

CHOOSING THE RIGHT CLINIC IS IMPORTANT

The Samaa Fertilization Center (SFC) is a state-of-the-art fertility center offering top quality fertility treatment in a caring and supportive environment. We aim to routinely offer cutting edge assisted reproductive technologies aiming to offer our patients the best possible chance of achieving their longed-for pregnancy.

We welcome all those seeking help with fertility problems and pride ourselves on being able to assist patients whose treatment has been unsuccessful elsewhere. One of our goals is to make access to treatment easier for patients with more complicated fertility problems or circumstances.

The clinic is headed by *Dr Nawal Al Abassi* and *Dr Ahmed Elbohoty*, who are at the forefront of new developments in the field of infertility and have many years of experience behind them. The unit has been designed and constructed based on the highest international standards. Our clinical embryologists are a highly experienced team trained in the UK and dedicated to furthering the science of

successful fertility treatments. All our teams work together in a multidisciplinary manner in order to offer our patients the highest possible standards of care and treatment.

It is worth noting that we are the only clinic in the UAE voluntarily working according to the United Kingdom's Human Fertilization and Embryology Authority's (HFEA), as well as the European Society of Human Reproduction and Embryology (ESHRE) guidelines. We also work closely with the local Dubai Health Authority (DHA) in order to ensure compliance to the *Federal Law No. (11) of 2008* guidelines and regulations.



"A highly experienced team, dedicated to furthering the science of successful fertility treatments."

OUR PHILOSOPHY

At SFC our patients come first. We are committed to excellence and our holistic approach to investigating and treating fertility problems offers everyone seeking our medical help the highest possible chance of achieving a pregnancy. By providing our patients with the necessary knowledge and information we enable them to be more actively involved in their own fertility management and this in turn enables us to tailor each treatment to each patient's individual needs. We strive to help couples achieve their long-awaited family. With us you will have access to the most advanced science and the very best chance of having a baby.

WORLD-CLASS FERTILITY TREATMENT

The following fertility treatment options are available at SFC:

- ✚ Ovulation induction
- ✚ Intra-Uterine Insemination (IUI)
- ✚ *In Vitro* Fertilization (IVF)
- ✚ Intra-Cytoplasmic Sperm Injection (ICSI)
- ✚ Surgical Sperm Retrieval (TESE/PESA)
- ✚ Routine semen analysis / freezing
- ✚ Preimplantation Genetic Diagnosis (PGD)
- ✚ Preimplantation Genetic Diagnosis (PGS)
- ✚ Laser Assisted Hatching (LAH)
- ✚ Blastocyst Culture and Transfer
- ✚ Egg Freezing (vitrification)
- ✚ Embryo freezing (vitrification)
- ✚ Replacement of Frozen Embryos

Appointments with our fertility specialists are available immediately. We guarantee a response to any query within 24 hours.

Patients will be advised on the most appropriate treatment for them. A semen analysis and pelvic ultrasound scan are normally carried out and results are discussed on the same day. There is no waiting time for treatment and patients can usually start treatment at a time that suits them. The following tests are required prior to treatment:

- FSH, LH, estradiol and AMH n day 2-5 of your menstrual cycle.
- HIV, Hepatitis B & Hepatitis C
- Pelvic ultrasound

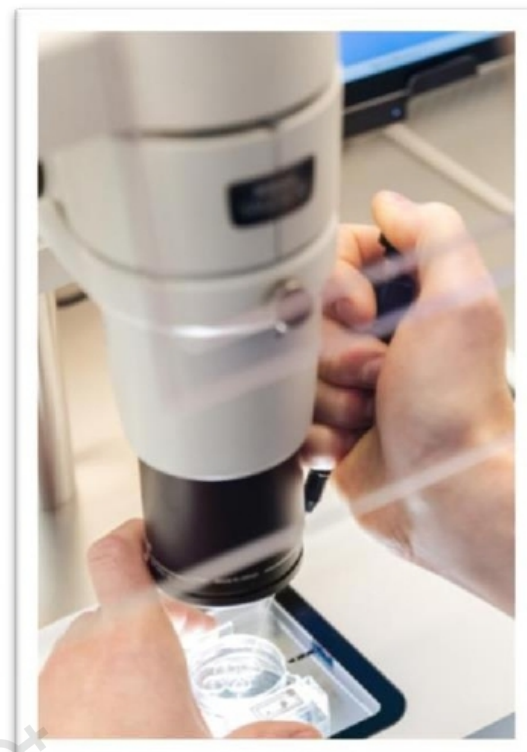
Patients may be recommended to have further tests prior to commencing fertility treatment. We offer free fertility and genetic counselling to all our patients in order to support all couples before, during and after treatment.

FERTILITY TREATMENTS

We have the resource and expertise to explore potential reasons for infertility before recommending or commencing treatment. We are fully equipped to provide a comprehensive range of fertility screening and treatments. The treatment type to be selected will obviously depend on the needs and preference of each patient.

