

Inception of Conception



Happy New Year from Sunfert family to yours!

The year 2010 has passed and we welcome the New Year with a loud bang. It has been a fulfilling year for Sunfert as we had achieved success rates of above 50%. Since our inaugural newsletter in April 2010, a lot has happened (in a good way) and we would like to take this opportunity to update our readers the events that had taken place. So, once again Happy New Year to you, sit back with a cup of teh tarik and continue reading to find out what we have in store for you.



Editor's note

Finally, our newsletter has a name. We wanted a name that represents the first step of achieving a successful pregnancy. The Oxford dictionary defines "Inception" as starting point of an activity, which is "Conception", hence the name Inception of Conception. It rhymes! A lot has happened since we started operations back in November 2009 and we are proud to say that it was a fulfilling and definitely pleasurable year for us. However, there are still a lot of areas we can improve on. Our newsletter is designed to update, educate and

create awareness for the public on issues pertaining to human reproductive health, recent advances or technologies in infertility treatments and holistic approaches that may help improve the chances of conceiving. To show you that we are committed to providing 5-star quality service, we welcome comments, requests and enquiries. Furthermore, we will publish the letters on our next newsletter so that you can read what others have to say. Here's wishing you and your family a happy and prosperous new year.

Special events in Sunfert

- Sunfert's live – births (double celebration)
- New team members
- Latest additions in IVF treatment
- MindBody Fertility Treatment
- Pitterpatter.com.my

"Feeling fat lasts nine months, but the joy of becoming a mum lasts forever."

~Nikki Dalton~



"Children reinvent the world for you"

New Team for The New Year

Sunfert started off with only four staff in November 2009 and the number has increased to ten over the past few months.

Our Clinical Director, Dr. Wong Pak Seng, a fertility specialist and founder of Sunfert, is the main drive for the success of Sunfert. He graduated from National University of Malaysia in 1994 and obtained M.Med from University of Malaya in 2001. He is also a conferred Member of the Royal College of Obstetricians and Gynaecologists (MRCOG). Having a deep interest in human reproduction, he went to the United Kingdom to train under Prof. Ian Craft in 2002 to pursue a fellowship in Infertility and Reproductive Medicine. He also underwent clinical attachment at the Royal Free Hospital, London in Minimal Access Surgery making him a fully trained laparoscopic surgeon offering full range of laparoscopic infertility treatment.



Front row: May Q (Chief Embryologist), Dr. Wong (Clinical Director), Catherine (Nurse Manager)

Back row: Liza (HR), Sio Lee (Fertility Nurse), Angel (Fertility Nurse), Shanti (Clinic Asst.), Caroline (Sonographer), Jaya (Clinic Asst), Mun Theng (Junior Embryologist).

Latest Additions in IVF Treatment

Mini - incubator

Sunfert IVF is expanding to accommodate the growing numbers of infertile couples coming to seek professional assistance in human reproduction. The laboratory's capacity also must be increased in order to create the most conducive environment for the human gametes (eggs and sperm) and human embryos. Therefore, we would like to bring to your attention that Sunfert IVF's laboratory had increased the number of incubators so that each patient has its own privacy for embryo cultivation. A non-sharing concept of incubator can be advantageous to a certain extent, so that there are no extra loss of temperature and gas in the incubator. With the increased number of incubators, each patient has the privilege of having a private chamber for their embryos.



Multiple mini - incubators



Vitrification Kit
(latest technology in freezing)

Vitrification

The term vitrification means ultra-rapid freezing, which is used as another method of freezing human gametes (egg and sperm) and embryos in an IVF treatment. The process involves converting liquid into glass-like solid without creating any ice crystals as ice crystals are very damaging to any frozen living cells. As Sunfert IVF is always striving to improve on the success rates of frozen embryos, we had adopted vitrification into our laboratory protocol to give the highest possible egg and/or embryo survival rate after thaw and in turn may improve success rates.

**Sunfert
International
Fertility Centre**

**Level 2 (East Wing),
Sunway Medical
Centre,
No. 5, Jalan Lagoon
Selatan,
Bandar Sunway,
46150 Malaysia.**

Tel: +603 – 7491 6558

Fax: +603 – 7491 6557

E-Mail:

info@sunfert.com

Web Site:

www.sunfert.com

Laser Assisted Hatching

Since 1978, IVF pregnancy rates has risen slowly but steadily to levels considered normal for normal population (HFEA 5th Annual Report). However, there are still many uncharted areas as to why a pregnancy cannot occur even with good quality embryos transferred into the uterus. There are three main reasons for embryo implantation failure; (i) inherent embryonic factors, (ii) uterine receptivity factors and (iii) inability of the blastocyst to hatch from its confinement. The blastocyst is surrounded by a membrane known as zona pellucida that acts as a shell to ensure all its cells are intact within the blastocyst. In order for implantation to occur, the blastocyst must first hatch from the zona. Therefore, an accessory ART procedure, Assisted Hatching, was introduced to increase the chance of implantation especially in women with repeated IVF failure and advanced age. Now, this service is available here at Sunfert. If you have experienced repeated IVF failure and/or of advanced maternal age, consult our fertility specialist the possibility of including this treatment in your IVF treatment at Sunfert.



