

# THE KIRAN GROUP



**SERVING HANDS ARE MORE SACRED THAN PRAYING LIPS**

**INFERTILITY || GENETICS || OBSTETRICS || GYNAECOLOGY || SKIN & AESTHETICS**



### Dr. Kiran D Sekhar

MD, DGO

Senior Consultant Gynaecology & Female Fertility

Kiran D Sekhar is one of the most eminent Gynaecologist and Obstetricians in India. She is Senior Consultant Gynaecology & Female Fertility at Sai Kiran Hospital, Hyderabad.

Dr Kiran completed her graduation and post-graduation from Osmania General Hospital Hyderabad, and has a unique and rare distinction of ranking first in her M.B.B.S and her M.D. post-graduate examinations. She was awarded 11 gold medals by then Chief Minister of united Andhra Pradesh Shri. Channa Reddy in year 1972.

Dr. Kiran Sekhar was vice president of FOGSI a body of nearly 20,000 obstetricians and Gynecologists across India and Chairperson of Foetal & Genetics Wing of FOGSI. She took up government service and worked as an associate professor in Obstetrics & Gynaecology at the Government Maternity Hospital, Hyderabad for 12 years, due to her work in the field of infertility she was elevated as in-charge of Infertility Division at a very young age. She then moved abroad and worked as Head of Department of Obstetrics & Gynaecology Department at King Fahad Hospital in the Kingdom of Saudi Arabia for 4 years. Dr Kiran D Sekhar is recognized all over India, and across the globe for her revolutionary work in the field Obstetrics, Gynaecology, Genetics & Infertility.

A person with immense vision, was one of the first to set up a specialized centre catering to only Infertility Treatments in India and was the backbone in the success of KIC Hyderabad. In early nineties wherein IVF treatments were a relatively unknown subject and nonspecialized stream in medicine, she forecasted the need and rise of infertility related specialized treatments in India which according to her was a result of changes occurring in society like increase of average marriage age, rising stress levels, pollution and lifestyle hazards such as smoking and alcohol consumption



### Dr. Naresh Sekhar

Managing Director

About 3 decades ago he had rightly forecasted that the incidence of Infertility would rise and as per his prediction, currently, about 10 to 15% of all married couples suffer from some degree of Infertility. His vision of establishing KIC has and continues to benefit thousands of infertile couples from India and abroad to cope and get treated for infertility.



### Dr. Pratima Sekhar

MD (OBS & Gyn)

Senior Fertility Consultant

Dr. Pratima is the Female Fertility Specialist and Senior Consultant at Sai Kiran Hospital, Hyderabad and a visiting consultant at other Hospitals across India.

She has been trained in various Assisted Reproductive Techniques & Treatments in Cleveland Clinic, the USA which is one of the leading fertility training institutes in the world catering to training in the field of Assisted Reproduction.

She is responsible for Ovarian Stimulation Protocols, Follicular Monitoring before treatment, and day to day Obstetric and Gynaecological Counselling and treatments of our patients.

She is passionate about her work and obsessed with following evidence-based protocols to optimize IVF results for all our patients.



### Dr. Samit Sekhar

M.B.B.S., Masters of Men's Health & Andrology (Australia). Executive Director.

Dr. Samit Sekhar is a Consultant at Sai Kiran Hospital. He takes care of the overall administration of the hospital and the maintenance of IVF laboratory. Dr Samit is a well-known name to Infertile patients in India and abroad. He is involved in the day to day patient interaction and counselling. He is also visiting consultant at other branches of the Kiran Group in India and abroad. Since taking over the administration and expansion, KIC has treated Patients for infertility from 62 different countries. Under Dr. Samit's leadership, IVF and Surrogacy Programs offered by KIC Hyderabad are used as a benchmark for other hospitals across India. It is his passion and enthusiasm that enables KIC to provide top quality fertility care at affordable prices for patients from India and abroad.

