

momstory times

Official Newsletter of Momstory by Sahyadri Hospitals | July 2023 Edition



Miracles of Life, Delivered with Delight





Dr. Mahima Bakshi
Maternal Child Wellness Consultant
and Brand Consultant,
Momstory by Sahyadri Hospitals

From the Editor's Desk

With the current lifestyle that most people follow, fertility issues have risen in society. To spread the message that couples with fertility issues can still become parents, we celebrated IVF day with our IVF babies and many other couples this year. This helped shed light on common fertility issues and their possible treatments. Our July issue highlights the various activities that were carried out at the IVF day event. We have a great IVF team available to help couples solve their problems and plan a pregnancy.

Wellness Wisdom

Are we overusing IVF?

Globally, one million babies were born in the first 25 years of IVF between 1978 and 2003. It took only two more years for the tally to reach two million in 2005, with over five million estimated to have been born by the end of 2013. The last documented number of IVF babies born by the year 2018 stood at more than 8 million and we can now expect this number to be more than 10 million. Back in 1978, the birth of the first IVF baby was an event that was heavily criticised and surrounded by controversies. But IVF today is available as a successful and popular treatment for infertility almost all over the world. As per the latest report by WHO (April 23), around 17.5% of the adult population – roughly 1 in 6 people across the world experience infertility, showing the urgent need to increase access to affordable, high-quality fertility care for those in need. However, in most countries, including India, fertility treatments have to be funded from the individual's own pocket. As a result, accessing advanced treatments can

lead to a medical poverty trap for most low-income couples. Nevertheless, the desire for a child often encourages couples to make significant financial sacrifices and even suffer catastrophic financial hardships to obtain infertility care.

Rising Rates of IVF

The reasons for the rise in the incidences of IVF are complex. When IVF was initiated as a treatment, it was only meant for women having blocked tubes when natural fertilisation was not possible.

Newer Indications

Late Marriages and their Consequences:

As more women are getting married late in their thirties due to their educational and career aspirations, their fertility is on the decline due to a reduced number of eggs and greater incidences of finding fibroids and adenomyosis in their uteruses. The incidences of divorces and second marriages are also more



Dr. Vaishali Chaudhary

Director - IVF & Fertility,
Sahyadri Super Speciality Hospital,
Nagar Road, Pune

frequently found in the women visiting fertility clinics.

Changing Lifestyles:

Poor lifestyles leading to obesity and poor quality eggs due to PCOD is on the rise. Similarly, poor lifestyles in men and the use of alcohol and smoking reduce libido and impact sperm quality. Decreasing sexual intimacy is often seen in DINK (Double-Income-No-Kids) couples.

Advances in IVF Techniques

There are two scientific inventions that contributed significantly to the increase in the various indications for doing IVF and also improved the success rates. First, the invention of Intra Cytoplasmic Sperm Injection, which revolutionised the use of IVF

for men with extremely low sperm counts and other poor sperm parameters including azoospermia (zero sperm counts).

Second, the use of Vitrification, which is the rapid freezing of gametes to -196 degrees in a few seconds. This method of freezing has contributed to making IVF safe and increased pregnancy rates significantly. This increased the confidence of the doctors in using IVF as a modality of Fertility Treatment. The use of antagonist injections has made IVF patient-friendly and reduced the number of injections as compared to the number of injections given to the woman in the initial days of IVF.

Egg Freezing

There are more single women who have not been able to find the right

partner or are not ready for marriage due to career aspirations who are coming forward for egg-freezing procedures to preserve their fertility. Fertility preservation by IVF is also being offered to young cancer patients before they start their Chemotherapy or Radiotherapy.

Couples with known genetic diseases are now opting to select genetically normal embryos based on Preimplantation Genetic Diagnosis of their embryos to prevent diseases like Thalassemia, Duchenne’s Muscular Dystrophy, etc. Unexplained infertility is a diagnosis made when all the basic investigations of the couple are normal and there is still an inability to conceive. These couples also get better success rates with IVF. Thus, there is an ever-increasing demand and addition of indications for IVF.