Our Reproductive Partners

For those that are unaware of Sunfert's partners in reproduction, let us introduce them to you.

MindBody Fertility

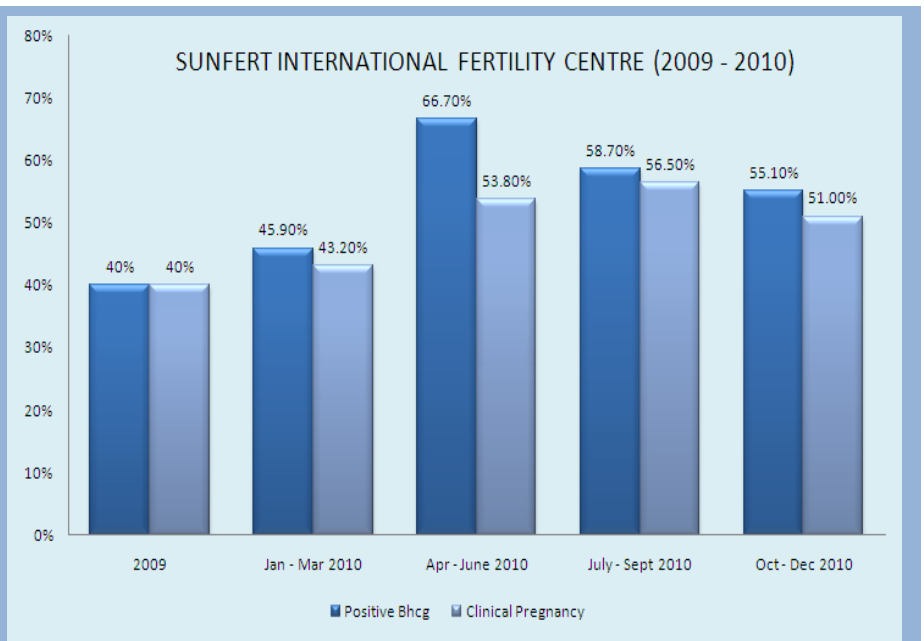
Sunfert has incorporated a new holistic treatment programme into our IVF programme. This Mind/Body Fertility program consists of 4 individual sessions where you will be coached in learning the technique for enhancing fertility and conception. This special program transforms fear, stress and frustration into a calm, peaceful, positive attitude towards a viable pregnancy during your IVF cycle. This program also helps you to generate positive biochemical changes that may affect how you feel and the most helpful way to handle the stressors of a cycle. These changes will also help you to balance your hormones and to reduce the negative effects that strain your body. This non-invasive Mind/Body Fertility program is conducted by CT Ong whom is currently the only certified HypnoFertility practitioner in Malaysia.

Pitterpatter

Introducing Pitterpatter, which is a group created by two obstetricians with the intention of promoting awareness on women's health and pregnancy related issues by having frequent seminars, public forum and activities for parents-to-be where healthcare information and education can be obtained for a healthy pregnancy. You can surf www.pitterpatter.com.my for more details on their upcoming events or join them on Facebook.

Success Rates since November 2009

Sunfert IVF began operations back in November 2009 and since then Sunfert had assisted more than 200 infertile couples. The bar graph on the right indicates Sunfert IVF's success rates thus far. We are proud to announce that our current success rates are above 50% and there is still a lot of room for improvement. Last year's feat was definitely a good team's work as no man is an island. Sunfert IVF staff will continuously strive for better fertility care, service and most of all results to benefit many more infertile couples out there.



Baby Lukas and Baby Evan

Lukas and Evan came to this world on August 9th 2010 under Dr. Wong Pak Seng at Sunway Medical Centre. The little darlings weighed in at 3.06kg and 3.17kg respectively and they were one of the first few Sunfert's live-births. It all started on a bright sunny day on December 7th 2009 which Lukas and Evan were created. We had the privilege of conducting a short feature interview on Wendy and Marc's journey into becoming parents.

