that resolution list off the refrigerator and put it through the shredder. As much as it seems like your resolutions are destined to be doomed, it doesn't have to turn out that way. All you need is a little help from us to help you along. So before you make a list of resolutions it would be well worth your while if you sat down and went through this list of do's and don'ts of resolution making.

1. Be very specific about your resolution. Instead of saying you want to lose weight, say you want to lose 2 kilos in a week or a month. Set your own pace but make sure that your resolutions are measurable and time specific.
2. Don't make more resolutions than you can put on a small notepad page. It's better to successfully achieve a few targets than give up trying too many.
3. Make sure you don't lose sight of your list. Put it up in a place or many places where you're likely to see them and where they would have maximum impact. Put up your diet plans on a refrigerator or if you want to cut down on your internet use, put a post-it on the screen. (Do not use the post-it widget for this; you must use an actual piece of paper)

4. Form a support group for yourself with like-minded people like find a gym-buddy if you want to get back in shape. You can even ask your family for support.

5. Take action immediately. Make important appointments with a doctor, dietitian or counselor. Sign up for a gym membership, cancel credit cards or buy any equipment you need.

6. Practice new behaviors that encourage success. If you want to stop smoking, don't hang out in smoke-filled bars or casinos. If you want to lose weight, don't bring desserts, junk food, candy or ice cream into the house. Limit your exposure to people who are likely to encourage resolution-breaking.

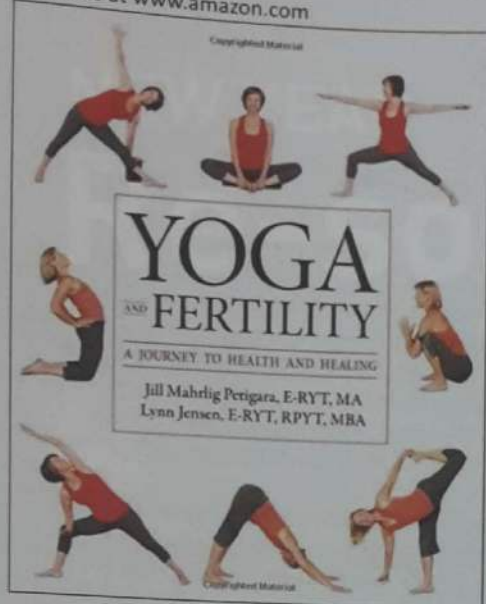
7. Reward yourself. Treat yourself to a massage or a dinner out (as long as it doesn't make you falter) every time you attain a benchmark. This works much better than punishing yourself for NOT following a certain resolution.

8. Substitute a good habit for the bad one you want to break. If your goal is to eat less junk food, find a healthy food you love. If you want to spend more time with your family, establish a special time during the week when everyone is together.

9. Set realistic goals. There is a very good chance you won't be able to go cold turkey if you're trying to quit smoking and once you've broken your resolution you will probably go back thinking, "what the heck!" instead aim at halving your daily cigarette consumption.
10. And lastly, try and come up with innovative resolutions that will keep you happy while you're doing them. Like for example, if you're addicted to FaceBook, do 10 push-ups every time someone 'like's your status or post or you receive a poke. What you're doing is turning a bad into a good.

Making New Year resolutions is a ritual like many others we follow on a regular basis. It is important for you to recognize that sooner or later you are bound to falter or miss a step or two. This is a very crucial point in the life-span of a resolution. Say you've resolved to work out every day and you've succeeded too, except for that one week at work when you had too much work backed-up to really go to the gym. It is likely that you will feel defeated and tend to give up the resolution on the whole but it is imperative that you pick yourself up, dust yourself off and get back on that horse. Trust us; two weeks down the line you would be thanking yourself for it.

And finally, don't beat yourself up if you didn't get what you wanted. Be proud of whatever progress you make, as long as you make some. It's alright if you didn't get the six-pack abs to impress your wife on Valentine's Day like you planned. You worked your butt off to lose those 4 inches that you lost; your wife will just have a bigger surprise on her birthday in June.



Try these safe and effective yoga poses to help get your body ready to conceive.

FERTILITY YOGA

By Jill Petigara

I have always loved children and found out very early on that I had an ability to relate to them quite effortlessly. Because of this, I became an elementary school teacher and have worked with children of all different age levels for more than half of my life.

As my career evolved to working more with teachers as a consultant and trainer, my stress level increased considerably. I found that yoga was an antidote to all of the stress I was experiencing in my life, both personally and professionally. I not only started practicing yoga regularly, but got certified as a yoga teacher about 3 years after trying it for the first time.

I was approaching my mid-thirties and accepted the fact that I may never marry or have children when I met my husband, Dilip, on e-Harmony. To be honest, I was only on e-Harmony to pacify my mother who had heard about it on a daytime talk show. Once Dilip and I spoke on the phone, I knew he would become my husband, and we got married just after my 35th birthday.

We threw away the birth control immediately and started trying to conceive a baby. We both had busy schedules at the time but tried to at least be together during ovulation so that we could get moving on this baby business. After a year of trying with no luck, I went to my OB/GYN who recommended I visit a reproductive endocrinologist. I'll never forget that first visit when the doctor told me we were a pretty boring case with just a mild form of PCOS. He was certain that we would get pregnant with some Clomid and an IUI.

I responded well to the medication and everything looked good, but I was not able to get pregnant after 3 tries of Clomid/IUI. With each failed procedure, I was slipping deeper and deeper into depression. I just couldn't understand why this was happening to me and why everyone around me seemed to be getting pregnant with ease. Dilip and I started fighting a lot, but kept holding onto our dream of becoming parents. We moved onto IVF and while everything looked good with the treatment, the result was the same as the oth-

ers; I had not become pregnant. After my 2nd IVF resulted in all of my embryos arresting, I was told that I had poor egg quality. While I didn't believe this to be the case, I knew that I had had enough with the treatments and trying to have a biological baby.

We sent in our application to the adoption agency a few months after our IVF cycle, and found out that we were pregnant the same day that agency stamped our application. We were beyond excited at this news!

While we didn't share our news with everyone, we announced to it to our close friends and immediate family. We saw the heartbeat on the ultrasound and were so happy that our struggle with infertility was finally over.

About 11 weeks into the pregnancy, I started getting cramps and spotting. I knew what was happening, but kept praying that it wasn't what I thought it was. I ended up in the emergency room and lost the baby on Mother's Day of all days. Dilip and I were completely devastated, but were not about to give up our dream of becoming parents. After we grieved this terrible loss, we got back to work on adopting a baby.