The Future

With the new ART law being passed by the Govt. of India in December 2021, the IVF industry is expected to be more regularised and disciplined. This will help us understand the exact number of cycles, success rates, and the population dynamics of the infertile couples which will be integrated into a central registry. This can generate more confidence among patients and help them to take a well-informed decision about IVF.

Use of AI in IVF

Though the success rates of IVF have improved in the last forty years, the last decade has not contributed very highly to improving them any further. The use of artificial intelligence (AI) or machines that mimic human intelligence has been gaining traction for its potential to improve success rates in IVF by selecting the best embryos from hundreds of medical images generated.

Long-Term Consequences of IVF

There need to be more detailed studies of the long-term effects on IVF babies, especially when the embryos have been cryopreserved and later on thawed and implanted. Just as the early pioneers in this field had the determination to develop IVF as a remedy for many childless couples, today’s IVF consultants should have the same determination to justify the use of IVF for newer indications with the Hippocratic principle of “first, do no harm”.



Things to know about Foetal Medicine

UPT Positive!!!!!!...

there is good news.....

Things to know about fetal medicine which provide care before birth.....

In today's era every of modern , hectic and stressfull lifestyle, every couple wants one but healthy baby. Advanced maternal age, ART pregnancies and increased medical disorders leads to increased incidence of congenital abnormalities and multiple pregnancies and their complications.

What is fetal medicine?

This branch of medicine is subspeciality who is expert in diagnosing structural abnormalities, screening and management of aneuploidies and if required provides fetal therapy in some areas. It is always multidisciplinary team includes obstetrician, fetal medicine, geneticist, neonatologist & paediatric superspecialist. It helps the couple to have appropriate knowledge and course & management of the condition. The purpose is to avoid birth of fetuses with genetic , structural and chromosomal disorder and reduce perinatal morbidity and mortality.

Routinely done ultrasound in low risk pregnancies.

First trimester:

Common chromosomal disorders- Most common chromosomal disorder is trisomy 21 which also called as Downs syndrome. We can screen for it by combine first trimester screening (USG and Maternal double marker). Depending on this test advanced tests can be opted.

Dr. Pooja Pabale

Foetal Medicine Specialist, Sahyadri Hospitals

Second trimester:

Target scan- This scan is targeted with structure of each system. Most of the congenital structural defect can be diagnosed. Other scan can be advised as per case like fetal echocardiography , neurosonogram,MCA Doppler in Rh negative

Third Trimester- This trimester ultrasound is mainly directed towards the growth of the fetus and any evolving anomalies. With the help of colour doppler we can guide about the appropriate timing for the delivery in intrauterine growth restriction to reduce perinatal complications. In high risk pregnancies , frequency may vary depending on case basis. We are there to help couple , to make informed decision and reduce anxiety about the baby to be born.....



Glimpses of World IVF Day at Sahyadri Hospitals:

On the occasion of World IVF Day (25th July 2023), we conducted a Fertility Awareness Workshop, wherein over 30 couples attended and addressed their queries related to fertility issues. The panel of experts for this event comprised IVF specialist Dr. Vaishali Chaudhary, Gynaecologist Dr. Mohita Goyal, Urologist & Andrologist Dr. Ashish Yevle, and Embryologist Ms. Geetanjali Dixit. Many happy parents who had successfully overcome their fertility issues shared their experiences at this amazing event. The special day was celebrated with fun-filled activities for babies conceived through Assisted Reproductive Techniques.





Vertiv India

Vertiv offers critical infrastructure technologies and rapidly-deployable customised solutions to meet specific business requirements and needs. A 'Health Talk' was delivered by Dr. Vaishali Chaudhary on Common Gynaec Complaints for the employees of Vertiv India. A total of 45 female employees attended this insightful event.

