

Effectively Deal With Infertility

Dr. Pratima Grover is a consultant at the Kiran Infertility Centre, Hyderabad, India (KIC). She has trained in Reproductive Biology at the Cleveland Clinic, U.S.A., one of the top most Infertility Centre's across the globe. She is a Post Graduate in Obstetrics and Gynecology. 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 Stake Holders and the Community at large.

Here at **KIC** we continuously work to give the best result with personalized care to each Intended Parent that approaches us.



When a man and a woman engage in sexual intercourse two or three times a week during the period of ovulation, without any form of birth control for a year or more, the positive result would be conception. If conception does not happen, then it may be due to infertility of either the man or the woman or both.

The cause of male infertility is abnormal sperm production due to various reasons like undescended testicles, genetic defects and health problems including diabetes, prior infections such as mumps, trauma or any prior surgery on the testicles or inguinal region.

Women usually produce limited number of eggs during the process of ovulation after the onset of puberty. The number and



D Pratima Grover

quality of eggs diminish with the progress of each reproductive year. After the age of 30, the chances of conceiving decrease by 3-5 per cent per year. After age 40, this reduction in fertility is noted to be of a much greater extent. Female infertility can also be caused by damage to the fallopian tubes, hormonal causes, cervical causes, uterine causes and few unexplained reasons, where the cause of infertility cannot be determined with the current methods of investigation.

Infertility stress: Stress affects fertility, but it was not clear earlier as to why there is stress and to what extent. Recent research has shown that stress affects fertility, both in men and women. It is a known fact that infertile men and women face stress.

Symptoms: Couples who plan the

best time of the year to have a baby, sometimes realise that it seems to be taking longer than expected. However, they prematurely identify themselves to be fertile. Diagnosis stimulates couples to face the reality of infertility due to which blaming and guilt arises. Infertility becomes the major focus of life causing financial and time constraints. Anger or depression may creep in, and there may be increased isolation — avoiding activities involving children, anger issues, etc. Selective perception of success rates and discounting of side effects and risks associated with the treatment may also result in further stress.

Management: One of the most challenging aspects of the infertility experience is dealing with the emotional ups and downs relating to medical treatment, the uncertainty about outcomes, and the challenge of having to make important decisions such as when 'enough is enough.' It is important to learn how to take care of yourself, make sure that you get the support you need, and manage your emotions so that your self-esteem and outlook towards life remains as much positive as possible. Therefore, stress management is the key, which can open up positive outcomes in life by opting for quality infertility treatment.

Contact: *Dr Pratima Grover,*
Kiran Infertility Centre Pvt Ltd,
Road No. 14, Banjara Hills.

For appointment, call:
040 66334453, +91 9533404400, or log
onto: info@kiraniifgenetic.com,
website: www.kiraniifgenetic.com

For more details please contact:
Dr Pratima Grover,
Kiran Infertility Center Pvt Ltd,
Road No.14, Banjara Hills.
Phone No: 040 66334453, +919533404400, or
Log onto: info@kiranivfgenetic.com,
Website: www.kiranivfgenetic.com

Branches

Nepal branch:

Website: www.surrogacycenternepal.com

Email address: info@surronepal.com

Gurgaon Branch:

Sector 46

Gurgaon

Website: www.gurgaonfertilitycentre.com