While all this was going on, I turned to my yoga and meditation practice daily to help me through the emotional ups and downs that I was going through. I started teaching Fertility Yoga and began leading a support group with RESOLVE, the National Infertility Organization. Without the support of the women in my group and classes, I'm not sure how I would have survived everything we went through.

Almost a year to the day that we lost our baby, we adopted our beautiful son, Raj. When I saw him for the first time, I knew that the healing had begun and that everything we went through was worth it. We now have a beautiful 8 month old daughter who joined our family through an open adoption in December of 2014.

I have been blessed to work with many women who have struggled with infertility and have also fulfilled their dreams of becoming mothers. One of the main ways that yoga impacts fertility is that it gets blood

and energy flowing throughout the body. Most of the poses, or asanas in yoga have the benefit of increasing circulation. In Fertility Yoga, we practice all the poses that increase blood and energy flow to the reproductive organs. For example, when you do poses lying on your abdomen, there will be more energy and blood flow to the ovaries. In our book, *Yoga and Fertility: A Journey to Health and Healing*, we recommend doing poses like Cobra in the beginning of your menstrual cycle to get more energy to the ovaries. Poses like Legs Up the Wall help increase blood and energy flow to the uterus and can be performed virtually any time during your cycle except during the heavy flow days of your period.

With its focus on breathing and the mind/body con-

nection, yoga is an ideal method for reducing stress. While I don't necessarily believe that stress alone causes infertility, I do think that reducing stress can be very helpful in creating an optimal environment for pregnancy to occur. The gentle fertility yoga that we recommend has a very calming effect on the nervous system. It can also help quiet the mind and keep the mind more focused on the present instead of focused on the future. When you're trying to get pregnant and it's not happening in the time you hoped for, it's easy to get caught up in negative thinking and focusing on the future. One thing I learned on my own journey and try to teach others is to let go of the details of how you are going to become a parent while holding on strong to the desire and intention of having a baby.

LEGS UP THE WALL POSE

Set up

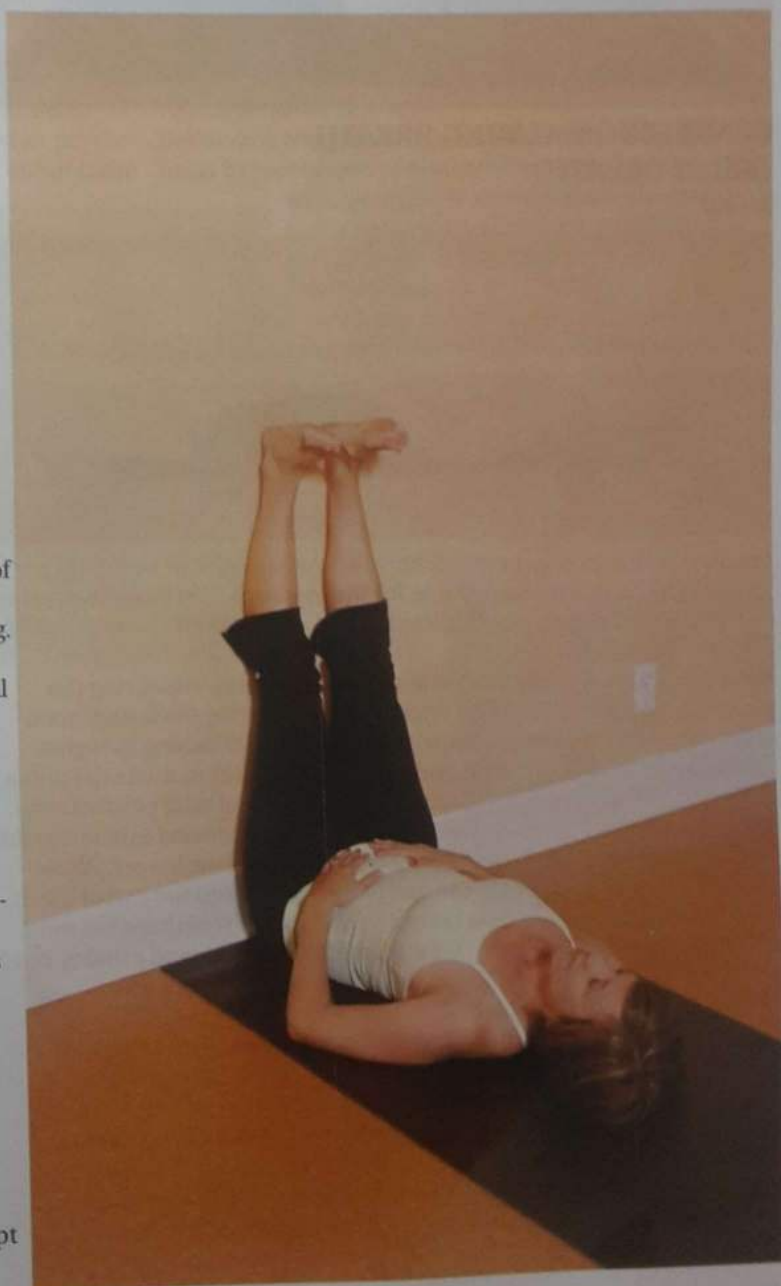
Do this pose at a clear space of wall, where you have room to take your legs straight up the wall without bumping into anything. Place your yoga mat lengthwise to the wall.

Movement

Start by sitting sideways at the wall, with your left hip just next to the wall and your knees bent. Place your right hand on the floor next to your right hip, and your left hand on the floor behind you. Lean back, and take some weight onto your hands. You might even come down onto your left elbow. Next, you will need to swing your legs up the wall, so that your sitting bones end up fairly close to the wall. The hands can rest on the low belly, or on either side of you about 12 inches away from the body, with the palms facing up toward the ceiling. When you get ready to come out of the pose, draw the knees into the chest and roll onto your right side with your knees bent. Rest for a few breaths before using both hands to press up to a seated position.

Why do this?

You may feel like you are doing nothing once you get into the pose, but don't be fooled. This pose is one of the most powerful fertility-supporting yoga poses that you can practice. The abdominal organs are nourished and revitalized when the blood from the feet and legs pools in the low belly. Toxins are removed from the bloodstream, as the blood flows into the lymph glands in the groin. The central nervous system is calmed and the endocrine system is regulated. This pose should be done daily for at least 5 minutes, during every part of the cycle except when you are menstruating.



RECLINED COBBLER POSE

Set up

Lying on your back, bring the soles of the feet together to touch.

Movement

Slowly allow your knees to open apart from each other, releasing down toward the floor. Rest your hands on your low belly, or allow them to gently rest

by your sides, palms facing up. Take at least 8 slow, full breaths.

Why do this?

This pose opens and relaxes the whole pelvic bowl, allowing the organs of the pelvic bowl to release any tension they are holding. It is a great pose to do if you are having any menstrual or uterine cramping.



