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## Press Release

### MITERA: Innovations in IVF

The advancement of science makes the desire of infertile couples to have their own healthy baby increasingly possible.

The innovative embryo development and culture methods, coupled with the state-of-the-art equipment of MITERA Hospital's IVF Unit lab, have contributed in the Unit having performed over 10,000 IVF cycles in the last 10 years, while more than 3,000 children have been born as a result of these techniques.

This was announced during the 2-day meeting entitled "Fertility 360°", organized by MITERA Hospital's Assisted Reproduction Unit (IVF) at the N. Louros Conference Center on 9<sup>th</sup>- 10<sup>th</sup> March. Many distinguished Greek and foreign scientists attended the meeting, including the internationally-acclaimed Gynecologist Professor Mats **Brännström**, from the Sahlgrenska Academy, University of Gothenburg, Sweden, who has performed the world's first successful uterine transplantation.

The Professor talked about all the latest findings with regards to research in uterine transplantation, and human implementation and correlation to Assisted Reproduction techniques. He remarked, "We want to give the opportunity to women who have been born without a uterus, as well as women who have lost their uterus due to disease, to become pregnant. So far, my team has performed 6 successful uterine transplantations. The next step is for these women to become pregnant, after undergoing IVF. This has not been achieved yet in humans, but it has been successful in lab animals. During the meeting, I was able to discuss with colleagues from MITERA Hospital's IVF Unit, in an effort to discover ways for these women to conceive. After 12 years of research, we are very close to making this dream a reality."

Commenting on the innovative uterine transplantation technique, Dr Georgios Ioannidis, Consultant Reproductive Gynecologist and Scientific Director of the IVF Unit, stated, "We are constantly working closely with the most distinguished colleagues worldwide and implement all the latest IVF techniques. At MITERA IVF Unit, we realize that these techniques are now possible, and we stand by and support our Swedish colleagues. Such developments would overcome the problems associated with surrogacy and assist women who do not have a uterus to become pregnant. However, we are indeed confronted with moral dilemmas, which must be resolved in the coming future, with the State instituting legislation to this effect. These dilemmas mainly relate to which women should donate or receive a uterus and at what age."

Clinical Embryologist Giles Palmer, Director of the Assisted Reproduction Unit, declared, "One in 6 couples at reproductive age who wish to have a child are facing difficulties. Assisted by the constant developments and innovations in the field of IVF, we are able to offer a comprehensive treatment plan to subfertile couples. By implementing the new time-lapse embryo monitoring

technique, the specialized IMSI technique and preimplantation diagnosis, the IVF success rates within our Unit have already increased by 10% in the last year, compared to previous years.”

A great number of couples attended the event on Sunday March 10th, which aimed at giving an open forum for discussion to anyone who wanted to be briefed on the latest technologies and the factors affecting the effectiveness of IVF. All couples who attended the event received a 20% discount for one IVF cycle at MITERA Hospital’s Assisted Reproduction Unit, as well as the opportunity for a free consultation with a dietician and a psychologist.

*MITERA Hospital’s Assisted Reproduction Unit (IVF) is among the largest units with the most successful IVF results. Moreover, the ISO 9001:2008 certification strengthens its position in the international medical tourism market. The Unit has been designed in accordance with the standards that apply to similar units in Europe and the USA, and is one of the most respected in Greece. It operates within a large maternity and gynecology hospital, thus ensuring the greatest possible safety, as well as medical services provided by doctors of all specialties.*