



Programme – Saturday 30 March 2019

The Fertility Forum			
09:00	Registration		
09:50 for 10:00	<p>Welcome</p> <p>Kate Brian and Adam Balen to set the scene and to welcome</p> <p>Introduction to the day</p> <p>Sally Cheshire, Chair, HFEA and Lesley Regan, President RCOG</p>		
	<p>Stream I <i>Chair: Aileen Feeney</i> Nuffield Hall</p>	<p>Stream II <i>Chair: Jane Stewart</i> Lecture theatre</p>	<p>Stream III <i>Chair: Adam Balen</i> L1,2,3</p>
10:20-10:50	<p>Understanding your fertility and causes of subfertility - including investigations and how to seek advice Raj Mathur</p> <ul style="list-style-type: none"> • What are the things that affect a couple's chance of conceiving naturally? • When should we seek advice, and from whom? • What tests should we expect, and why? 	<p>Recurrent miscarriage Lesley Regan</p>	<p>Endometriosis Ertan Saridogan</p> <ul style="list-style-type: none"> • How does endometriosis cause infertility? • Surgical and non-surgical treatment options for endometriosis associated infertility • How to choose between surgery and non-surgical treatment options



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<p>10:55 -11:25</p>	<p>Male fertility problems Allan Pacey</p> <ul style="list-style-type: none"> Describe the biology of the male reproductive system and briefly outline how sperm are made Explain the factors which affect the number and quality of sperm that a man makes Describe how a diagnosis of male fertility is made and what solutions can be offered 	<p>Using donor gametes (sperm donation / egg donation) Nina Barnsley</p> <ul style="list-style-type: none"> Family building when using a donor – what are the differences? Decision-making: How do you know if this is right for you? Openness: How can you explain to others and your child 	<p>New technologies Jason Kasraie</p> <ul style="list-style-type: none"> Horizon scanning new techniques and technologies that could help to improve treatment success rates Discussing the efficacy of new techniques and the evidence base for them Discussing factors that influence the chances of treatment success
<p>11:30 -12:00</p>	<p>Getting the right support - How Specialist fertility counselling can help? Angela Pericleous –Smith</p> <ul style="list-style-type: none"> The emotional impact of coping with infertility 	<p>Egg freezing Ephia Yasmin</p> <ul style="list-style-type: none"> A brief physiology of human oocytes Techniques of egg freezing Live birth outcome of egg freezing Future direction 	<p>Treatment overseas - the pros and cons Kate Brian</p> <ul style="list-style-type: none"> What are the main drivers for people to consider treatment overseas What are the potential benefits and risks Tips to consider before making a decision



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	<p>can cause huge pressures on oneself, your relationship and your friendships.</p> <ul style="list-style-type: none"> • The distress, lack of understanding from others and the isolation can become overwhelming • Strategies to manage your emotions, off-load your anxieties, worries and manage your grief 		
12:05 -12:35	<p>Choosing a fertility clinic Joanne Triggs</p> <ul style="list-style-type: none"> • Things to look for when choosing a clinic • What statistics can and can't tell you • The other factors you should take 	<p>Living without children <i>Chair: Jessica Hepburn</i></p> <p>Jody Day Lesley Pyne Kelly da Silva</p> <ul style="list-style-type: none"> • Emotional support through the process of IVF - taking into account that many people encounter unsuccessful treatment, even if they have success 	<p>Polycystic Ovary Syndrome Adam Balen</p> <ul style="list-style-type: none"> • PCOS is the commonest cause of subfertility due to not ovulating (anovulation) • All causes of an ovulatory subfertility will be covered with a detailed description of all aspects of PCOS. • A clear pathway for investigation and treatment of PCOS will be described,



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	into consideration	<p>in the end</p> <ul style="list-style-type: none"> • How to find peace and happiness after unsuccessful treatment, living without children • Some of the big societal issues that need tackling around childlessness such as 'pronatalism' 	including ways that you can help yourself.
12:35 – 13:30	<p>Networking lunch</p> <p>Ask the expert sessions</p>		
	<p>Stream I <i>Chair: Raj Mathur</i> Nuffield Hall</p>	<p>Stream II <i>Chair: Jason Kasraie</i> Lecture theatre</p>	<p>Stream III <i>Chair: Kate Brian</i> L1,2,3</p>
13:30 -14:00	<p>IVF and assisted conception treatments - how they work Jane Stewart</p> <ul style="list-style-type: none"> • Drugs for IVF what they do and why we use them • The magic of embryology - why it doesn't always work • IVFs limitations - why not to use it 	<p>What makes a good embryo: Embryo development & selection Rachel Cutting</p> <ul style="list-style-type: none"> • Description of embryo development from the fertilised egg to the blastocyst stage • How embryologists grade and select embryos for transfer and cryopreservation • How time-lapse can be used to gain information about embryo development 	<p>Where do the men figure? Richard Clothier</p> <ul style="list-style-type: none"> • The full-time knight in shining armour? • The importance of talking about infertility • Tips for mitigating the grief.



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<p>14:05 -14:35</p>	<p>Planning for a healthy pregnancy: lifestyle advice, diet, supplements Grace Dugdale</p> <ul style="list-style-type: none"> • Evidence-based information on underlying health, dietary and lifestyle factors that can affect male and female fertility • Guidance on how to understand individual issues that may prevent you conceiving • How to prepare for a healthy pregnancy and the importance of preconception care for the lifetime 	<p>Add ons - what's the evidence? Yacoub Khalaf</p> <ul style="list-style-type: none"> • IVF treatment is usually more like a marathon than a sprint. Emotional and financial resilience are crucial to continuing the journey successfully • The pressure to introduce additional tests/ drugs or interventions, without good evidence of benefit, before or are after treatment to try to improve the outcome of their treatment • Investing in those unproven tests and treatments may undermine financial resilience to continue with more rounds of treatment when required and may also lead to physical harm 	<p>NHS funding for fertility Aileen Feeney Sarah Norcross</p> <ul style="list-style-type: none"> • The National Institute of Health and Care Excellence (NICE) provide guidelines for the provision of NHS funded IVF treatment throughout the UK; yet these are not being adhered to in all areas. • Join this session to understand the current situation and what you should be entitled to.



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	health of your child		
14:40 -15:10	<p>What comes first - stress or infertility? Jacky Boivin</p> <ul style="list-style-type: none"> • What is stress? • What is evidence that stress affects fertility? • Strategies for coping with stress? 	<p>Understanding ovarian reserve and fertility treatment for older women Melanie Davies</p> <ul style="list-style-type: none"> • Ovarian reserve testing does not predict whether you can get pregnant naturally, but is a good predictor of your body's response to IVF and the number of eggs collected • As you get older, the quality as well as the number of eggs reduces. This is why there is a higher risk of miscarriage and genetic problems in children • For older women, fertility treatments may not improve your chance of having a baby. You may need to think about using donated eggs for IVF 	<p>Legal issues (surrogacy, donor eggs or sperm - co-parenting & legal parenthood explained) Natalie Gamble</p> <ul style="list-style-type: none"> • Legal parenthood for sperm and egg donation • Surrogacy law and practice • Recent developments and law reform



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15:15 -16:00	Q&A Panel <i>Chair: Kate Brian</i> Adam Balen Anya Sizer Jane Stewart Jason Kasraie Joanne Triggs
16:00	CLOSE