CENTERING/CALMING BREATH (BELLY BREATH)

Set up



Lie on your back on your mat with your legs straight, or bend the knees if that is more comfortable for the low back. Let your body relax and place your hands on your low belly.

Movement

Breathe fully and deeply into your abdominal region, visualizing the prana (life force energy) filling your belly and creating the loving, open space for life. On the exhalations, visualize stress, defeating thoughts, frustration, etc. all leaving the body. On the inhalations, invite the prana into every cell of your body. Continue this breathing until you feel calm, and the breath is smooth and even. Ideally, the inhale and exhale should be either equal in length, or the exhale should be a little longer. Allow there to be a bit of a pause at the end of the exhale, and the end of the inhale, before you start the next breath. This "space" is perhaps the most important part of the breath. Try at least 12 full inhales and exhales, but feel free to do more if your mind hasn't calmed after 12 breaths.

Why do this?

This centering/calming breathing technique helps the body and mind relax. The deep, conscious breaths send signals to the nervous system that the muscles in the body can relax, and the mind can stop racing. Allowing the breath to expand the low belly helps us overcome cultural conditioning to hold in the abdomen, and helps to release tension in the pelvic area. Deep breathing is a wonderful way to begin your yoga practice. It can also be used on its own as a technique any time you need to relax.

ABOUT THE AUTHOR

JILL PETIGARA, *E-RYT, MA*, has helped many women struggling with fertility through her work as a Fertility Yoga Teacher and as a volunteer with Resolve, the National Infertility Association. Jill is the co-author of *Yoga and Fertility: A Journey to Health and Healing*. She teaches group and private classes in Atlanta where she lives with her beautiful family.

She can be contacted at:
jillpetigara@yahoo.com
www.aspireyoga.com



The Miracle Drink

Apple, Beetroot & Carrot Juice



Juice prepared from apple, beetroot and carrot has gained the name of being miracle drink due to the innumerable advantages which can be benefited from both brain and body. The name this drink has acquired is all due to the several advantages, this was discovered by Chinese Herbalists who have found this to be helpful in treatment of lung cancer and several

other diseases.

There is no need to follow some strict quantities to prepare this juice instead it can be prepared as per the taste which might even require addition of either more

carrots or apples, for those who want best out of this juice should mix equal quantities of these ingredients to which lime juice can be added making it better option than sugar.

This juice is full of several lifesaving antioxidants, apple is full of Vitamins like A, B1, B2, B6, C, E and K along with nutrients like Folate, Zinc, Magnesium, Potassium, Phosphorus, Calcium, Sodium and Iron. While carrots are known to have vitamins like A, B1, B2, B3, C, E and K along with Niacin and Pantothenic Acid supported by minerals like calcium, magnesium, potassium and Selenium. Maximum advantage can be gained from carrots in their juice form rather than the vegetable eaten directly.

Beetroot is a vegetable which is known to help the heart in prevention of any cardiovascular diseases

which are full of nutrients like Vitamin A, C, B-complex, iron, copper, magnesium and potassium along with several anti-aging agents.

Combination of these three is enough to provide the body with all the necessary nutrients to keep the body going throughout the day apart from which they also are known to provide long lasting health benefits.

If you love life, then here is the solution

Miracle Drink : Carrot, Beet Root and Apple

Miracle Drink prevents:

- Cancer cells to develop.
 - Liver, kidney, pancreas disease
 - Heart attack and high blood pressure.
 - Good for the eyesight
 - Eliminates pain from physical training, muscle ache
 - Detoxifies, assists bowel movement, eliminates constipation.
- There are no side effects.
- Improves bad breath due to indigestion and throat infection.



10 Indian Foods That Help You Lose Weight



We are all looking for that perfect size zero figure. But starving is not an option. Try these common Indian foods for a flab free figure, says **Jyoti Narayana...**

There is a preconceived notion that most of the Indian foods are fattening and high in calories. That is the reason that almost all health conscious individuals are shifting to strictly salads and other low-fat options these days. However, there are numerous ingredients

used in Indian cooking that have great nutritional value and help in burning extra calories. It is wiser to incorporate these ingredients in your daily diet rather than moving on to low-fat continental diet to lose weight.

TURMERIC

Turmeric is one of the basic ingredients used in almost all Indian dishes. It is known to have anticancer, antiseptic and healthy weight loss properties. A compound called curcumin present in turmeric is known to help reduce insulin and leptin resistance levels, both of which are responsible for fat deposits. Turmeric also helps in maintaining desired blood pressure and helps in removing bad cholesterol from the body.



GARLIC

Garlic, another vital ingredient used in Indian cuisine is known for its medicinal properties. Allicin, a sulphur compound present in garlic has antibacterial properties. Garlic also has anti-inflammatory properties that help in burning fat deposits.



CARDAMOM

Another Indian spice that not only works in flavouring, but also helps in burning calories is cardamom. This spice is full of digestive properties and helps in enhancing the metabolic activity.



MUSTARD OIL

Mustard oil is indeed a healthy option. When compared to other cooking oils, mustard oil has very low quantity of saturated fat. It also has a host of other beneficial elements like fatty acid, linoleic acid, oleic acid, erucic acid, essential vitamins and antioxidants which help in reducing the cholesterol level and maintaining an optimum body weight.



HONEY

Most of us are aware of honey's power in reducing calories. Honey dissolved in warm water consumed in the morning helps in cutting down fat within the body.



CURRY LEAVES

Curry leaves not only provide flavour to our food, but they also help in removing harmful toxins and unwanted fat deposits from the body.



CHILLIES

Chillies are a staple ingredient in Indian cuisine. Powered with a key element called capsaicin, chillies help in increasing the metabolism activity and the heat generating property of capsaicin helps in burning additional fat within the body.



CABBAGE

Cabbage is grown locally in almost all parts of India. It slows the process of transformation of carbohydrates and sugar content into fat, which in turn helps in maintaining the fat content.



BEAN SPROUTS

Bean sprouts are quite beneficial because they have loads of essential vitamins, minerals and fiber. They reduce hunger pangs and aid in weight reduction.



Wonder Spice

Cinnamon has long been used to add flavor to sweet and savory foods. Now, preliminary research suggests the spice may also help jump-start irregular menstrual cycles in women affected by PCOS. A small study by researchers from Columbia University Medical Center in New York City found that women with polycystic ovary syndrome who took daily cinnamon supplements experienced nearly twice the menstrual cycles over a six-month period. Two of the women in the treated group reported spontaneous pregnancies during the trial. An estimated 5 percent to 10 percent of women of child-bearing age have polycystic ovary syndrome. Polycystic ovary syndrome, which involves many of the body's systems, is thought to be caused by insensitivity to the hormone insulin. Typical symptoms include menstrual irregularity, infertility, acne, excess hair growth on the face or body, and thinning scalp hair.