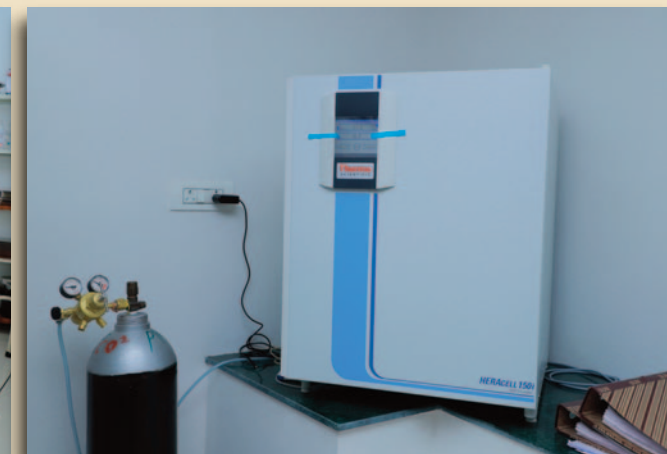




### Why Kiran Infertility Center?

Over the past 3 decades Kiran Infertility Center (KIC) Hyderabad has emerged as a comprehensive and complete institution of excellence in the field of infertility treatment bringing smiles to the faces of thousands of proud parents from India and 62 different countries across the globe who dreamt of being blessed with a beautiful baby or babies. With a combined work experience of more than 200 years in the super specialty of Infertility, Obstetrics, Gynaecology, Genetics and Embryology KIC has been consistently providing the best possible treatment and care for patients suffering from infertility. We take immense pride in our strict adherence to the standards and quality measures that we follow as per the required Indian laws and guidelines in the field of infertility treatment. Over these years, we have emerged as one of the most successful clinics in India and across the globe in offering infertility treatments. KIC is always at the forefront of research and development taking place in the global arena of infertility. Our team of Doctors, Andrologists, Gynecologists and other specialists are always encouraged to participate in activities that help in the exchange of information and expertise with some of the leading lights (professionals/researchers) from the world of infertility. We are

proud of our doctors who are members of some of the reputed institutions such as A.S.R.M, E.S.H.R.E., I.S.A.R, and C.O.G.I. and are always invited as delegates to speak at these forums. This type of information sharing is helping us in passing out the latest technology in the field of infertility treatment to the intended parents who attend our facility to avail the advances made in this arena. All Infertility treatments such as IUI, IVF, ICSI, Egg/ Embryo donation, Cryopreservation, Pre implantation genetic screening for chromosomal defects are done here. Kiran Infertility Centre's IVF Program treats both Indians as well as patients from several different countries from across the world and we deeply understand the concerns of the intended parents and the stress they undergo when they begin their journey of becoming a proud parent. Our team of Doctor's (including fertility specialists, embryologists, andrologists, counselors, psychologists) takes part in designing a customized schedule for each of our intended parents that are then passed on at the time of their enrolment. Your journey to parenthood is made simple through our treatment protocols which are continuously upgraded for the benefit of our patients and the society at large...



### Treatments

- Fertility Assessment & Diagnosis
- IUI
- IVF -In Vitro Fertilisation
- ICSI- Intra cytoplasmic sperm injection
- Blastocyst Transfer
- Oocyte/Embryo Donation
- Cryopreservation
- Advanced Hysteroscopy
- Egg Freezing
- PCOD
- Varicocele Treatment
- Operative Video laparoscopy
- Assisted Hatching
- PGD
- Gynaecology and Obstetrics
- Altruistic Surrogacy
- Autologous and mesenchymal ovarian and Endometrial rejuvenation



### Dr. Sravanthi Sadu

*Obstetrician and Gynaecologist, Fertility consultant*  
Dr. Sravanthi Sadu is Female Fertility Specialist and Consultant Gynaecologist at Sai Kiran Hospital, Hyderabad. She completed her undergraduate and postgraduate studies at Kurnool Medical College in Kurnool. She finished a prestigious fellowship in infertility research and her

extensive laparoscopic training with flying colors. She is a qualified obstetrician and gynecologist who has devoted her career to taking excellent care of women at every stage of their reproductive lives. Concerned deeply about the well-being of women.

### Training & Consultation

M/S Kiran Infertility Center (P) Ltd., Project Consultant in IUI, IVF & ICSI technology, offers a comprehensive training program in all the ART techniques (IUI, IVF & ICSI), Color Doppler, Operative Video Laparoscopy & Hysteroscopy. Gynecologists who want to start their own IVF/ICSI setup can avail our experience in setting up their laboratory like designing of lab and procurement of equipment from reliable international companies. We offer back up for gynecological & embryological services for a period desired by the consultant. Our record speaks for itself. So far our Institute has trained hundreds of doctors in various fields. The centre has also organized and participated in numerous national and international workshops & conferences





# Kiran Infertility Centre, Bengaluru



## About Us

With a Goal "To realize everyone's dream of having their own baby" and with belief in principles of Karma, our passion for Excellence, Continuous Learning, and a firm commitment towards all the stakeholders and the community at large, KIC (Kiran Infertility Centre) continuously works to give the best results with the finest of personalized care to each Intended Parent who approach KIC.

Since inception, KIC has helped more than 30,000 couples conceive through various forms of treatments for Infertility at its Hyderabad and other centers across India.

KIC BENGALURU is KIC's third branch in India and was started primarily to help the Intended Parents from Karnataka and neighboring states who found it difficult to travel to Hyderabad because of several reasons. In keeping with the high-standards of KIC, KIC Bengaluru, located in the up market area of Koramangala, has state-of-the-art facilities and offers all type of high quality Fertility Treatments including IUI/IVF/ICSI/Egg Donation/ Embryo Donation/Assisted hatching under one roof, all of it under the guidance of visiting consultant, Dr. Samit Sekhar and the Bengaluru based specialists. KIC Bengaluru has been designed in such a way that once the patient steps into the facility, they do not have to go anywhere else until the birth of their baby.

With a successful track record of Pregnancy Rates as high as 90%, KIC Bengaluru, has earned for itself a respectable name and stature.



