

## Overview of infertility

*If getting pregnant has been a challenge for you and your partner, you're not alone. Ten to 15 percent of couples in the Lithuania are infertile. Infertility is defined as not being able to get pregnant despite having frequent, unprotected sex for at least a year — or for at least six months if the woman is age 35 or older.*

*Infertility may be due to a single cause in either you or your partner, or a combination of factors that may prevent a pregnancy from occurring or continuing. Fortunately, there are many safe and effective therapies for overcoming infertility. These treatments significantly improve your chances of becoming pregnant.*

*To become pregnant, the complex processes of ovulation and fertilization need to work just right. For some couples attempting pregnancy, something goes wrong along the way, resulting in infertility.*

*The cause or causes of infertility can involve one or both partners. In general:*

- *In about one-third of cases, infertility is due to a cause involving only the male partner.*
- *In another one-third of cases, infertility is due to causes involving both the male and female.*
- *In the remaining one-third of cases, infertility is due to a cause involving only the female.*

## Causes of infertility

### Female

- **Failure of Ovulation**
- **Blocked or Damaged Fallopian**
- **Tubes**
- **Hostile**
- **Cervical Mucus**
- **Endometriosis**
- **Fibroids**

### Male

- **Sperm Abnormalities**
- **Retrograde Ejaculation**
- **Structural Abnormalities**
- **Genetic Disorders**

# You keep DREAMING about having a BABY, but fail to get PREGNANT?

*Dr. Gražina Bogdanskienė- the first fertility specialist in the Baltic States!*

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## Where to start?

### Sign consultation

**Grazinos Bogdanskienes Fertility Center** is open from 8.00am to 7.00pm on weekdays and 8am to 15.00pm on Saturdays.

Consultations are available from Monday to Friday and, by special arrangement, on Saturday mornings.

To arrange an appointment for a consultation, please email or use the contact form or call admissions on +370 5 261 4226

### Spermogram

A spermogram is a male fertility test that checks the quantity and quality of your partner's sperm. Your partner will be asked to go to a clinic to provide his semen in a clean environment, and a clinical analysis will be performed on the quantity and quality of his sperm. Alternatively, we will offer you to take a sample at home.

### First Visit Examination and Meeting With the Infertility Specialist

When you first meet with your doctor, she will want to discuss every single aspect of your past that relates to your current health, so make sure you bone up on your history! Topics that will be covered include your menstrual history (have you ever had irregular periods? How long do your periods last?); your surgical history; whether or not you've been pregnant before; what type of birth control you have used; if you have ever had a sexually transmitted infection (STI) or a pelvic infection; and your family health history. Of course, your doctor will also want to know all the juicy details about your sex life.

Your doctor will also likely have some questions about your health; if there have been any significant health issues in the past. It may help to bring your medical records with you to the appointment if the doctor you're seeing isn't already familiar with your medical history. Don't forget to mention any medications you are currently taking or have taken in the past. There will also be some inquiry into your occupational conditions and lifestyle – how much exercise you do, how healthy your diet is, whether you smoke or use recreational drugs or how much alcohol you consume.

Next, there will be a physical exam during which your doctor will check your thyroid for any abnormalities, look for unusual or excessive hair growth as well as perform a breast exam. A pelvic exam will also be done to see if there is any evidence of an infection or abnormality. A sample of your cervical mucus may also be sent off for examination. Your doctor will likely want to order some blood tests to measure your hormonal levels among other things.

## Infertility Facilities

### Intra-uterine Insemination (IUI)

*Intra-uterine insemination - also known as artificial insemination is a relatively straightforward technique involving the insemination of a prepared sperm sample directly into the uterus at the time of ovulation.*

*When should IUI be used? IUI can be employed using either the sperm of a woman's partner or that of an anonymous donor. If the partner's sperm is being used (sometimes referred to as AIH) it may be because he has oligozoospermia (a low sperm count) with poor sperm movement or there is a problem with the interaction of sperm and cervical mucus.*

*Donor sperm will be used in cases where the male partner of a couple is infertile, ie, produces no sperm at all or only a very small number which are incapable of fertilizing an egg. Counselling is available for those couples who wish to discuss the social, emotional and legal implications of using donated sperm in more detail.*

