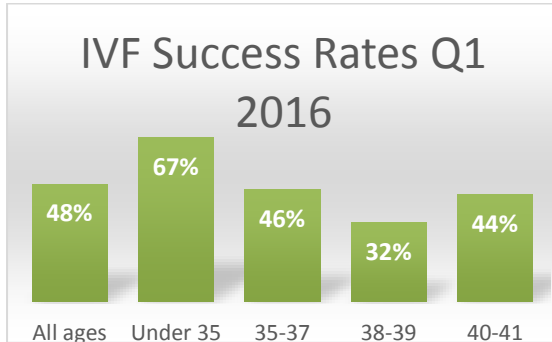




August



## MFC News Success Rates



Our **clinical pregnancy** rate for IVF and ICSI treatments for the first quarter of 2016 is outstanding at 47.9% per completed cycle of treatment across all age groups. In couples where the female partner is 35 years of age or younger, the chance of a clinical pregnancy with a fresh cycle of treatment was over 66%.

## Public Seminars

Part of our mission at MFC is to provide information, education and advice to those who may be affected by infertility.

From October we will be holding a series of public seminars on topical issues relating to fertility and ART. These are free events, however registration is required. Please see reverse of newsletter for topics and speakers.

Patients can access schedule and register on our website [www.merrionfertility.ie](http://www.merrionfertility.ie)

## Zeus Referrals

We are delighted to announce that we are now on Zeus and are accepting e-referrals immediately from GPs and Consultants with *socrates software*. All of our doctors work here at the Clinic **and** at the National Maternity Hospital, Holles St. Patients can be referred to MFC or our public clinics at NMH.

## Consultant Obstetricians and Gynaecologists at MFC and NMH:

- ❖ Professor Mary Wingfield MD FRCOG
- ❖ Dr Cathy Allen MD FRCOG FRCPI
- ❖ Dr Helen Spillane MRCOG
- ❖ Dr Fiona Martyn MD MRCOG

## Clinical Fellows MFC and NMH:

- ❖ Dr Yvonne O'Brien MRCOG
- ❖ Dr David Crosby MRCOG

For more information on our doctors and our services please visit [www.merrionfertility.ie](http://www.merrionfertility.ie)

## Folic Acid and Vitamin D Supplements

All women trying to conceive should take Folic acid 400mcg daily. Those with a BMI > 30, a personal or family history of spina bifida, Diabetes, Malabsorption issues or on certain epilepsy medications should take 5mg daily.

Recent guidelines from Public Health England and the British Fertility Society are that all adults should ensure Vitamin D intake of 10mcg per day, at least during the months of October to March. It is hard to ensure this with diet so we are now advising women and men to take supplements but only at this dose.

## Zika Virus

As the epidemiology of this disease evolves, guidelines may change but we are currently advising those trying to conceive not to travel to Zika affected countries. If they do, they must use condoms while there and for 8 weeks after they return. Treatment and pregnancy cannot proceed for at least 8 weeks. If patients have a Zika infection (symptoms), women need to wait 8 weeks and men up to 6 months before treatment or conception.

**Dr Mary Wingfield, Clinical Director**

**Merrion Fertility Clinic is a not for profit organisation at the National Maternity Hospital**



August



**MFC Public Seminars**

**Lecture Theatre, 1<sup>st</sup> Floor 65/66 Lower Mount St.**

**Times: 18.00-19.00**

Date	Topic	Speakers (hyperlinks to profiles)
Wednesday 5 <sup>th</sup> October 2016	Common Problems: <ul style="list-style-type: none"><li>• Female Factors</li><li>• Male Factors</li><li>• Lifestyle</li></ul>	<a href="#">Dr Mary Wingfield</a> <a href="#">Dr Helen Spillane</a>
Wednesday 2nd November 2016	Treatments and Technology: <ul style="list-style-type: none"><li>• Non IVF incl surgery</li><li>• IVF</li><li>• The science of embryology</li><li>• Interpreting success rates</li></ul>	<a href="#">Dr Fiona Martyn</a> <a href="#">Dr Mary Wingfield</a> <a href="#">Jennifer Cullinane</a>
Wednesday 7 <sup>th</sup> December 2016	Future proofing your fertility: <ul style="list-style-type: none"><li>• Ovarian reserve and AMH</li><li>• Egg freezing</li></ul>	<a href="#">Dr Cathy Allen</a> <a href="#">Dr Yvonne O'Brien</a>

**Dr Mary Wingfield, Clinical Director**

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