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## Our KIC Bengaluru Consultants



Dr. Samit Sekhar  
Visiting Consultant



Dr. Madhuri.V  
Infertility Specialist



Dr. Deepak  
Embryologist



# Kiran Infertility Centre, Chennai

## About Us

Kiran Infertility Centre – Chennai is backed by the Kiran group's 40 years of legacy of clinical excellence and unbeatable expertise, KIC Chennai brings to the table the unparalleled commitment towards successful outcomes. KIC – Chennai's success is based on a combination of a patient-centric approach delivered by expert doctors all of whom are specialists in the field of Infertility.

With the state-of-the-art technology and clinical protocols that are closely monitored, KIC – Chennai gives you the expertise in skill and technology to increase your chances of pregnancy. KIC- Chennai is always at the forefront of research and development taking place in the global arena of infertility. We have a team of doctors that includes specialists in Fertility, Reproductive Medicine, Reproductive Endocrinology, Andrology, Urology, Fertility Enhancing Laparoscopic Surgeons, Fetal Medicine, Obstetrics, Gynecology, Genetics, and Embryology and a supportive team of Physiotherapists, Counselors.

At KIC- Chennai, we offer all types of infertility treatment under one roof such as IUI, IVF, ICSI, Egg/ Embryo donation, Cryopreservation, Preimplantation genetic screening for chromosomal defects KIC – Chennai's team of doctors/medical staff takes on their responsibilities very seriously as our patients have immense trust in them. The patients have full faith in us and as such we are able to deliver results through a patient-centric approach. We have reached the top by consistently maintaining success rates through a multi-dimensional approach. You can choose us because our doctors are members of some of the reputed institutions such as A.S.R.M, E.S.H.R.E, I.S.A.R., and C.O.G.I.



## Treatments

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- Altruistic Surrogacy
- Autologous and mesenchymal ovarian and Endometrial rejuvenation

## Our KIC Chennai Consultants



Dr. Samit Sekhar  
Visiting Consultant



Dr. J. Kavya  
Infertility Specialist



S.R. Omprakash  
Senior Embryologist



Kiran Skin Clinic, Hyderabad

Call: 040-23322315  
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TREATMENTS AT KIC



### About Us

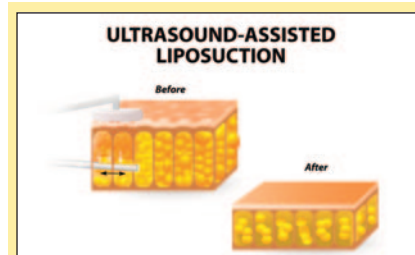
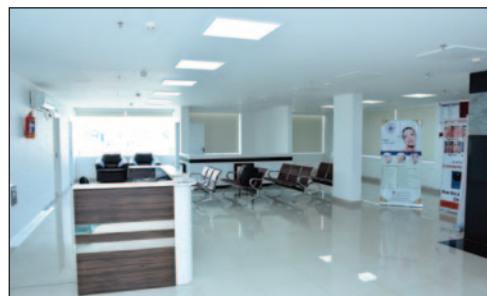
Welcome to Kiran Skin & Aesthetic Clinic (KSC), one of the most advanced Skin & Aesthetic Clinics in Hyderabad. Our aim is to provide you with the highest quality of care and service with excellent results at highly affordable prices. Our happy patients are a direct testament to the amount of skill, time, dedication, and knowledge which we devote to the needs of our patients. Our knowledgeable and helpful team of Doctors, Technicians and other support staff is always happy to answer your questions and assist you in the best way possible.

#### CUSTOMIZED SKIN TREATMENTS

"Your DNA is unique. Your skin is unique. Your skin care plan should be as well." At Kiran Skin Clinic, we provide science-based skin care solutions for men, women and teenagers.

#### CUSTOMIZED DENTAL TREATMENTS

We provide the best in class dental care. Our Doctors employ the latest technology for aesthetic and comfortable dental options.



### Treatments

#### Skin Care Treatments:

- Laser Hair Reduction
- Peels
- Mesotherapy
- Dermatology
- Hair Loss Treatment/Transplants
- Cryolipo/Liposuction
- HIFU-Vaginal Rejuvenation
- Botox and fillers



### Fertility Assessment & Diagnosis

At KIC, our Fertility Consultants pay special attention on the initial assessment of the infertile couple as it forms the basis of the entire prognosis of infertility related problem and based on this, a right kind of fertility treatment protocol for such couples is designed.

The infertile couple undergoes a set of advance tests before the commencement of any kind of infertility treatment. These tests are comprehensive, detailed and are essential to determine the exact cause of infertility. These tests enable us to find out whether the couple is diagnosed with any other ailment which is effecting their fertility potential and treating the same and also helps us in determining which ART technique would be most suitable for a particular couple.

Female partner is advised to undergo a pelvic scan to evaluate ovarian reserve & condition of uterus, apart from hormonal tests.

Laparoscopy or hysteroscopy is advised in cases where there is an indication of such surgical intervention requirement after the initial workup.

Male partner needs to undergo a semen analysis to determine the quality & quantity of their sperm or whether there's any trace of dysfunction associated. The morphology and motility are also checked along with basic blood tests. A part of these certain basic blood tests are carried out to rule out the occurrence of STD's and conditions like PCOS and TB which effect an individual's reproductive potential.

In initial assessment the patient is required to furnish

all details of previous illnesses which may have an impact on types and dosage of medications and quantum of observation required in a particular case.