Ovarian Stimulation & Monitoring

This involves monitoring menstrual cycles with ultrasound scans and if necessary, using medication to stimulate egg production. But before eggs can be retrieved, the ovaries must be stimulated. Without the help of fertility drugs, your body will typically only produce one (or maybe two) eggs each month. For IVF, a larger number of eggs will offer a better chance of success. Injectable fertility drugs are



used to stimulate the ovaries to mature a larger number of eggs for retrieval.

Fertility drugs Fertility drugs generally work like the natural hormones, follicle-stimulating hormone (FSH) and luteinizing hormone (LH), to trigger ovulation. Fertility drugs may include:

Clomiphene citrate: is taken by mouth and stimulates ovulation by causing the pituitary gland to release more FSH and LH, which stimulate the growth of an ovarian follicle containing an egg.

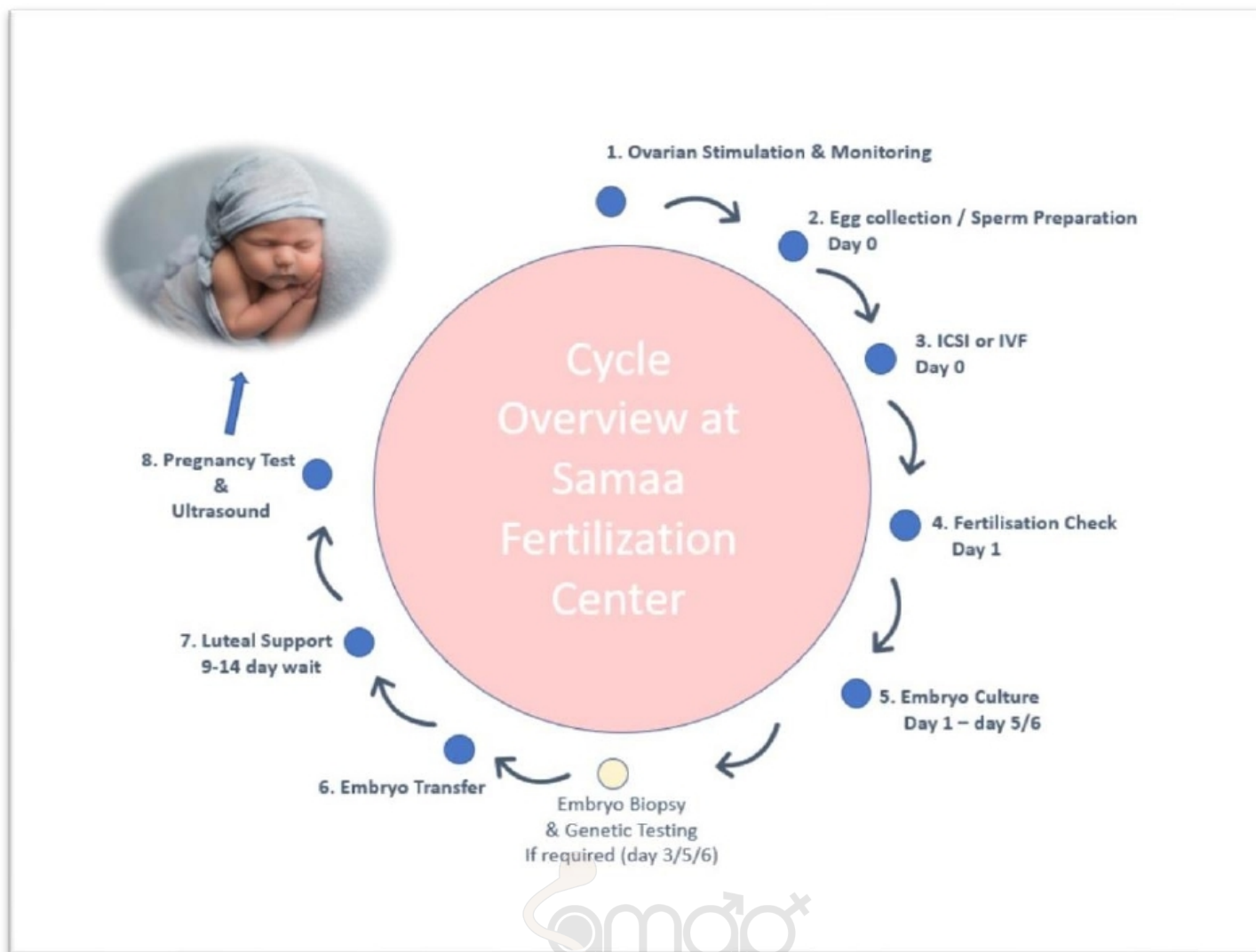
Gonadotropins: Instead of stimulating the pituitary gland to release more hormones, these injected treatments stimulate the ovary directly to produce multiple eggs. These are usually injectables taken daily for about two weeks. Gonadotropin medications include human menopausal gonadotropin or hMG (*Menopur*) and FSH (*Gonal-F*, *Follistim AQ*,

Bravelle). Another gonadotropin, human chorionic gonadotropin (*Ovidrel*, *Pregnyl*), is used to mature the eggs and trigger their release at the time of ovulation.