MILLETS

Millets such as ragi, jowar and bajra are rich in dietary fibre and help in maintaining a good cholesterol level. Millets also enhance bile secretion which burns down the extra calories.



Super Cool Animal Flicks

The bottom line 'Excellent for a cold winter day', these ten animal movies are my top picks. I recommend them all. They are perfect to cheer you up if you are feeling down in the dumps says Vikram Gaglash.



BLACK BEAUTY (1994): This is a classic horse movie. I remember that after reading the book, in the sixth grade, we took a free day to watch the movie. I had a couple of Kleenex's. I needed them! Of course, most of you have read the book and know that Black Beauty is about a horse that tells the story of his life. Parts of this movie really tax your tear ducts.



CHARLOTTE'S WEB (1973): Also based on a book, this movie is way up there in the top tens. Charlotte's web is a tearjerker too. It is about a baby pig, named Wilber, who grows up fearing that he may be a dinner for the farm owners. He befriends a spider named Charlotte and a rat named Templeton. With the help of the spider, he is saved from the dinner plate. I

loved this movie when I was younger and it still makes me cry!



THE SECRET OF THE NIMH (1982): My sisters and I loved this movie. There were some scary parts (the owl) but overall it was amazing. It is about a mouse that with the help of a crow and other rats helps save the homestead where they live. There is even a love story

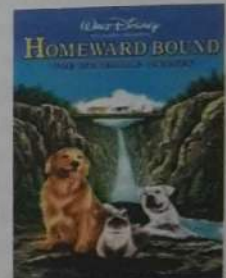


THE FOX AND THE HOUND (1981): A movie about how a fox makes friends with a hound dog and despite everything that happens at the end they are still friends. This one makes me cry too. (Oh boy!) This movie is great for all ages. The part where the dog/fox/man fights the bear may be scary for the younger audiences.

BAMBI (1942): Bambi is a male deer who struggles with growing up. Hunters, his mother dying, and a forest fire are just some of the things he deals with in the movie. I loved this movie when I was younger. It made me very emotional. Thumper, the rabbit, is so adorable in this movie.



HOMEWARD BOUND: THE INCREDIBLE JOURNEY (1993): A very exciting and funny movie. It's about three animals, two dogs and a cat who are left at home with some friends. They think that their owners are not coming back so they take off to find them. It is quite a "incredible journey". This 1993 version is a lot better than the 1963 version because they use the 90's technology with the animals. Makes it seem very lifelike.



ALL DOGS GO TO HEAVEN (1989): The movie is a tearjerker. A dog comes back from heaven to do some good things on earth. It really is not all that good for young children but children over about 7 or 8 will enjoy it.



BENJI (1974): What can I say? The dog is so adorable! It is an action movie and it is pretty much about this sweet dog and how he touches the people in his life.



BEETHOVEN (1992): This movie is about a dog that is kidnapped by a vet who is going to experiment on him. It is very funny.



BABE (1995): This movie is so cute and humorous. It is pretty much about a mischievous pig and his life on the farm. Babe defiantly used its clever cuteness and its appeal to my toddler to get on this list.



ENHANCING YOUR RELATIONSHIP DURING INFERTILITY

Most couples enter the path towards parenthood expecting that it will occur without too much problem. After all, they spend most of their lives trying not to get pregnant and assume that when they consciously start trying, pregnancy will soon be achieved. As the months or even years go by without a baby, and efforts to achieve pregnancy are increased—from intrusive testing to high technology treatments—the path turns into the emotional roller-coaster of infertility.

Infertility can be a real test of a couple's relationship and shake the foundation of a marriage. It can make a solid relationship stronger and weaken the core of a troubled one. Because infertility is a crisis, it is out of the realm of experience of most couples and thus challenges them to develop new strategies and coping mechanisms to deal with this life crisis.

Relationships are also like a bank account—you can't continue to make withdrawals without depositing something back or you will end up overdrawn. Infertility can be like a "withdrawal," draining intimacy from your marriage and depleting your emotional resources. It can cause you to neglect your relationship, focusing all energy on the baby quest. In effect, infertility can create a life of its own in a marriage, causing you to lose sight of what brought you together in the first place and what is necessary for a healthy family to grow in the future.

If you are an infertile couple, there are steps you can take to enhance your relationship so that it grows and thrives. The following are some suggestions to help you along the way:

WORK AS A TEAM. No matter who is identified as "the patient," infertility is a couple problem. Always approach the issues as a team,

working together and finding ways to share responsibility regarding treatment. Avoid finger-pointing as nobody ever wins the blame game.

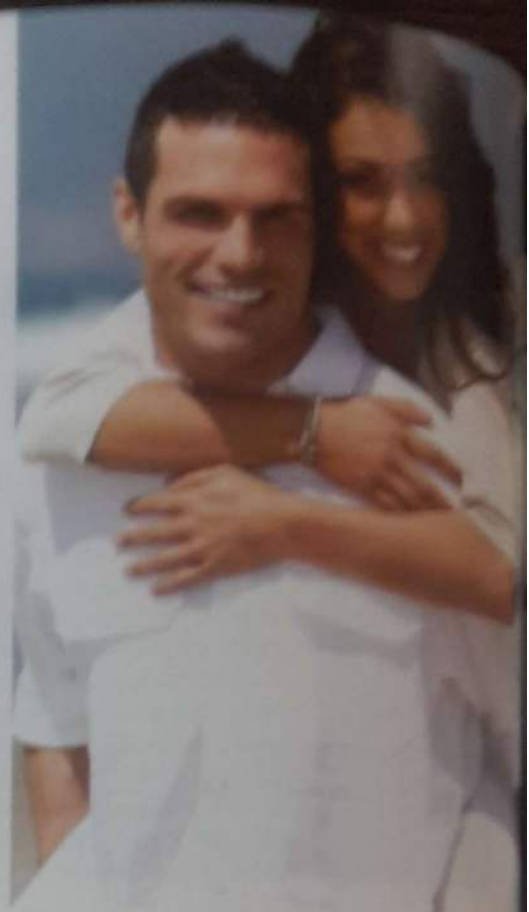
PLAN PLAYTIME. Since dealing with infertility can feel like a full-time job, it is important to "take time off" by consciously make time for each other. Look for ways to put nurturing energies in the relationship, making your partner a priority.

SEPARATE BABY-MAKING FROM LOVE-MAKING. Infertility often puts strain on a couple's sexual relationship and what was once fun has now become a tedious job. Plan romantic encounters at non-fertile times.