### IVF

In Vitro Fertilization is an ART Treatment commonly referred to as IVF. IVF is the process of fertilization by extracting eggs, retrieving a sperm sample, and then manually combining an egg and sperm in a laboratory. The resultant embryo(s) is then transferred to the uterus.

#### Why IVF?

IVF is suggested to treat infertility in the following patients:

- Patients with blocked or damaged fallopian tubes
- Male factor infertility involving low sperm count or sperm motility
- Females with ovulation disorders, premature ovarian failure, or with uterine fibroids
- Females with fallopian tubes removed
- For Individuals with a known genetic disorders
- Unexplained infertility

#### What is IVF?

IVF stands for In Vitro Fertilization, which is a type of assisted reproductive technology (ART). IVF is a process where eggs and sperm are combined in a laboratory to create embryos. The embryos are then transferred to the uterus, where they can grow into a baby.

IVF is one of the most common and effective forms of ART. It has helped millions of people around the world



to overcome their fertility challenges and achieve their parenthood dreams.

#### Why IVF?

IVF can help people who have difficulty conceiving naturally due to various reasons. IVF can also help people who need to use donor eggs or sperm, or who need a gestational carrier (surrogate) to carry the pregnancy. IVF can offer you the opportunity to have a biological or genetic connection with your child, or to share the pregnancy experience with someone who can help you.

#### Why choose us for your IVF journey?

We are a leading fertility clinic that specializes in IVF and Altruistic Surrogacy. We have been providing quality fertility care since 1980. We have a team of experienced and qualified doctors, embryologists, nurses, and counselors who are dedicated to helping you achieve your parenthood dreams. We treat every patient with compassion and empathy, and we tailor our treatments to your needs.

We have a high success rate and a low complication rate. We use the latest technology and equipment to ensure the safety and quality of our procedures. We follow the ethical and legal standards of our profession and respect your privacy and confidentiality.

We are here to help you achieve your dream of having a baby. Please reach out to us for more details or to book an appointment. We would be honored to be part of your miracle and share this amazing experience with you.

#### How to get started with IVF?

If you are interested in IVE, the first step is to contact us and schedule a consultation. We will evaluate your medical history, perform some tests, and discuss your options and expectations. We will also explain the IVF process in detail, including the steps, risks, costs, and success rates.

We will design a personalized treatment plan for you, based on your needs and preferences. We will guide you through every stage of the IVF process, from stimulation to transfer to pregnancy test and Ante natal care. We will provide you with the best care and support throughout your journey.

#### IVF Made Easy: A Simple and Clear Overview of the Process

If you are planning to undergo IVE, you may have some questions about the process and the steps involved. Here is a brief overview of what to expect from an IVF cycle with us.

##### Initial Visit

You will visit our clinic on day 1 or 2 of your period. A medical consultant will guide you on your next visit and the IVF cost in Hyderabad for the first injections. Your IVF cycle will start with either Antagonist or down-regulated injections, depending on your case. The doctor will explain the best option for you. We customize our IVF treatment to meet your specific needs and wishes.

##### IVF Medications

To increase the chance of obtaining a pregnancy, we aim to stimulate your ovaries to produce optimal num-

ber of oocytes/ eggs. We use the best quality fertility drugs to achieve this goal. Your medication plan will be customized to suit your needs, but most IVF regimens include one or more of the following:

- HMG (Human Menopausal Gonadotropin): This drug is administered by intramuscular injection and stimulates the ovaries to produce eggs.

- Recombinant FSH: This drug is a synthetic form of follicle-stimulating hormone and stimulates the ovaries to produce eggs.

##### Patient Monitoring

We monitor the growth and development of your eggs by repeated ultrasound scans and blood tests for hormone levels (Estradiol and Progesterone). You will be advised to come to our clinic for blood tests and scans to determine the maturity of your developing eggs starting from cycle day 3, 5, 7 or 9. Then further monitoring will be done as needed until the eggs are ready. Sometimes, you may need daily monitoring near the end of the ovarian stimulation phase of the cycle.

##### Blood Tests

You will have to undergo two or three blood tests during the monitoring process. We measure your Estradiol (Estrogen) and Progesterone levels to assess the maturity and quality of your eggs. Usually, the test shows between 100 and 200 units of estrogen for every mature egg. Progesterone tells us if the eggs are becoming over-ripe. Your progesterone level, which depends on the number of egg follicles created, should generally be below two units.

##### Sonograms

We use vaginal ultrasound to check the maturity of the follicles developing in your ovaries. This is a painless procedure, where a small probe is inserted in your vagina. This allows us to see your ovaries and your uterus, to evaluate the thickness of your endometrium (the inner lining of the uterus), and to count and measure the follicles developing in each ovary. A mature follicle measures from 16 to 22 millimeters. We also use an advanced technology of Color Doppler to monitor the blood flow in the follicle and the endometrium.

