

Acupuncture and TCM A New Hope for Infertility



As Acupuncture and Traditional Chinese Medicine (TCM) become more and more popular, Western doctors are increasingly recognizing this ancient Chinese practice as a form of treatment for a variety of ailments. In a recent study conducted by a European research group, Acupuncture was found to be helpful for those experiencing infertility. Acupuncture and TCM treats endometriosis and helps regulate menstrual cycle disorders.

Research Proves... Acupuncture Works !

In a 2002 observational study conducted in Germany, out of the 80 women who underwent In-Vitro Fertilization (IVF) while receiving Acupuncture and TCM, 34 women (43%) got pregnant. Of the 80 who did not receive acupuncture, only 21 women (26%) became pregnant.

German Study 2002	
IVF with Acupuncture Therapy	In-Vitro Fertilization (IVF) Only
42.5%	26.3%

In 2005, an American study also confirmed that acupuncture used alongside IVF treatments can dramatically increase the likelihood of success. Of the 114 women involved, 51% of the women who received acupuncture became pregnant while only 36% of the women who had IVF alone become pregnant. A deeper analysis of the experimental group revealed that, only 8% of the women in the acupuncture group miscarried while 20 % of the women in the IVF-only group miscarried. This made apparent that acupuncture not only increases the rate of pregnancy but decreases the

likelihood of ectopic pregnancies and miscarriage.

American Study 2005	
IVF with Acupuncture Therapy	In-Vitro Fertilization (IVF) Only
51%	36%

Acupuncture has been clinically proven to:

Enhance Egg Quality: Test results of clients who have undergone acupuncture have shown that the egg quality significantly improves.

Enhance the Quality of the Uterine Lining: A healthy uterine lining is necessary to help with embryo implantation and to grow a healthy baby. Acupuncture improves the flow of healthy blood into the uterus.

Reduce the Chances of Uterine Contraction After IVF procedures: Acupuncture relaxes the patient and the uterus so it won't contract and expel the fertilized egg.



Infertility in Men

Although the majority of infertility treatments are oriented toward women, male infertility problems must also be addressed in order to increase the rate in success in IVF treatments. The National Infertility Association (an organization known as RESOLVE) published that between 35-40% of all infertility problems are actually caused by male conditions.

Sperm potency: Low sperm count; abnormal sperm morphology (shape), and low sperm motility are usually asymptomatic (i.e. there are no symptoms) are common conditions that can be attributed to infertility amongst men.

Hormonal imbalances: related to follicle stimulating hormone (FSH) and luteinising hormone (LH) might affect the development of sperm and account for some sperm abnormalities.

Varicocele: These are varicose veins in one or both scrotums. A varicocele results in the pooling of blood and higher temperatures in the scrotum.

Tubule blockage: Damage and scarring as a result of infections can create blockages in the various tubules preventing the sperm from getting into the ejaculatory fluid.

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Sperm antibodies: Antibodies in the seminal fluid could act against the sperm and decrease the chances of fertility.

Other factors: Lifestyle, diet, genetics, environmental and physiological factors may have a direct bearing on fertility problems experiences by couples.

In a study published by *Fertility & Sterility*, 28 men who were diagnosed with idiopathic infertility showed significant improvement in the health of their sperm after receiving acupuncture treatments over a five week period. Compared to the control group, men who received acupuncture experienced a dramatic increase in the mobility and health of their sperm. Motility levels increased from 44.5% to 50%.

How we can help you...

With our comprehensive treatments and individualized approach, we have helped many couples achieve their goals. Our highly qualified and experienced doctors not only have a background in western medicine but also have a substantial amount of experience using acupuncture and TCM to treat problems such as infertility.

We offer a range of infertility treatment options for both males and females. We understand the stress and frustration that couples can experience and provide extensive support for pre- and post-natal assistance. Our goal is to assess all the physical and

emotional factors that may be the cause of fertility problems and design a treatment plan to help optimize the chances of success.

For More Information on how to receive Acupuncture for IVF:

Call our office at [604-733-3358](tel:604-733-3358)

Please feel free to surf through our pages

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