Intra-Uterine Insemination (IUI) The simplest type of assisted reproductive technology, IUI involves the injection of a prepared sperm sample into the woman's uterine cavity via the cervix.

In Vitro Fertilization (IVF) and Embryo Transfer

IVF is the most effective treatment for women with absent, blocked or damaged fallopian tubes and it is also used to treat other causes of infertility. The process involves collecting eggs from the woman's ovaries, fertilizing them with the partner or donor's sperm in the laboratory and transferring the embryos back into the uterus three (cleavage stage of embryonic development) or five days later (at the blastocyst stage of development). At SFC



egg collection is performed under mild sedation or in some cases general anesthesia

Intra-Cytoplasmic Sperm Injection (ICSI)

ICSI is the injection of a single sperm directly into an egg using a special needle and a micromanipulator. It is recommended in cases of severe male infertility and where there have been cases of no fertilization following IVF previously.

Surgical Sperm Retrieval

Testicular Sperm Aspiration (TESA) or Percutaneous Epididymal Sperm Aspiration (PESA) are two surgical procedures typically used to extract sperm from the male partner who does not have sperm in his ejaculate. This is recommended to men who have absence or blockage of the tube (vas deferens) or non-obstructive azoospermia. The sperm can then be used for ICSI on the day of egg collection.

Laser Assisted hatching In some cases, the *zona pellucida* (ZP): outer 'shell' of the embryo is too hard for the embryo to hatch out and attach to the wall of the uterus. In assisted hatching, the outer shell is either thinned or opened by laser in order to facilitate implantation.

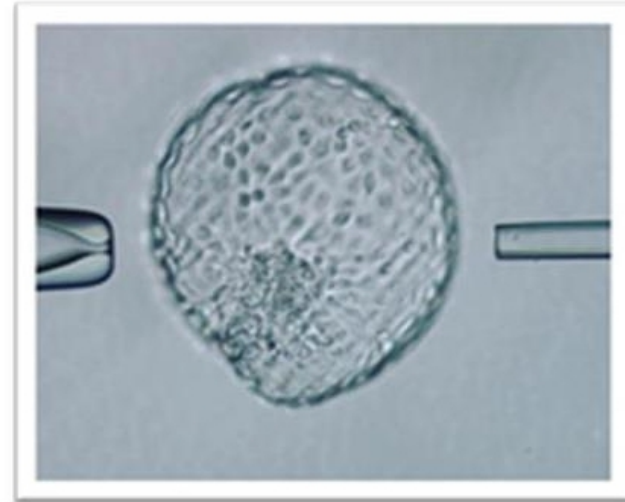
Embryo Freezing and Replacement of Frozen Embryos Embryos not transferred to the uterus may be frozen for up to 5 years after case-by-case approval by the Ministry of Health. Frozen embryos can be warmed and transferred into a future cycle (natural or supported).

Egg Freezing SFC offers egg freezing to married women who are facing significant decline in ovarian function, which may have an impact on their future fertility. Social egg freezing is also offered to our patients upon request.

Preimplantation Genetic Screening & Diagnosis (PGS/PGD)

This allows for embryos to be tested prior to implantation for certain chromosomal abnormalities. After genetic screening only

normal embryos are transferred back to the uterus thus increased the chances of a healthy pregnancy. This has been shown to significantly increase pregnancy rates in patients over 40 years of age.



Embryo Transfer By culturing the embryos until day 5 and/or 6 of embryonic development we can guarantee increased pregnancy rates as this allows more time for the selection of the best embryo(s). The number of embryos transferred will depend on the patient's history and age.

Luteal Phase Support after embryo transfer progesterone supplementation is advised and is usually in the form of a gel, pessary or injection. Progesterone support is continued until the pregnancy test and if positive is continued until week 12 of pregnancy.



FURTHER INFORMATION

If you would like to find out more about SFC or if you would like to be informed of the options available, we would be very happy to answer all your queries or concerns and even meet you in person if desired.

Please call the Fertility Coordinator on +971 (0) 43955288 or email laboratory.sfc@smcae.net directly.

Patient information evenings

These are held regularly throughout the year for couples thinking about fertility treatment. Attending an information evening can potentially help to answer many questions as well as enable couples to reach a decision as to which clinic is more suitable to them. Our website contains useful and up-to-date information about the fertility and gynecology treatments we offer and the clinic itself.

Patient information brochures

We have useful guides for each type of treatment with detailed information about specific procedures and the relevant costs offered at SFC. These can be obtained by emailing or calling the Fertility Coordinator.



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