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Gentler approach to IVF, specialised care: How fertility clinic is helping couples who are trying to conceive

From personalised assisted reproductive treatments designed for older women to counselling services, Monash IVF Singapore aims to provide holistic care for its patients



Pre-conception health screenings and frozen embryo transfers are part of the comprehensive range of fertility solutions offered at Monash IVF Singapore. PHOTO: MONASH IVF SINGAPORE

PUBLISHED DEC 06, 2024, 04:00 AM



Fertility declines with age, and for older couples, it may be more challenging – but not impossible – to conceive with the help of modern fertility treatments.

One such technology is [Piezo-intracytoplasmic sperm injection](#) (Piezo-Icsi), an improved and gentler Icsi egg fertilisation technique.

Dr Kelly Loi, medical director and fertility consultant at [Monash IVF Singapore](#), explains:

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“In conventional Icsi, a sharp needle is used to inject healthy sperm into the egg by puncturing its outer shell or membrane. While effective, this method can sometimes damage fragile eggs, especially in older women. With Piezo-Icsi, a blunt needle coupled with micro-vibrating motion, are used instead. This approach is

gentler and reduces the risk of harming the egg.”

According to Dr Loi, the potential advantages of this procedure include better fertilisation rate with fewer eggs being damaged. The availability of more fertilised eggs may also potentially also contribute to better in-vitro fertilisation (IVF) success rates for women aged 38 and older who have fragile egg membranes, lower egg count and poor fertilisation rates from previous IVF attempts, she says.

Monash IVF Singapore – established in 2021 and which recently moved into a 5,000 sq ft standalone centre in Novena – has been offering its patients the Piezo-Icsi treatment since September this year for patients undergoing IVF.

Dr Loi highlights a recent study published earlier this year by scientists at Monash IVF in Australia. The study involved 108 patients who underwent both conventional Icsi and Piezo-Icsi procedures. Results showed a higher fertilisation rate of 71.6 per cent with Piezo-Icsi, compared to 65.6 per cent with conventional Icsi. In addition, the embryo quality was also increased.

IVF is a process where the sperm and egg are combined in a petri dish and the resulting fertilised embryo is placed back into the woman’s uterus.

As most of its patients have their fertilised embryos transferred during a frozen embryo transfer (FET) cycle, Monash IVF will also be performing the transfer of these embryos in the new facility, notes Dr Loi.

Dr Loi explains: “Fresh embryo transfers are performed soon after the eggs are collected. This is opposed to frozen embryo transfers where embryos are frozen first and transferred later. By doing frozen embryo transfers, patients have time to recover from the side effects of the hormone injections given during an IVF cycle. The clinician also has time to optimise the uterus for embryo implantation.”

These fertility treatment procedures are a result of close collaboration between scientists and clinicians, adds Dr Loi.

“With women getting married at a later age as well as couples postponing starting a family, there tends to be a higher incidence of gynaecological issues that often require concurrent treatment and Monash IVF addresses these needs,” she adds.