##### The Final Step to Egg Maturation

When the blood tests and sonograms indicate that your eggs are mature (size of 18mm or more), you will be given a final injection called HCG (Human Chorionic Gonadotropin) to complete the maturation process of the egg. The HCG shot must be taken preferably at our clinic on the specified date, and the egg retrieval is scheduled later after around 36 hours after the HCG injection. (Example: if your Monday monitoring showed your follicles to be of the appropriate size and your estrogen levels were found to correlate with maturity, you would be instructed to take your HCG between 9:00 PM and 11:00 PM Monday evening. Your egg retrieval will then be performed on Wednesday morning at our clinic.

##### Embryo Development and Transfer

After the retrieval of eggs and the collection of sperm,



our embryologists will expertly combine them in a controlled laboratory setting. This process is aimed at creating viable embryos. We monitor these embryos closely to select the most promising ones for transfer. When the embryos reach the optimal stage, usually between 5 to 6 days after fertilization we shall freeze them at Blastocyst stage and grade them according to their quality.

we shall usually schedule the transfer procedure in the next cycle to maximise the chance of pregnancy. Our goal is to transfer the embryos safely into the uterus, where they have the potential to implant and develop into a healthy pregnancy.

##### Monitoring and Support Post-Transfer

Post embryo transfer, we will schedule follow-up appointments to monitor the early stages of pregnancy for our intended parents. These appointments will include blood tests and ultrasounds to confirm implantation and assess progress. For our intended parents who have come from overseas, we will provide a detailed protocol and a prescription for the first 12 weeks of pregnancy. The medication can be purchased at our pharmacy or any local pharmacy. Throughout this period, we offer continuous support and guidance to help manage any symptoms and ensure the best possible outcome.

##### Pregnancy Test

Approximately ten days after the embryo transfer, you will take a pregnancy test. This test measures the levels of hCG (human chorionic gonadotropin) in your blood, which indicate whether the IVF cycle has resulted in a pregnancy. We understand the emotional significance

of this moment and will be there to support you regardless of the result.

#### **Next Steps After a Positive Test**

If the pregnancy test is positive, congratulations are in order! We will continue to monitor your health and the development of the pregnancy. Regular check-ups and ultrasounds will be part of this monitoring process.

#### **If the Cycle is Unsuccessful**

Should the IVF cycle not result in a pregnancy which can happen in a few cases, we will be here to discuss the next steps. We offer counseling and support to help you cope with the outcome and plan for the future. Our team will review the cycle to understand any factors that may have influenced the result and discuss the possibility of another cycle or alternative options, depending on your individual circumstances.

#### **Conclusion: Your IVF Journey**

We hope this information gives you a clear picture of what an IVF cycle involves. If you have any questions or concerns, please don't hesitate to contact us. We are here to support you on your journey to parenthood. Whether you want to have your first baby or expand your family, we are ready to help you achieve your dreams.

## **ICSI**



At KIC, we started our own ICSI program in 1998-99 and till date more than 10,000 cycles of ICSI have been undertaken with an approximate success rate of around 60% to 70% in each cycle, which is at par with the best success percentages in this treatment across the globe.

In ICSI, all the steps are similar to that in the IVF procedure, except the step of fertilization where the sperm is injected directly into the egg with the help of a micromanipulator.

#### **Indications for ICSI**

Males with severe sperm factors such as low sperm count (less than 5 million), very poor motility or a high degree of abnormal sperms.

In Azoospermia Condition, where there is no sperm

present in the semen. Azoospermia may be of the obstructive type where there is a production of sperms in the testis, but the sperm is absent in semen. Alternately, Azoospermia may be of the non-obstructive type, where there is a failure of the testes to produce sperms. In current scenario, in both these conditions, sperms can be isolated directly from the testis by Testicular Biopsy.

Retrieval Techniques of PESA/TESEA/TESE and subsequently, ICSI can be performed on the following cases: ICSI can also be performed for other indications such as:

- Ejaculatory Dysfunction due to Spinal injury or mal-function such as Quadriplegics or Paraplegics.
- Patients with Retrograde Ejaculation (ejaculation of the sperm into the urinary bladder) who fail to become pregnant with IUI.
- Patients where fertilization has failed with In-Vitro Fertilization.

## **Blastocyst Culture**



The concept of embryo quality is a very important concept to consider especially for couples who are experiencing fertility related issues and are unable to conceive. With Blastocyst embryo transfer, at KIC we transfer fewer embryos which significantly improves the chances of implantation and thereby increases the chances of pregnancy. Another advantage of transfer at Blastocyst Stage is it reduces the risk of multiple pregnancies and abnormalities.

A Blastocyst is an embryo that has been developed for 5 to 7 days after fertilization unlike the normal transfer in 2 to 3 days (cleavage stage). At this point, the embryo has two different cell types and a central cavity. The surface cells called the Trophectoderm, will become the Placenta, and the inner cells-called the inner cell mass, will become the Fetus. A healthy Blastocyst should begin hatching from its outer shell called the Zona Pel-lucida, by the end of the sixth day. Within about 24 hours after hatching, it should begin to implant into the lining of the mother's uterus.

