



The Infertility Support Network (TISN) Trust

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WORD FROM THE FOUNDERS

This edition of the TISN newsletter is dedicated to those who have gone past society and the medical perceptions of child-bearing and yet are still recording giving birth to healthy babies. We respect the opinion of the medical society but are quick to also acknowledge that God has a perfect plan for each of our lives ... if that plan includes having a child biologically, it will happen sooner or later. We encourage you to live balanced lives and enjoy your partner along this long journey to parenthood. Many marriages crumble under the strain of disappointment. It is up to you to keep focussed and still enjoy life to the fullest. Please don't hesitate to keep in contact !

Krishnee Kissoonduth

[HTTP://WWW.WORLDOFSURROGACY.COM](http://www.worldofsurrogacy.com)

The founder of this website has had 3 children born with the help of a surrogate from India.



Fertility boffins crack the IVF egg question

A STUDY of more than 400 000 in vitro fertilisation (IVF) cycles has found that doctors should aim to retrieve at least 15 eggs from a woman's ovaries in a single cycle for the best chance of achieving a live birth.

The study, published in the *Human Reproduction* journal, found a strong link between live birth rates and the number of eggs retrieved in one cycle of IVF.

The live birth rate rose with an increasing number of eggs up to about 15, researchers found, but it levelled off between 15 and 20 eggs, then steadily declined beyond 20.

Arri Coomarasamy of Britain's Birmingham University, who led the study, said the findings suggested that aiming for at least 15 eggs per cycle would maximise the chances of a live birth, while minimising the risk of overstimulating the ovaries, risking a condition known as ovarian hyperstimulation syndrome (OHSS).

"Infertility is a problem that affects one in seven couples globally, experts say.

Hundreds of thousands of IVF cycles are conducted each year around the world for people wanting babies.

The process involves surgically removing eggs from the ovaries of the woman and combining them with sperm in the lab.

Doctors pick the best embryos and implant them in the uterus.

Drugs are often prescribed beforehand to stimulate the ovaries to produce more eggs.

"A standard stimulation should aim for 10-15 eggs, and we believe this is what is associated with the best IVF outcomes," Coomarasamy said.

"When the egg number exceeds 20, the risk of OHSS becomes high."

OHSS is an excessive response by the ovaries to hormone drugs administered to stimulate the production of eggs for collection for IVF cycles.

It can cause abdominal pain, swelling and sometimes nausea and vomiting, and in rare severe cases it is a life-threatening medical emergency.

Coomarasamy's team analysed data from Britain's Human Fertilisation and Embryology Authority on 400 135 IVF cycles in the UK between April 1991 and June 2008.

Because live birth rates have improved during this time, the researchers used data from 2006 to 2007 to create a predictive model they reckoned would best reflect current practice.

Using the model, they plotted a mathematical graph – a nomogram – which shows the relationship between women's age, the number of eggs retrieved and the predicted live birth rate.

Coomarasamy said doctors and patients could now use the nomogram, combined with other measures – the anti-mullerian hormone (AMH) and antral follicle count (AFC) tests – when making decisions about how much ovarian stimulation would be needed to get the optimum number of eggs.

"If clinicians use AMH or AFC to estimate the egg yield, they can then use our nomogram to convert this estimated number of eggs into a predicted live birth rate, thus completing the prognostic chain to estimate the chances of what both they and the women want: a live born baby," he said. – Reuters

AND BABY MAKES THREE!

PAIN IN THE BACK BRINGS HOLIDAY MUM A TINY SURPRISE

YOGAS NAIR

STRANGE but true! That was certainly the case for a Hammarisdale woman who was unaware she was pregnant until she "suddenly" gave birth while holidaying with her husband in India.

When Johnson Reddy 48, and his wife Salo, 46, hopped on a plane to India, a few weeks ago, they did not expect to return home with a sister for their children Callaghan, 25, and Claudine, 21.

Salo Reddy said the day Cayleigh had been born, they had visited the Taj Mahal, in Agra.

Said Reddy: "We walked around for about two hours before we returned to our hotel in Delhi, later that afternoon. It was a five-hour journey back. When we arrived at the hotel, my back was sore. But I attributed it to all the walking."

She said a few hours later

the pain worsened and her husband suggested she go to a hospital.

"At the time I thought there was something wrong with my stomach or womb. There was also some movement but I thought it was my hernia playing up again. The thought did not cross my mind that I was in labour."

BABY GIRL

At the hospital, Reddy said while her husband filled in the paperwork, she was rushed to the labour ward.

"Even at that point, I thought something was wrong with my womb. The doctor did a scan and told me I was going to give birth. I was stunned. It seemed unbelievable. A few minutes later I gave birth to a bouncing baby girl."

Reddy said when he arrived at the ward, he was stunned to see the baby in her arms.

"Johnson was shocked, but he pulled himself together and even went shopping alone for

nappies, bottles and baby clothes. I was in hospital for three days before being discharged."

She said they remained in India for a further week until Cayleigh's visa for travel to South Africa was approved.

"The toughest hurdle was breaking the news to our children. They were also shocked but excited at the same time. It was an emotional reunion at the airport."

HARD TO BELIEVE

Reddy said back home, her children had set up Cayleigh's nursery and "shopped until they dropped", finding the right cot, pram, car seat and clothing for their baby sister.

She said people found it hard to believe she did not know she was pregnant.

"After Claudine's birth, doctors advised me not to have more children because I suffered from chronic high blood pressure. I had no intention of having a baby at my age. It

seemed God had other plans.