Vodafone India - Yerwada

Dr. Archana Kankal conducted this wellness session at company premises for Vodafone Idea Corporate, located at Yerwada, Pune. This session shed light on the topic of 'Vaccines & Women's Health' and was attended by 65 female employees.



Corporate Corner

Momstory by Sahyadri Hospitals had the privilege of conducting informative sessions and wellness talks in July at several corporate organisations on topics surrounding women's health, PCOD, and cancer awareness. Our corporate partners loved these sessions and found them to be extremely helpful for their employees. Our expert doctors also answered the questions of many women at these events and resolved their queries related to health and wellness.

Ritz Carlton - Yerwada

Dr. Aboli Chandge conducted a wellness session at Ritz Carlton on the topic - 'Women's Health in Modern Days'. 23 female employees attended and gained knowledge from this wellness session.



JetSynthesys - Viman Nagar

JetSynthesys is a part of the JetLine group, which has diversified business operations in packaging, manufacturing, and textile. Dr. Sneha Deshpande was a faculty for this women's wellness session where she conducted a health talk on 'PCOD, Ovarian Cyst & Cancer Awareness'. This session was attended by 47 female employees.



Insights into the World of IVF



Dr. Vaishali Chaudhary was invited to a special show on 93.5 Red FM where she talked about infertility and IVF treatments. She shed light on several critical topics and addressed the most common concerns of couples by answering the following questions:

Q. What role does age play in pregnancy?

A. Age is the most important factor when it comes to pregnancy. As age increases, the possibility of natural pregnancy decreases. So, it is extremely important to start thinking about family planning early, ideally before 35. This is because your fertility starts decreasing after 35. Even if you wish to postpone your pregnancy plans, it is recommended to first consult with your doctor and check if you should wait too long.

Q. Why do women need to take so many injections during IVF? Are there any side effects of this?

A. The purpose of injections in IVF treatment is to promote multiple egg development so that there are more embryos to choose from, giving doctors a better chance of selecting the best eggs. As a result, it helps in increasing the chances of fertilisation and successful pregnancy. When it comes to the side effects, there are no long-term implications. However, patients can experience short-term side effects such as bloating, mood disturbances, etc.

Q. Why have IVF treatments become so common today?

A. Better awareness about the treatments as well as the availability of technology are two important factors why IVF treatments are so common today. But the main reason why so many couples need to opt for IVF today is because they are making their pregnancy plans very late. Similarly, lifestyle changes, obesity, diseases like PCOD, hormone problems, etc are also leading to infertility issues, which is why couples are finding it difficult to conceive.

Q. What lifestyle habits are the primary reasons behind infertility issues?

A. Infertility is commonly seen in people who have stressful jobs and busy lifestyles. Today, IVF is commonly opted for by many 'Double-Income-No-Kids' couples, where both the husband and wife are busy for 12-14 hours everyday and are experiencing sexual inadequacy. These couples generally have very unhealthy lifestyles, with no regular exercising, an indisciplined lifestyle, and improper sleeping habits, which is leading to obesity and several hormonal problems.

Q. What are the different types of innovations in IVF treatment procedures?

ICSI -

Intracytoplasmic sperm injection is an effective treatment procedure for men with less sperm count wherein live sperm is injected into a person's eggs in a laboratory.

Vitrification -

Also known as flash freezing, this is an advanced cryopreservation technique that involves freezing an egg or embryo with extremely rapid cooling.

Pre-implantation Genetic Diagnosis -

This technique helps identify chromosomal genetic abnormalities in embryos created, even before the implantation.

These, and many other innovations in treatment procedures are helping significantly improve indications & success rates of IVF treatments.



Exercises for Trimester III



As active as possible!

Exercise in the last trimester is more about being active. If you did not exercise until now, start with simple, light stretches. Abstain from starting any new strenuous workout in this phase. However, if you have been active all through your earlier trimesters, you can start with some simple pelvic opening exercises that will aid in the baby taking the right position.

In the case of a Breech baby, please consult our expert for exercises to help you turn the baby. Try to maintain proper sleep posture, prefer to sleep on your side and avoid sleeping on your back.