BUILD A SUPPORT SYSTEM. Couples often have an unconscious expectation that their spouse will be able to take care of all their emotional needs. This is a daunting task during infertility and an impossibility for any relationship. Support from others can strengthen relationships, especially during times of stress. Encourage friendships for yourself, your spouse, and as a couple. Work towards balance in your support network by having friends both in and out of the infertility world.

IDENTIFY INDIVIDUAL COPING STYLES UNDER STRESS. Know your own and your partner's styles for dealing with stress. Learning how to accept differences in the way each of you handles and deals with your feelings can lessen conflicts.

ALLOW BREATHING ROOM IN YOUR RELATIONSHIP. Realize that marriages are fluid and in a constant state of change due to the many external and internal factors in your life, including infertility.



During times of stress, try to give each other some space and distance to allow for transition. Understand that couples are seldom at the same place, at the same time, when at treatment crossroads.

COMMUNICATE THE POSITIVES. Often we neglect to communicate our positive feelings to our partner and all he or she may hear are negatives. Changes in behavior come more from positive reinforcement than from negative. Also, infertility may consume your life and engulf all your conversations. It may be necessary to put limits on the time you talk about infertility to designated periods, such as 20 minutes in the evening, so that it does not overtake all your communication.

KEEP A SENSE OF HUMOR. No matter how tough things get, being able to find something humorous about the situation helps to relieve the tension. Laughing together is good for the health of your relationship.

SEEK HELP BEFORE PROBLEMS GET TOO BIG. Infertility can put terrible strains on relationships and couples need to consider counseling as a resource of support and information to deal with problems. If you find that you are at an impasse or your usual coping strategies aren't working in the relationship, counseling may help. Don't wait until things get critical.



IVF CENTRE
2015-16

Gifting the joy of motherhood!

Dr Sumita Sofat
MBBS, MD,
Medical Director

A patient is not a commodity and medicine is not a business. The biggest gratification that I get is when patients come to me, especially, to just say thank you. The respect and regard in the eyes of a couple who has conceived cannot be bought with money.

When and how did you enter the field of infertility?

I always wanted to do something different. At that time people were hardly aware about IVF and there were very few gynaecologists specializing in infertility. There were no dedicated IVF centres and when I came up with the idea of starting one, many discouraged me saying it would not work because I will be catering to only 8 to 10% of the population however I always love challenges and if someone says I can't do it I will go ahead and do it.

There are lots of myths associated with infertility. Can you shed some light on them?

One of the most common myths associated with IVF is that once IVF is done one must resort to bed rest or the embryos will come out. However, this is totally unfounded. 25 to 40 minutes rest after embryo transfer is all that is needed.

The second most common question that people ask is will I have my own baby after embryo transfer or the baby will belong to someone else? People perceive that in an IVF procedure you do not have your own child. I always tell the patient that if they are so much worried they can get the DNA done.

Most of the patients think that IVF is risky for the mother and can harm the patient. But now with minimal stimulation protocols, the risk of ovarian hyper stimulation in IVF can be avoided.

A lot of people seek astrological advice when any medical procedure needs to be done. They also want to adjust the date of procedures according to astrology. It is very difficult to tackle such patients and explain anything logical to them.

Most patients think they have to be admitted for a few days for IVF. The fact is that a patient need not be admitted for an IVF procedure. The patient can go home after 3 to 4 hours when the effect of anaesthesia wears off. Also IVF is perceived to be a very expensive procedure but it is not as expensive as it is assumed to be.

What makes you different from other IVF centres?

Giving the personal touch to a patient is very important. A patient is not a commodity and medicine is not a business. The biggest gratification that I get is when patients come to me, especially, to just say thank you. The respect and regard in the eyes of a couple who has conceived cannot be bought with money.

I also believe that proper counselling of patients, explaining the procedures, discussing treatments and guiding them also helps to improve the success rates of patients as this makes them more relaxed and confident. We have proper counselling sessions in our Hospital and there are trained counsellors for the patients. We have a dedicated team of fully trained embryologists

and we do not call any doctor from outside.

What level of treatment can patient expect at your centre?

We have the most advanced facilities for infertile couples which are at par with international standards. We are pioneers in new techniques like LASER HATCHING and BLASTOCYST CULTURE in Punjab. We are the first centre in Punjab to have CASA for accurate and better semen analysis and ultimately to increase the success rate of IVF. We are the first centre of Punjab to have modular IVF lab and IUI lab with AHU unit and class 100 environment and photocatalytic filter for highly sterile environment. All the microscopes in our lab are fitted with CCTV cameras and monitors with the facility for the patient and trainee doctor to see what is happening in the lab.

When should one consult an infertility expert?

If a couple is having unprotected intercourse for one year and are still unable to conceive they should visit a gynaecologist. However in some cases the patient should not wait for one year but consult earlier - like in cases of late marriage or irregular periods or any kind of medical problems.

How does diet and nutrition affect fertility?

Studies have shown that factors like an unhealthy diet, lack of Vitamin D, drug addiction and obesity affect fertility. Stress also can cause infertility.

Can you share some cases which were a challenge?

Jaspal Kaur of Rampur village had no children for 40 years and was treated by me. She delivered a healthy child after IVF. There were no complications. There was a high profile couple from Ludhiana who had been trying to have children for years and they came to me. The first, second and third cycles failed but they did not lose faith. I counselled and motivated them and finally the patient conceived. Today, they are proud parents of a three year old son.

How do you treat poor patients who can't afford it?

Our Hospital is associated with charitable societies like H.E.R.O society which in association with the Hospital helps in the treatment of poor patients and also aids in organising training programmes and conferences for doctors. Recently the Hospital with H.E.R.O society organised a live IVF conference where infertility procedures were relayed from hospital to the venue via satellite.

How do you relax after helping patients?

I like to unwind by reading.

ASK THE EXPERT

She was one of the pioneers to start a dedicated infertility hospital in Punjab. A renowned Gynaecologist and fertility specialist, she has been in the field of infertility for two decades. She has to her credit of delivering hundreds of test tube and ICSI babies and has pioneered new techniques in the field of infertility. She has also conducted numerous workshops and is the recipient of prestigious awards like the Young Scientist Award In Rome (Italy) by World Association Of Reproductive Medicine.



