

Are you one of the many couples struggling with fertility? Are you unsure of your next steps?

Infertility rates have increased dramatically in the last decade, with one in six North American couples experiencing troubles conceiving. This is an extremely difficult time for most couples, a roller coaster of emotions, frustration, anger, sadness, and regret. Traditional Chinese Medicine (TCM) has been treating infertility for over 2000 years and has been gaining acceptance in the west as a valuable method of restoring reproductive health. TCM believes that all aspects of your life: emotional, physical, and spiritual have an impact on fertility. TCM provides gentle, yet effective natural, safe, and cost-effective treatment for infertility.

Acupuncture helps to:

- Reduce stress
- Increase blood flow to the uterus
- Strengthen the immune system
- Improve ovarian function and release of follicles
- Has a proven effect on the hypothalamus
- Improve sperm count, motility, and morphology
- Lessen the side effects from hormonal treatments
- Increase IVF success rates
- Reduce chances of miscarriage

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Fertility Support and Traditional Chinese Medicine



Jane Cheung, R. TCMP & Associates

Traditional Chinese Medicine and Acupuncture Clinic

Your journey to wellness begins here



Introduction to Traditional Chinese Medicine and Infertility

TCM seeks to naturally prepare the body for conception and a healthy full term baby. TCM includes acupuncture, herbal medicine, and diet and lifestyle suggestions to balance the body and restore reproductive health naturally in both males and females. TCM can be used alone or combined with western infertility treatments. TCM focuses not only on reproductive health, but also the general health of the individual. This includes energy levels, sleep patterns, digestion, elimination, stress levels, and emotions. By improving the whole body, a health environment is created to optimises the egg and sperm quality as well creating a good environment for implantation and maintaining a full term pregnancy.

TCM helps with:

- Hormonal imbalance
- Unexplained infertility
- Amenorrhea
- Luteal phase defect
- Anovulation
- Endometriosis
- Polycystic ovarian syndrome (PCOS)
- Uterine fibroids
- Recurrent miscarriage
- Advanced maternal age
- Male factor infertility

An initial visit is approximately 90 minutes with a complete intake performed, medical records and tests evaluated.

Course of Treatment

Preconception

Acupuncture treatments once weekly. It is recommended that TCM treatments begin at least three months prior to conception in order to prepare the body for pregnancy and optimize the health of the eggs and sperm. The health of the parents has an effect on the health of the baby. It is important to allow time to regulate the menstrual cycle and optimize egg and sperm quality (70-100 days).

During Assisted Reproductive Techniques

It is advisable to begin treatment 2-3 months before an IVF or medicated cycle so that the positive effects of acupuncture, herbal medicine, and lifestyle and dietary changes are able to create a healthier environment for conception to occur and a healthy pregnancy and birth.

During Drug Suppression

1-2 treatments a week are recommended to help relieve stress and prepare the body.

During Drug Stimulation

2 treatments per week are recommended to improve endometrial lining, assist with ovarian response to drugs, and relieve stress.

Transfer Day

A treatment before and after embryo transfer is recommended to reduce uterine contractions and relieve stress.

Implantation to Pregnancy Test

At least one treatment is recommended to secure the fetus and help with implantation.

Positive Pregnancy Test

Acupuncture treatments once weekly for 12 weeks to secure the health of the baby and decrease chances of miscarriage.

Note: All treatment plans are customised for each patient, depending on diagnosis and the patient's needs.

How Effective is TCM in Treating Infertility?

In an Australian government-funded study, Ried and Stuart of Adelaide University, reviewed eight Randomised Controlled Trials (RCT) involving 1,851 women with poor fertility. The studies found that roughly double the likelihood of achieving pregnancy with Chinese herbal medicine (CHM) than with western drug therapy. Over a four-month period, pregnancy rates were 60% for CHM versus 32% for drug treatment. Other studies, involving over 600 women, compared CHM with IVF and revealed a mean pregnancy rate for CHM of 50% compared with 30% for IVF.

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