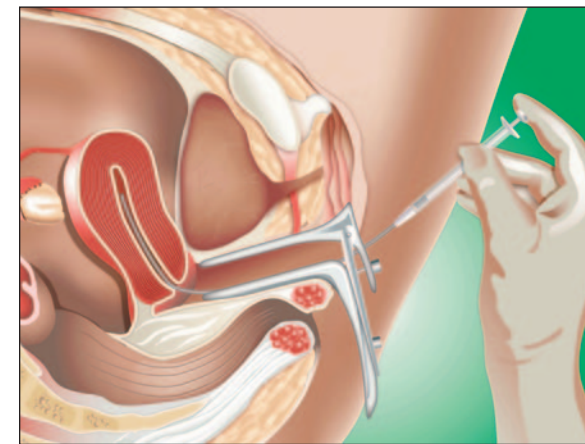
## **Why should one consider Blastocyst transfer?**

In certain patients, the advantage of Blastocyst cultur-ing is to allow optimal selection of embryos for transfer, resulting in an increased implantation rate per embryo transferred. However, it is important to understand that this technology may not necessarily increase your chance of pregnancy as there are many other factors to be countered into to ascertain whether blastocyst cul-ture will be beneficial for a particular case which in-cludes age, number & quality of eggs developed. The main advantage is that fewer embryos may be trans-ferred, still improving chances of pregnancy, also elim-inating or limiting the possibility of multiple pregnancies.

## **Assisted Hatching**

Assisted hatching is a newer lab technique that was developed when fertility experts observed that embryos with a thin zona pellucida had a higher rate of implan-tation during IVF. With assisted hatching, an embryol-ogist uses a laser to create a small hole in the zona pellucida. This should ideally be done on day 6 of em-bryo development at a stage known as Blastocyst. According to senior experts at KIC, assisted hatching may be indicated for women with:

- advanced maternal age (older than 38)
- three or more failed IVF cycles
- poor embryo quality



## **IUI**

This procedure involves placing washed sperm in the uterus with a small catheter through the cervix, to in-troduce a quantity of semen into the female partner's uterus and thereby encourage fertilization. This can be done when the female is ovulating normally and tubes are unobstructed.

IUI procedure is recommended for:

- Mild male factor
- Infertility of unknown origin

- Failure of ovulation induction
- Mild cases of endometriosis
- Anti-sperm antibodies
- Cervical mucus factor

## **The IUI procedure**

- On day 3 of your cycle a trans-vaginal scan is done
- Use medication (tablets and/or injections) for ap-proximately 1 week.
- On day 10/11 a trans-vaginal scan is performed to monitor follicle growth.
- HCG injection is administered when follicles are the right size.
- Approximately 40 hours later the IUI procedure is per-formed.
- Husband/partner to give semen sample on appoint-ment at the clinic.
- The IUI procedure could be compared to a pap smear examination.
- Afterwards, the patient is not supposed to get up for at least 20 minutes.

## **Oocyte/Embryo Donation**



Egg donors are an essential part of Assisted Reproduc-tion as about 30% of women suffer from infertility be-cause of decreased or absent ovarian reserve.

Some women may have specific genetic conditions such as cystic fibrosis which causes problems in ovu-lation or fragile X syndrome which can result in de-creased ovarian reserve or premature ovarian failure because of which they cannot have their genetically re-lated babies. In such cases Egg Donors are used.

Is egg donation affordable?

Yes, egg donation is affordable

## **Cryopreservation**

A procedure, used to preserve whole tissues and cells, is what is known as Cryopreservation and is offered as a part of treatment at KIC. Cryopreservation is essen-tially, ability to thaw and freeze sperm, eggs and Em-bryos. Frozen tissues are stored in liquid nitrogen at a temperature below -186 degree Celsius.



**Sperm Freezing:** A technique where sperms for male partner in treatment is frozen for future use in IVF or IUI. This method of sperm freezing enables couples and ART clinic with an option of backup in cases where in future if a sperm quality of the male partner may deteriorate due to age or other factors for the sake of conception.

**Oocyte banking:** For those patients suffering from diseases that may impact ovarian production or any other physical/medical conditions that in future limits production of egg like treatment for cancers etc., cryopreservation of eggs or oocytes is a viable option. Through freezing oocytes one can easily avoid issues relating to embryo freezing. It is a common phenomenon these days.

**Embryo freezing:** At KIC, we offer Embryo Cryopreservation. It is used as an established alternative for couples pursuing ART Treatments, who desire to preserve their embryos for future use in case of failed pregnancy attempt or for conception in future.

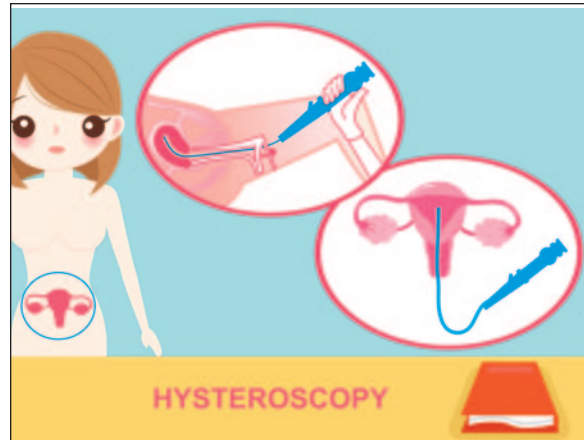
**Egg Freezing:** Oocyte cryopreservation is aimed at three particular groups of women:

- Those diagnosed with diseases such as cancer and have not yet started chemotherapy or radiotherapy;
- Those undergoing treatment with ART Treatments and do not consider embryo freezing an option due to various reasons.
- For females who would like to preserve their future ability to have children, either because they do not yet have a partner, or for other personal, financial or medical reasons.
- For females undergoing IVF who object, either for religious or ethical reasons to freezing embryos

### Advanced Hysteroscopy

Hysteroscopy is done using hysteroscope, a thin, lighted tube that is inserted into the vagina to examine the cervix and inside of the uterus. Hysteroscopy can be either diagnostic or operative.