Infertility centre organises baby show

ਨਾਰਥ ਕੀ ਸ਼ਾਨ, ਅਰਮਾਨਜੋਤ ਬਨੀ

ਸੁਮਲ ਡਾ: ਸੁਮਿਤਾ ਸੋਫ਼ਤ

ਪੰਜ ਦਿਨਾਂ 'ਚ ਪਦਾਂ ਹੋਣ ਅੰਨ ਟੈਸਟ ਟਿਊਬ ਵਰਗੇ

ਸੁਮਿਤਾ ਡਾ. 23
ਲੰਡਨ ਦੇ ਡਾ. ਸੁਮਿਤਾ ਸੋਫ਼ਤ ਨੇ ਇੱਕ ਵਾਰ ਇੱਕ ਬੱਚੇ ਦਾ ਜਨਮ ਦਿੱਤਾ। ਇਸ ਬੱਚੇ ਦੀ ਮਾਂ ਸੁਮਿਤਾ ਸੋਫ਼ਤ ਨੇ ਇੱਕ ਵਾਰ ਇੱਕ ਬੱਚੇ ਦਾ ਜਨਮ ਦਿੱਤਾ। ਇਸ ਬੱਚੇ ਦੀ ਮਾਂ ਸੁਮਿਤਾ ਸੋਫ਼ਤ ਨੇ ਇੱਕ ਵਾਰ ਇੱਕ ਬੱਚੇ ਦਾ ਜਨਮ ਦਿੱਤਾ।



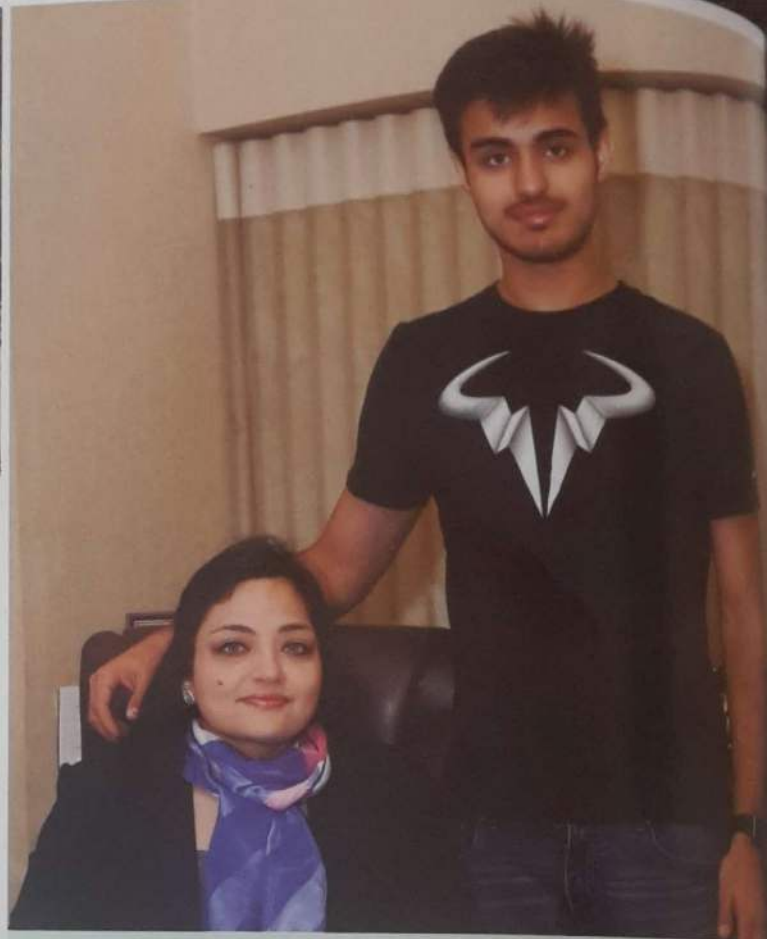
ABOUT US

Welcome to Dr. Sumita Sofat Hospital (Sofat Infertility & Women Care Centre) IVF Centre in India.

At Dr Sumita Sofat Hospital we believe that every couple has a right to have children. We offer a comprehensive range of infertility services under one roof so that the patient does not have to shuffle from Clinic to laboratory to scan centre. At Dr Sumita Sofat Hospital, patient comfort is a priority. The Hospital has all facilities for couples requiring assistance in conceiving. This ensures that a patient is required to visit only one site for all stages of diagnosis and treatment.

The hospital was the first of its kind in whole of North India to start a dedicated IVF unit in 1996. Our practise is restricted to treating infertile patients exclusively and we offer our patients the best ethical care at affordable prices.

Here all treatments including consultation, all ultrasound scans, egg collection and embryo transfer are done personally by Dr Sumita Sofat. We do not delegate any part of the treatment to anyone else.



WHY DR SUMITA SOFAT?

Dr. Sumita Sofat Hospital is known for innovation, integrity, medical and technical excellence, personalized services and consistent willingness to accept patients facing most difficult medical problems with a firm belief in herself.

Success Rate

We strive for the highest possible success rates so most of our patients conceive.

Tight quality control, advanced reproductive technology, state of the art IVF/ICSI lab with experienced and well trained doctors, embryologists and scientists allows us to have higher IVF/ICSI success rates at par with international standards.

Personalized attention

We are available to support our patients in the process of IVF and give psychological support to handle stress and anxiety associated with IVF.

Advanced technology & know how

We are an example for the many new infertility clinics with all the latest equipment's to deliver the best quality and better results, best and latest technologies such as vitrification of eggs & Endometrial Receptivity Assay (ERA) and CASA. Our centre is behind none in terms of treatment. With advanced medical instruments and equipment's combined with technical knowledge and well trained doctors we are able to achieve best possible outcome.

Ethical and Transparent Practice

We follow all guidelines set by ICMR. Each patient is given a detailed summary of all the procedures in the form of a CD.



एक साल की वशिष्ठा बनी नार्य की
 इन्फर्टिलिटी क्लिनिक में जन्म देने वाली बनी नार्य की
 एक साल की वशिष्ठा बनी नार्य की



द्रिपल इलेवन को दूर द्रिपलेट्स
 डॉ. अरविन्द गोपाल ने अपने बच्चे को दूर द्रिपलेट्स की मदद
 17. सुमिता सोफत ने बताया कि यह पहलू से फर्कने वाली नार्य की है। द्रिपलेट्स का उपयोग करके ही नार्य को अर्धकाल तक हीने से बचाया जा सकता है।



सुमिता सोफत सिटी
वेबी शो में अरमान बनी सबकी लाइली
 वेबीशो में अरमान बनी सबकी लाइली



सुमिता सोफत ने
 सुमिता सोफत ने बताया कि यह पहलू से फर्कने वाली नार्य की है। द्रिपलेट्स का उपयोग करके ही नार्य को अर्धकाल तक हीने से बचाया जा सकता है।



TEAM SOFAT



SERVICES OFFERED



- Basic work-up of infertile couple
- One stop fertility diagnosis
- Minimally invasive ultrasound guided procedures
- Diagnostic and operative laparoscopy & hysteroscopy
- Hysteroscopic tubal cannulation
- Recurrent pregnancy loss clinic
- Semen processing & IUI
- In-vitro fertilization & embryo transfer (IVF – ET)
- Intracytoplasmic sperm injection (ICSI)
- Surgical sperm retrieval (PESA, TESA, TESE)
- Surrogacy
- Embryo freezing / Vitrification
- Embryo / Oocyte / Semen donor programme
- Assisted hatching
- Blastocyst culture
- Counselling
- CASA

ANDROLOGY LAB

Our hospital has two separate andrology labs. All semen sampling and semen assessment is done in these labs. All the samples of IUI are prepared by trained embryologists.