"For this pregnancy I did not put on weight. My stomach did not swell nor did I suffer any pregnancy symptoms such as nausea. I even fitted into my normal clothing.

"The greatest miracle is that Cayleigh, which means beautiful, was born healthy. I had no maternity care. At my age, the risks of having complications was high. But our faith in God, made her birth possible."

Reddy said she had no regrets. Durban gynaecologist Dr Benjamin Bishop said this was the first time in his 30-year career that he had heard of such a thing.

Said Bishop: "The reality is that anything is possible. But I find it hard to believe the woman had no signs she was pregnant. She would have had irregular periods, tenderness of the breasts and maybe nausea. Her claim is baffling."

Do you think it is possible to be pregnant and not know? SMS your views to 31455 with the tagline POSTchat.



Johnson and Salo Reddy with their daughter Cayleigh

Picture:ZAL SINGH

NEVER TOO LATE, MUM!

KLENE MARRIAH

SHE WAS HEALTHY AND FITTED THE PROFILE - DOC

AGE is but a number! So says Sea Cow Lake couple Elizabeth and Dhanraj Chattergeon, who welcomed their first-born into the world last month, after 30 years of marriage.

Elizabeth, a businesswoman in her mid-50s dealing in Eastern wear, said her longing to conceive did not die with age.

"I wanted to experience everything about motherhood. The nine months during pregnancy and seeing my child for the first time. It was the most beautiful experience," she said.

The couple said their journey to conceive had left them despondent many times.

"We spent thousands of rupees on fertility treatments, but were always left disap-

last year, an employee at my business recommended Durban gynaecologist, Dr Sagie Naidoo. I went there with the attitude, I've tried it all, what's one more time."

Elizabeth said on meeting the gynae she was impressed with the passion he showed.

"He supported my intentions to have a child at my age and shared my passion. Sixteen days after having the IVF treatment, I received news that I was pregnant. The feeling was indescribable."

Having suffered no morning sickness, cravings and minimal weight gain, Elizabeth gave birth to a bouncy baby boy named Sahil on May 10, at St



Dhanraj and Elizabeth Chattergeon with their month old son Sahil
Picture: ZAUL SINGH

Sahil, whose name translated means Swami's baby.

"He is a lovely baby who is always content."

having a Caesarean section, she was out and about.

"I think the excitement had me moving around. However, according to the Hindu custom I have to be at home for 40 days. I cannot wait for this period to be over so my family and I can head to India to visit Sai Baba's ashram at Puttaparthi."

The couple, who have an adopted son, now 30 and mentally challenged, said they were planning to have more babies.

"God has a plan for us all and age is only about how you feel. Right now Dhanraj, a teacher, and I are so happy nothing else matters."

Dr Naidoo, one of Durban's leading fertility specialists,

oldest first-time mom.

"There are more and more requests for this type of fertility process as women are delaying their child-bearing due to career progress. Advances in reproductive techniques have allowed women to push back their biological clock."

"In Mrs Chattergeon's case women in her age group have a five percent chance of getting pregnant. It's exciting that it happened so quickly for her."

"Also she fitted the profile, as she was extremely healthy for her age and was able to carry through the pregnancy."

Naidoo said his clinic performed on average 25 IVF treatments a month with 30-35 percent success.

Door closes on adoptions

No babies from India available as agency refuses cases

TENZEMIA NAIJDOO

AN OVERWHELMING demand for babies and children from India by childless South African couples has threatened future adoptions between the two countries.

South Africa's only adoption agency accredited by India's Central Adoption and Resource Authority (Cara) has stopped taking on any new cases.

Cara, which has agencies around the world, is the only one mandated to monitor and regulate inter-country adoptions.

However, last year its South African accredited agency, Onderstepoort, based in Pretoria, stopped taking on new cases when their social worker handling Indian adoptions resigned.

National Department of Social Development spokesman Abram Fuchsmeihla said: "The department is aware that Onderstepoort is no longer accepting new applicants from Indian families as the social worker who was facilitating the adoptions had to terminate her services due to challenges she experienced



OPEN WIDE: Yurish Harichand, 11, from Durban, feeds a sardine to Khanya, a bottlenose dolphin, at uShaka Marine World. It will be World Ocean Day on Wednesday. East Coasters and dolphins are also eagerly awaiting the arrival of the sardines. Picture: JACKIE CLAUSEN

in India (as a result of the volume of administration related to the adoptions)."

He said the organisation was still in the process of finalising outstanding adoption cases.

About a dozen families, who pay up to R100 000 an adoption, including flights to India, were believed to be on the waiting list.

He said unfortunately new families wanting to adopt

children from India would have to wait for an agency to become accredited in South Africa.

No one from Onderstepoort was willing to comment.

This week a Pietermaritzburg woman, who asked not to be named, told the Sunday Times Extra that she had been trying for the past three years to fall pregnant and had tried

every option available.

The 25-year-old said she had heard about adoptions from India after finding it was difficult to adopt South African Indian babies.

But she found that the agency was not taking any new families.

"This was our only option. We don't know what to do from here."

She said while she was aware she could adopt a

baby of another race in SA, she wanted an Indian child.

Durban businessman Vijand Desai, who adopted a five-year-old Indian girl in 2009 through Cara, said he received many queries from childless couples every week.

"They want to know how to go about adopting children from India."

"I can't understand why this service is no longer

available." For the past four years, childless couples have been applying for Overseas Citizenship of India cards to help them adopt babies from the subcontinent.

Department statistics show 365 Indian children were adopted by South Africans from 2005 to 2010.

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