Diagnostic hysteroscopy is used to confirm results of tests, such as hystero salpingography (HSG). HSG is an X-ray dye test used to check the uterus and fallopian



tubes. Hysteroscopy surgery involves placing a small telescopic instrument within the uterine cavity and examining the cavity. Scar tissues, polyps or small fibroid tumours can be removed through this process. This procedure has fewer surgical risks than a hysterectomy and is viable option to hysterectomy for purposes stated like stopping or reducing menstrual flow or for removing small fibroids or polyps while preserving a young woman's fertility.

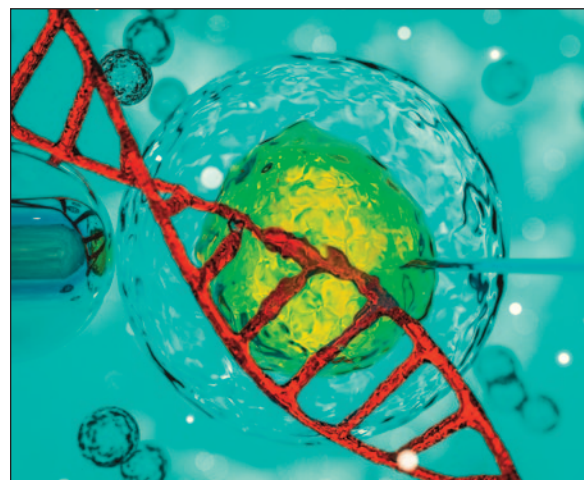
### Septum removal

If there is a septum in a uterus, the doctor can guide a tool into the uterus to remove the septum. A septum is a tissue inside the uterus that divides the uterus into halves and prevents from successfully carrying a pregnancy.

### Uterine Balloon Ablation

This makes it possible to destroy the uterine lining when a woman suffers from an excessive menstrual flow. This is an advanced version of a hysteroscopy endometrial ablation or "roller ball surgery". While the "Rollerball" is done under general anesthesia or regional block (spinal or epidural), this is an outpatient procedure.

### PGD/PGS



Pre-implantation genetic diagnosis (PGD or PIGD) is the chromosomal and genetic profiling of embryos prior to implantation, PGD is considered in a similar fashion to prenatal diagnosis. PGD is an adjunct to Assisted reproductive technology and requires In Vitro fertilization (IVF) to obtain oocytes or embryos for evaluation. Cells are generally obtained through blastomere or blastocyst biopsy. The latter technique has proved to be less deleterious for the embryo, therefore it is advisable to perform the biopsy around day 5 or 6 of development.

The term preimplantation genetic screening (PGS) refers to the set of techniques for testing whether embryos (obtained through IVF/ICSI) have abnormal chromosomes' number. In other words, it tests if embryo is aneuploid or not. PGS is also called aneuploidy screening.

The PGD allows studying the DNA of embryos to select those that carry certain mutations for genetic diseases. It is useful when there are previous chromosomal or genetic disorders in the family and within the context of in vitro fertilization programs.

PGD can potentially be used to select embryos to be without a genetic disorder, to have increased chances of successful pregnancy. In India it is illegal to carry out PGS/PGD for gender determination.

### Stem Cells

#### What are stem cells?

Stem cells are undifferentiated cells that exist in the embryonic, fetal, and adult stages of life.

#### Stem cells and Infertility

Stem cells are being explored for the treatment of infertility due to their presence in huge numbers and easy availability and for their potential properties to differentiate into other cells. Stem cells are being used

in Assisted Reproductive technology treatments to produce varying types of specialised cells, including oocytes and sperms. Autologous stem cells are successfully being used for ovarian and endometrial rejuvenation. Pluripotent haematopoietic stem cells which are present in both men and women are being used in other branches of medicine as well for their regenerative qualities. Earlier science thought that women have a certain fixed number of eggs and their numbers cannot be increased however this no longer holds true as the use of stem cells is proving that serum AMH levels and the Number of Antral follicles can increase with proper usage of Autologous stem cells along with other adjuvant medications.

#### Stem cells in male Infertility

Stem cells have also shown benefit in Azoospermic males and can be used in cases of both obstructive as well as non obstructive Azoospermia.