Note: In case of any high-risk pregnancy, please consult your Gynaecologist before doing exercises.

Cat and Camel:

- Get on all fours.
- Stretch your neck and back like a cat.
- Slowly reverse the stretch and try to make a hump like a camel.

Clamshell:

- Lie on your sides.
- Bend your knees.
- Now slowly spread the knees apart keeping the feet together.

Wall Slides:

- Stand with your back against the wall.
- Bring your feet to the front, away from the wall.
- Now, slowly drop your waist so that your thighs are parallel to the floor as if you are sitting on an invisible chair.

Full Squats:

- Stand with your feet apart.
- Lower yourself into the squat position.
- Hold on to a bar if required.

Walking and Stair Climbing are also good exercises because they build strength and endurance in your legs, hips, and back. It also gives you some relief.

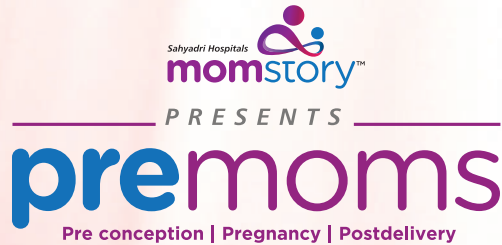
Expert tips for effective development

- Learn pregnancy exercises under expert supervision
- Follow a regular exercise routine
- Do regular stretching
- Do regular walking/ Walk 8000-10000 steps daily
- Do proper warm-ups and cool-downs
- Focus well on breathing exercises
- Don't overdo it
- Listen to your body

Note: In case of bleeding/spotting/low placenta, frequent history of miscarriage, avoid exercises altogether. Instead, simple breathing and stretching may be continued.



Your partner for happy parenthood is here!

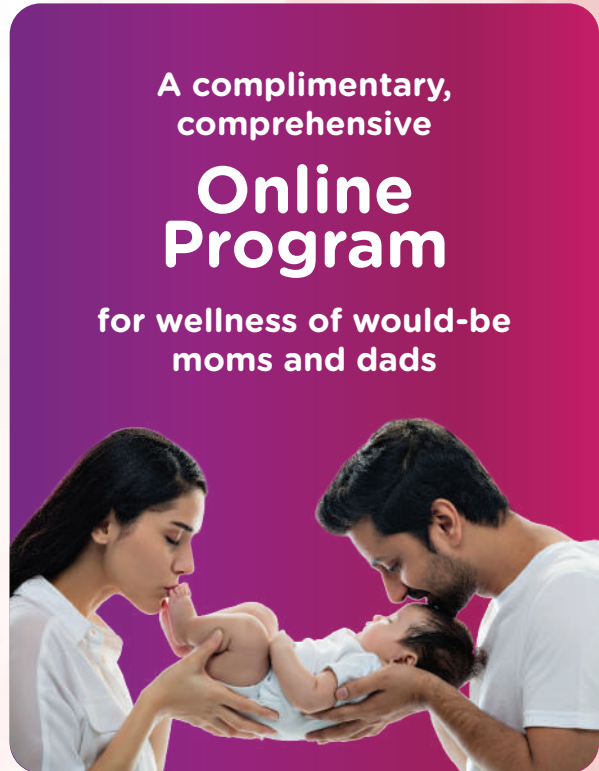


WHAT DOES IT OFFER?

Comprehensive Program run by Team of Experts
Dietitian | Psychologist |
Physiotherapist | Lactation Expert

Special Sessions on

- Labour Delivery with Gynaecologist
- Baby Care with Pediatrician



For More Information & Appointment Call: 70300 49791

Email us: momstory@sahyadrihospitals.com

Sahyadri Hospitals

Sahyadri Hospitals : Maharashtra's Largest Chain of Hospitals

Pune - Deccan Gymkhana | Nagar Road | Kothrud | Bibwewadi | Hadapsar | Hadapsar Annexe | Kasba Peth | Nashik | Karad