### In Vitro Fertilisation (IVF)

*IVF is a technique involving the fertilisation of eggs by sperm outside the body. The term literally means 'fertilization in glass' - hence the commonly used description 'test-tube baby' technique.*

*IVF was developed as a treatment for women who have blocked or badly damaged Fallopian tubes which prevent the egg and sperm from meeting. However, it may also be used in some cases where a woman has endometriosis, the male partner has poor quality sperm or where the cause of infertility is unknown.*

### Intra-cytoplasmic Sperm Injection (ICSI)

*The microsurgical fertilisation technique of ICSI is currently the most advanced technique available for the treatment of male infertility. It is used in conjunction with IVF and involves an extremely precise microscopic surgical procedure on an egg to assist fertilisation.*

### Testicular Sperm Extraction (TESA)

*Total azoospermia (total absence of sperm in the ejaculate) can be due either to a blockage, absence of the vas deferens or to a failure of the testes to produce spermatozoa. The degree of this failure can be variable.*

*In cases of testicular failure, it is now possible in around 50% of cases to collect at least a few sperm by performing one or multiple testicular biopsies. Provided some motile sperm are recovered, the chance of fertilization of the egg is again extremely good.*

*Testicular Biopsy involves taking one or several small samples of the testes - either for analysis, or for the recovery of sperm in the most severe cases of azoospermia. These operations are done as day cases under general or local anaesthesia with or without intravenous sedation.*

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## ABOUT US

***Vilnius “Fertility Centre” is one of most advanced treatment centres in Baltic countries for male and female infertility. “Fertility Centre” was established in 1997 according to HFEA regulations used in Great Britain.***

*All investigations, tests and procedures are performed in a modern clinic and IVF laboratory established according standards of Great Britain.*

*Specialists of the clinic are qualified according to standards of Western Europe and have been trained in IVF clinics of Great Britain, Denmark, Belgium, France, Sweden, Germany, Finland, Holland, USA.*

*“Fertility Centre” is licensed to perform gynaecological outpatient and all IVF procedures.*

*Specialists of the Centre are proud of their work that helped families from Denmark, Holland, Norway, France, Germany, USA, Canada and other countries*

*to have their own healthy babies. “Fertility Centre” is in close collaboration with The London Bridge Fertility, Gynaecology and Genetics Centre.*

***Patients from our Centre if necessary are consulted by Medical Director of the Bridge Centre, Prof. Gediminas Grudzinskas.***

*We provide IUI,IVF,ICSI,TESA procedures, sperm and embryo cryopreservation, diagnostic and therapeutic gynaecology procedures and antenatal care.*

***Grazinos Bogdanskiene Fertility Center is dedicated to success, with the best interests of mother and child our paramount concern. We welcome everyone who feels they need our assistance.***

*Our first priority is to give expert, professional and ethical advice based on your individual circumstances. Safety, security and affordability are fundamental to our approach.*

*Everything we do is dedicated to successful fertility treatment. We hope you will find this website interesting and informative.*

### **SERVICE:**

#### **Ginekology**

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- *Infertile couples examination and treatment*
- *Performing all ART (artificial reproductive technologies) procedures*
- *Performing pregnancy diagnosis and evaluation*
- *Pregnant women care*
- *Treatment of STD (sexually transmitted diseases)*
- *Performing early STD diagnosis*
- *Consultations of contraception selection*
- *Consulting, treating and caring of elder age women with menopause*

#### **Assisted reproductive technologies**

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- *IUI- Intrauterine insemination*
- *IVF and GIFT methods*
- *ICSI and PICSI methods*

- *TESA*
- *Egg and sperm freezing*
- *Blastocyst production*

### ***Urology***

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### ***Andrology***

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### ***Medical Care During Pregnancy***

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Gražinos Bogdanskienės  
**VAISINGUMO CENTRAS**

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*We have over 15 years of  
experience!*

***THANK YOU FOR YOUR TRUST OF  
FERTILITY CENTRE!***

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***[www.vaisingumocentras.lt](http://www.vaisingumocentras.lt)***

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