Some of our MIRACLES





ENDOSCOPY UNIT

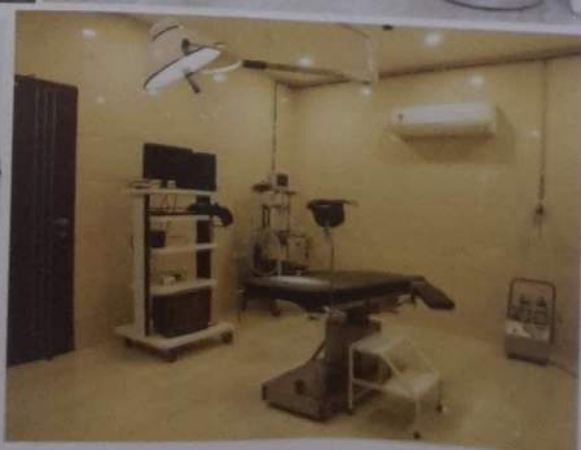
All advanced Laparoscopy procedures like myomectomy, tubo tubal anastomosis, tubal recanalization, adhesiolysis and laparoscopic excision of endometriosis, laparoscopic myomectomy, excision of intracavitary polyps, resection of uterine septums, adhesiolysis, total abdominal hysterectomy and NDVH, Hysteroscopic Tubal Catheterisation for blocked tubes, Fibroid Embolization under C-Arm, Uterine ballon therapy for excessive Uterine bleeding. Cryocautery for cervical erosion are done in our hospital.



CRYOFREEZING UNIT

The hospital has cryofreezing unit where:

- Semen samples of patients can be stored.
- If male patient has difficulty in giving semen sample repeatedly, then the sample is taken once and frozen for further use.
- If the husband lives abroad and can't come again and again the semen is cryofrozen for further use.
- All the spare embryos/eggs of patient undergoing IVF/ICSI are frozen for further treatment
- This also minimizes the cost for further IVF/ICSI Cycles.
- Donor semen is also frozen for azospermic male patients.



Sofat Centre organizes 'baby show'

ਬਾਬਾ ਸੋਫਟ ਸੈਂਟਰ ਨੇ ਜਨਮ ਦਿਨ ਦੇ ਮੌਕੇ 'ਬੇਬੀ ਸ਼ੋ' ਕਰਵਾਇਆ। ਇਸ ਸ਼ੋ ਵਿੱਚ ਬੱਚਿਆਂ ਦੀਆਂ ਵੱਖ-ਵੱਖ ਕਿਸਮਾਂ ਦੇ ਚਿੱਤਰਾਂ ਦੀ ਪੇਸ਼ਕਾਰੀ ਕੀਤੀ ਗਈ। ਇਸ ਸ਼ੋ ਵਿੱਚ ਬੱਚਿਆਂ ਦੀਆਂ ਵੱਖ-ਵੱਖ ਕਿਸਮਾਂ ਦੇ ਚਿੱਤਰਾਂ ਦੀ ਪੇਸ਼ਕਾਰੀ ਕੀਤੀ ਗਈ।

ਜਗਰਾਜ ਸਿਟੀ

ਕਾਸ ਸਿਟੀ ਦੇ ਮਾਮੇ ਮੋਟਰਾਂ ਦੀ ਵਿਲਕਰਿਓ



ਕਨੀਕਾ ਸ਼ਿਵਰ ਨੂੰ ਚਿੱਟਾਮ ਚਿੱਟਾਮ



WORLD CLASS TRAINING CENTRE

Our hospital has world class training centre, first in Punjab where candidates from across the world can come for training. Various training programs being offered are:

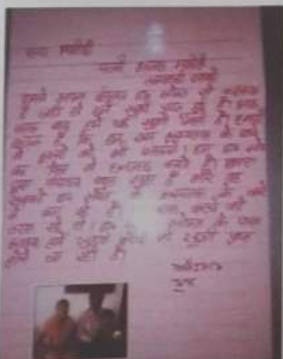
- Semen handling and sperm preparation techniques for IUI.
- Ovulation monitoring by transvaginal sonography and ovulation induction.
- Training in Oocyte retrieval for IVF/ICSI.
- Embryology course.
- Specialized training program for IUI and cryofreezing.



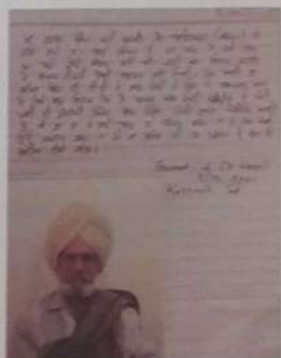
COUNSELING, TRANSPARENCY & DOCUMENTATION

Infertility patient are generally found to be under stress, that's why we have trained & certified counselor who help patients at all stages of treatment. Our hospital is well known for its transparency in the IVF/ICSI program. All the patients are given IVF/ICSI cycle summary which includes drugs used for ovarian stimulation and number of embryos transferred and cryofrozen. Patients are given video recording of oocyte retrieval and colour printout of all embryos that are transferred in that particular cycle.