Sunfert: Tell us when both of you started to try to conceive and how did you come across Sunfert.

Wendy: Marc and I have been married since November 2006 and we were trying for one year before starting to seek professional assistance in Singapore at first. A close friend of mine had already gone through a successful IVF cycle with Dr. Wong Pak Seng. She now has a bubbly 2-year old son. After exchanging notes with her and after having met Dr. Wong Pak Seng in person, I felt fully confident and at ease to proceed with Sunfert. Marc and I had been seeking fertility help for about 9 months in Singapore, including a lot of "famous" fertility doctors. To be perfectly honest with you, I felt that the doctors' treatments were actually quite impersonal and the whole experience was more business driven rather than based on my feelings and emotions.

Marc (laughs): To put it quite bluntly, I personally felt that we were treated like a manufacturing item on an assembly line in Singapore. Our needs, fears, hopes and all other conflicting feelings throughout the process were never fully addressed.

Wendy: After personal consultation with Dr. Wong Pak Seng, both Marc and I felt that this was actually the first time throughout our fertility assistance journey all of our feelings, emotions and attitudes were fully addressed. Dr. Wong put both of us at ease, explained the entire process extremely well and always took his time to answer all of our questions.

Marc: In fact, Wendy insisted that only Dr. Wong Pak Seng should be her OBGYN. Bear in mind that this meant that we would travel back and forth between Singapore and Kuala Lumpur every month for the doctor's appointments. Since the choice of OBGYN is obviously quite personal to a woman, we felt that even this inconvenience of traveling between Singapore and KL was worth the effort.

Sunfert: How was the fertility care or services at Sunfert? Was it scary, were you confused or lost?

Wendy: Not at all, I was neither scared, confused nor lost. In fact, I was really excited since I had already spent months researching the entire IVF procedure. In addition, Dr. Wong answered all my remaining questions, as such I felt ready to "take the plunge". I was really looking forward to the treatment because we needed to wait for a couple of months for Sunfert's lab to be ready. The fertility care and services at Sunfert were excellent, given that the lab was brand new with the newest equipment and hospital day-beds/rooms.

Sunfert: Did you feel a lot of discomfort during self-injection, egg retrieval, embryo transfer and during the waiting time (2 weeks before blood test)? Also what were your feelings on blood test day?

Wendy: The self-injections did not lead to any discomfort whatsoever and not as scary and painful as some internet discussion forums make you believe. Of course, not being afraid of syringes helps a lot. Sunfert's staff gave very detailed instructions when and in which body parts to put these injections. The egg retrieval went very smoothly. Only the embryo transfer was uncomfortable but I have to admit that this was partially self-inflicted. I was told to drink some water so a semi-filled bladder would make the ultrasound view during the egg transfer clearer. I was a little "kiasu" and drank a whole cup of water. Since the embryo transfer took a little longer than I expected, my bladder was way too full and made me quite uncomfortable. The toughest experience in the whole process was the waiting time between completed embryo transfer and the pregnancy blood test two weeks later. The two weeks felt like two months, and I was a little anxious since I did not "feel" pregnant and didn't show any pregnancy symptoms throughout this two-week period. It was nerve wrecking, to be perfectly honest with you. After receiving the good news, tears of joy ran down my face freely after all the waiting and the anxiety. I hugged each and every single staff member of Sunfert. It was the most joyful day of my life.

Sunfert: Having twins, has it changed much of your lifestyle?

Wendy: Of course there are dramatic changes. I haven't had uninterrupted sleep in the first couple of months. My life fully revolves around my two boys now, and I'm quite dedicated to continue to give them mother's milk for improved immune system. Organizing the daily routine is the key with twins with predetermined daily tasks. Otherwise, "twin chaos" will rule your day.

Sunfert: Any particular meaning to the names Evan and Lukas?

Marc: Lukas is the German spelling of the evangelist Luke from the Bible. Of course it doesn't hurt that one of Germany's current football strikers is named Lukas, as well (Lukas Podolski).

Wendy: Evan is a Welsh name. It means "God's gracious gift". Both Marc and I deeply feel that we have truly been blessed by God with our "double gift".

Sunfert: Any plans for a third one?

Marc (laughs): Not at the current stage. Life is quite busy as it is with Lukas and Evan around now. In addition, I have to ensure that the family finances, including health insurance and education savings for Lukas and Evan, are fully under control before we try for another family extension. But I am totally open to having a little daughter as newest family member in 2 years from now.

Wendy: Not now, my life is overwhelming as it is with Lukas and Evan around. A little daughter a couple of years down the road could be a possibility.



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at marc.ikels@financialadvice.com.sg
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