#### Stem cells In Female Infertility

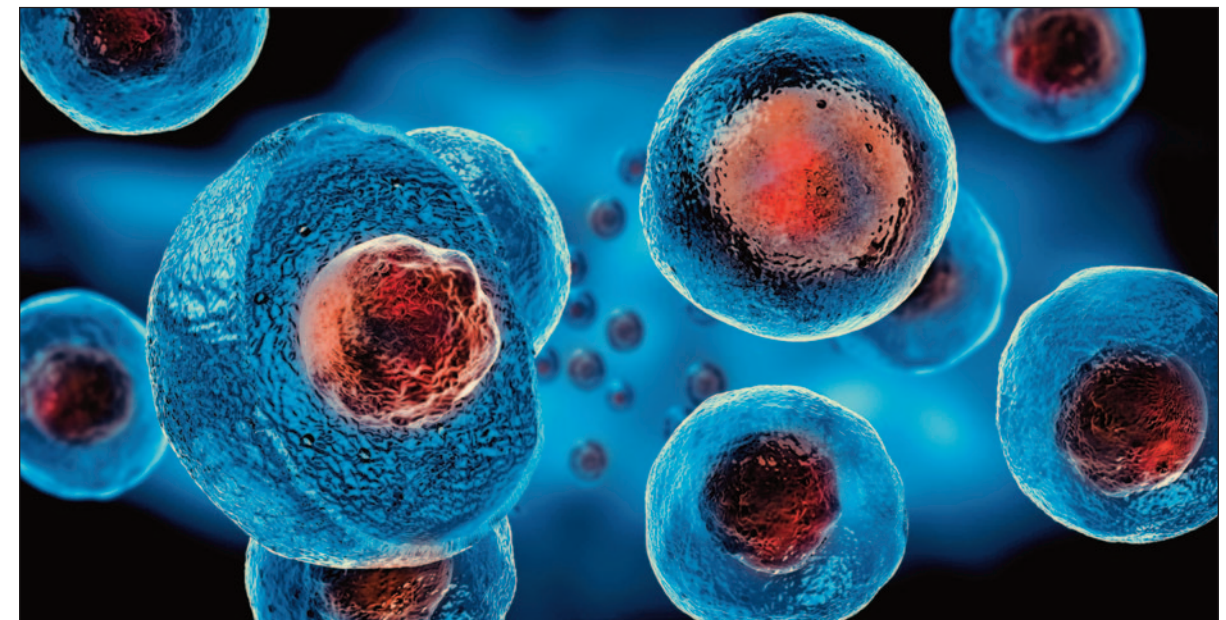
In the treatment of female infertility, stem cells are most commonly used for premature ovarian failure or low ovarian reserve with poor quality eggs and also for chronic thin endometrium of varying etiology.

How do Stem Cells help?

Stem cells are mostly taken from the bone marrow from the Hip bone, they help by replacing the damaged cells when injected into the tissues where rejuvenation is needed.

#### Note:

Stem cell treatment is still in the experimental phase, so, at this point, we can't certainly say that it will work for everyone. Patient-wise Selection is needed based on age, Hormone levels, and reasons for Infertility, etc to find out who may benefit the most from the use of stem cells.





## Kiran Fertility Services

Kiran Fertility Services - KFS (Dubai) has been one of the pioneers in Reproductive Tourism and has helped thousands of infertile patients, couples, single men/women and the LGBT folk have their own genetic child through its IVF and Surrogacy Programs in Nepal, Ukraine, Kenya, Georgia, Colombia since 2008. Many Intending Parents across the globe are burdened with the emotional and financial trauma that Infertility brings but hesitate to pursue their dream of Parenting a Child in their life due to various reasons, few of them being

- High costs of Surrogacy/fertility treatment in countries like United States of America, Canada, Australia, Europe and many other countries in the world.
- Complex legalities like only Altruistic Surrogacy being allowed in many European Countries like U.K. & Spain and in certain states of Australia
- Restrictions on Egg Donation/ Sperm Donation
- Lack of Legal Know how

For such patients across the globe, we here at KFS are trying to bring about a change in their life by assisting them to realize their long cherished dream of Parenting. We are trying to bring them closer to their dream by offering Infertility Treatments and Surrogacy Programs, Through these programs, it has been our endeavour to pass on the advantages like lower costs, streamline the legal process and pass on the available legal expertise to the intended parents who are opting

to travel outside their country to find cheaper or easier ways of achieving their family building goals.

In recent years, technological advancements in travel, medicine, and reproductive technology have played a large part in expanding the Surrogacy Treatments. There are experienced, well-educated Doctors practicing Third Party Reproduction in places like Georgia, Colombia, Argentina - and they are using upto date & modern technologies and techniques.

The most important reason for KFS to offer these treatments in Georgia, Colombia and Argentina is to enable the Intended Parents to pursue their dream of parenthood which they were unable to do till now because of several factors such as high cost of surrogacy and fertility treatments in their own countries, inability to travel for longer periods and lack of legal and logistical know how. KFS will provide an integrated surrogacy program to ensure a smooth and streamlined surrogacy process.

Advantages of IVF treatment in India include reduced costs, the availability of latest medical technologies, and a growing compliance on international quality standards, Doctors trained in western countries including US and UK, as well as English speaking personnel, due to which foreigners are less likely to face language barrier in India.