TESTIMONIALS



AJAY MASIHI & RUTH MASIHI



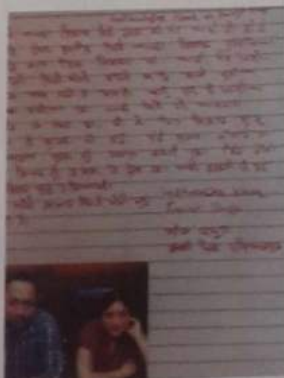
KARNAIL & GURMEET KAUR



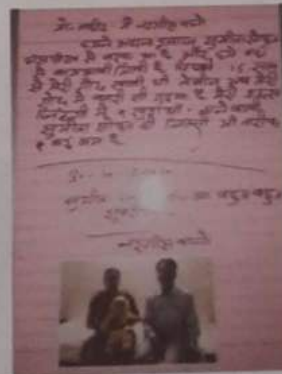
RANDEEP & DALVEER KAUR



SUMER SINGH



RANJIT & LAKHWINDER KAUR



TAHIR & NARGIS BANO



ACADEMICS & AWARDS



Award by S. Parkash Singh Badal 2012



Award by S. Parkash Singh Badal 2014



With Hon Health Minister of Punjab Shri Surjit Kumar Jayanti
Awarded by Hon Governor of Punjab



At ACE Conf., Bangalore



At ASRM Conference



At AIIMS 2014



CUPART 2013



Young Scientist Award in Rome



VISHIST CHIKISTAK AWARD by SRI SWARN RAM, Former Technica Education Minister

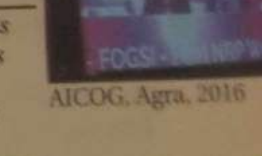


Fertivision 2012



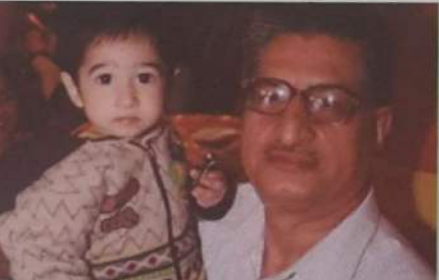
AICOG, Agra, 2016

Dr Sumita Sofat has attended numerous conferences in her quest for academic excellence.



AICOG, Agra, 2016

Some of our **MIRACLE BABIES**



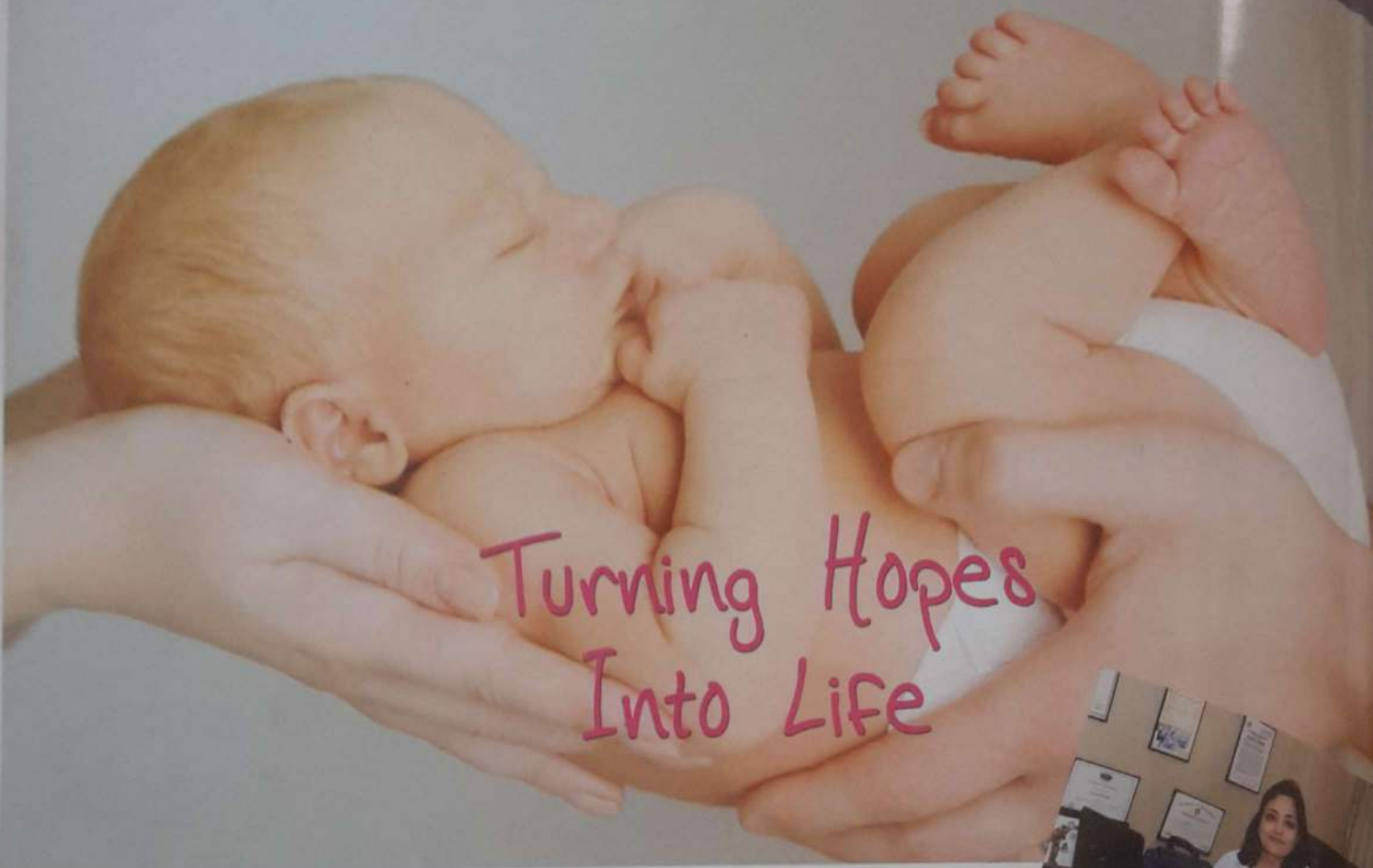
Dr Sumita Sofat Hospital Website: www.sofatinfertility.com

9, College Road, Near Rose Garden, Ludhiana (Punjab), INDIA

Phone: +91-98141-26488 Email: info@sofatinfertility.com FB: www.facebook.com/drsumita.sofat

A photograph of a baby lying on a pink, fluffy blanket. The baby is wearing a white diaper and has their hands near their face. The text is overlaid on the bottom right of the image.

50% Mummy
50% Daddy
100% Perfect



Turning Hopes
Into Life



SERVICES OFFERED

- Basic work-up of infertile couple
- One stop fertility diagnosis
- Minimally invasive ultrasound guided procedures
- Diagnostic and operative laparoscopy & hysteroscopy
- Hysteroscopic tubal cannulation
- Recurrent pregnancy loss clinic
- Semen processing & IUI
- In-vitro fertilization & embryo transfer (IVF – ET)
- Intracytoplasmic sperm injection (ICSI)
- Surgical sperm retrieval (PESA, TESA, TESE)
- Surrogacy
- Embryo freezing / Vitrification
- Embryo / Oocyte / Semen donor programme
- Assisted hatching
- Blastocyst culture
- Counselling
- CASA



DR SUMITA SOFAT HOSPITAL

9, College Road, Near Rose Garden, Ludhiana (Punjab), INDIA
 Phone: +91-98141-26488 Email: info@sofatinfertility.com

Website: www.sofatinfertility.com
 FB: www.facebook.com/drsumita.sofat