

P.D Hinduja Hospital & MRC hosts a patient education seminar on IVF

14 August 2019 | News

The seminar aimed to educate couples aspiring to become parents through In-Vitro Fertilization



India's renowned IVF consultant and Padmashree Dr. Indira Hinduja, Honorary Gynaecology Consultant, P.D. Hinduja Hospital & MRC conducted a free patient education seminar on In Vitro Fertilization (IVF) for couples aspiring to become parents. In addition to Dr. Hinduja's session, Dr. Priyadarshani Sukhadeve, Nutritionist shared her knowledge with the couples on the impact of nutrition and stress on infertility.

There are several reasons that can cause infertility among individuals. In women, the causes could be hormonal imbalances, stress, obesity, age and lifestyle related issues. In men, the reason could be low sperm count, hormonal problems, pre-existing genetic disorders. Alcohol and smoking are also one of the major reasons for infertility in men and women. In vitro fertilization (IVF) is a series of procedures used to help with fertility and assist with the conception of a child. IVF works by using a combination of medicines and surgical procedures to help the sperm fertilize an egg, and help the fertilized egg get implanted in the uterus.

Speaking at the seminar Dr. Indira Hinduja said, "IVF is a common mode of treatment used by every hospital across the world. With 5 decades of experience in the field, I have seen around 15000 couples successfully conceive babies by opting this technique. It is an absolutely safe way for couples who face fertility issues in starting a family. Initially, the success rate was only 10% amongst 20 cases I would take up, now, with the advent of technology the success rate that we see on an average, every year is about 40% to 45%."

Dr. Priyadarshani Sukhadeve, Nutritionist, P. D Hinduja Hospital took a session on bridging the gap between nutrition & infertility, stating that smoking, alcohol and steroids are the main factors causing infertility in both male and female. Limiting caffeine intake and adopting a healthy lifestyle could minimize fertility problems. She urged everyone to follow a balanced diet, take sufficient amount of rest and provide physical activity to the body.

With the right guidance and technology, the success rate of IVF has drastically increased making parenting a reality for many couples who would otherwise be unable to conceive. Around 30 couples attended the seminar.