



Infertility: Think you're alone? Think again.

A Fresh Approach to Women's Health

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Available periodically throughout the year, this guide is intended to accompany the modern woman on her journey to wellness and fulfillment. Each edition will have a specific focus guided by a single objective: the health, well-being and beauty of today's women.

Infertility:

Think you're alone? Think again.

Fertility problems go much deeper than simply interfering with your plans to have children. The inability to have children can also negatively affect other parts of your life, leading to feelings of frustration, depression and isolation, and putting stress on your relationships.

Despite modern nutrition and healthy lifestyles, fertility problems are actually becoming more common. Worldwide, roughly one in six couples experience difficulty conceiving! That is a staggering number when you consider the amount of misery and uncertainty it leads to. It is often hard to know where to turn first. Many couples, particularly when the woman is over 35, are advised to seek professional help after 6 to 12 months of trying to become pregnant.

Some 4,400 embryo transfers (IVF) were performed in Quebec in 2011. This should lead to about 1,381 pregnancies. The average pregnancy rate

for embryo transfers is between 30% and 45%.

You may be wondering why fertility rates are so high these days. There is no single factor, but certainly, as modern couples put-off starting or growing their family in favour of careers and other lifestyle ambitions, they are increasing the risk of experiencing fertility issues. The longer they put it off, the higher that risk.

While a woman's fertility declines gradually with age, it decreases significantly during her late thirties and early forties.

Through a woman's declining fertility is a significant risk factor, the problem could also stem from the man, or a combination of both partners. Apart from age, the most common causes of infertility include ovulation problems (15% to 20%), obstruction of the Fallopian tubes and poor sperm quality or quantity (25% to 30%).

Infertility

Online Resources

- IAAC (Infertility Awareness Association of Canada)
- CFAS (Canadian Fertility and Andrology Society)
- RESOLVE (The National Infertility Association)
- Infertility Network
- Fertile Future
- Le Gouvernement du Québec (Santé et services sociaux)
- American Society of Reproductive Medicine



About Dr. Faez Faruqi
(the founder of GynesyS)

Both Fellow of the Royal College of Physicians and Surgeons of Canada and Fellow of the American Board of Obstetrics and Gynaecology, Dr. Faez Faruqi practises and teaches Gynaecology and Obstetrics at St. Mary's Hospital in Montreal (affiliated with McGill University). He also heads the Gynaecology and Fertility Centre GynesyS that was launched in 2004 with great success.



One problem, many solutions.

Modern fertility treatments are both simple and effective. The majority of couples who consult a fertility specialist are able to conceive.

After a physical examination and a fertility assessment (including semen analysis, verifying the condition of the Fallopian tubes, studying the hormonal balance and performing a pelvic ultrasound), your gynaecologist will discuss the treatment options available to you and your partner. Treatments may include medication, assisted reproduction or surgery. The most common procedures are:

- Stimulation / ovulation induction
- Intrauterine insemination (after sperm washing)
- In vitro fertilization of IVF (after fertilizing the ovum in a laboratory, the embryo is transferred into the uterus)
- Surgical procedures (often laparoscopy)

Professional advice

Before undergoing any fertility treatment, be sure to discuss it with your gynaecologist or family physician. Your doctor will be able to tell you the general success rates and risks associated with any particular treatment. You should also ask about the specific timetable for each phase of your treatment. If a particular treatment does not work, you would know when it would be appropriate to consider other treatment options.

Affordable solutions

As little as 10 or 20 years ago, fertility treatments were considered options only for the wealthy or well-connected. However, improvements in medical technology and a sharp increase in demand have made these life-altering treatments available to many, many more couples. In fact some treatments, such as assisted reproduction, are now covered by the *Régie de l'assurance maladie du Québec*.

If you have any questions about fertility issues or treatment options, we invite you to visit our website (gynesyS.com) or contact us by phone (514-781-5950) or by email (info@gynesyS.com).