

# Fact Sheet

## Overview

If getting pregnant has been a challenge for you and your partner, you're not alone. 10 to 15 percent of couples in the Lithuania are infertile. Infertility is defined as inability 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. Fortunately, there are many safe and effective treatments to overcome infertility. These treatments can significantly improve your chances of pregnancy.

To ensure pregnancy, the complex processes of ovulation and fertilization need to match perfectly. For some couples attempting pregnancy, something might go wrong along the way, thus resulting in infertility.

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

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

## Infertility Causes

### Female

- **Ovulation Failure**  
Failure of ovulation represents approx. 30% of infertility. In most cases the failure is related to Polycystic Ovary Syndrome (PCOS). It can be diagnosed via an ultrasound scan, showing enlarged that contain several small cysts. In other cases, the ovulation does not occur due to premature menopause. In this case, egg donation is the only effective treatment.
- **Blocked or Damaged Fallopian Tubes**  
Fallopian tubes can be damaged following disease, endometriosis or pelvic surgery. Laparoscopy can confirm the extent of the damage and possible treatment options.
- **Hostile Cervical Mucus**  
A clear and abundant mucus is normally produced at the time of ovulation by the cervix, allowing sperm to penetrate the endometrial cavity. This can only be confirmed by a post coital test. Infertility related to hostile mucus can only be treated by Intra-uterine Insemination (IUI).
- **Endometriosis**  
Endometriosis is defined as the presence of parts of endometrium outside of its normal location. Endometriosis is commonly noted on the ovaries, fallopian tubes or in the abdominal cavity. Endometriosis bleeds at the time of the period and produces small blood-filled cysts, leading to painful periods.
- **Fibroids**  
Fibroids are defined as a fibrous growth within the uterine wall. They can cause infertility once they reach certain size and distort the uterine cavity. In these cases they will need to be removed either via open surgery, laparoscopy or hysteroscopy.

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## Male

Male infertility can have many causes. Hormonal imbalances, physical, psychological and/or behavioral problems, all can lead to infertility. Moreover, fertility can reflect a man's overall health. Men who live a healthy lifestyle are more likely to produce healthy sperm.

Common lifestyle choices that negatively impact male fertility are:

- Smoking;
- Prolonged usage of marijuana and other recreational drugs;
- Chronic alcohol abuse;
- Anabolic steroid usage;
- Overly intense exercise;
- Insufficient consumption of vitamin C and Zinc;
- Exposure to environmental hazards, toxins, and heavy metals;
- Malnutrition;
- Excessive stress.

*Are you dreaming about a baby?*

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

### Where to start?

### Sign up

**Grazina Bogdanskiene Fertility Center** is open from 8.00 am to 7.00 pm on weekdays and 8 am to 12.00 pm on Saturdays.

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

To arrange an appointment, please email or use the contact form or call us, no. +370 687 80605.

### 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.

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## ***First Examination***

When you first meet with your doctor, she will want to discuss every single aspect of your past that relates to your current health. Topics that will be covered include your menstrual history, 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 the 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.

## ***IUI***

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

## ***IVF***

IVF is a technique involving the fertilization of eggs by sperm outside the body. The term literally means 'fertilization in glass' - hence the commonly used description 'test-tube baby' technique. IVF treatment is made up of a number of several procedures usually referred to as a 'treatment cycle'.

## ***ICSI***

ICSI currently is the most advanced technique available to treat male infertility. It is used in conjunction with IVF and involves an extremely precise microscopic surgical procedure.

ICSI can be used in cases where the male patient produced only a very small number of sperm which are incapable of penetrating the barriers surrounding the egg without assistance. This is usually because the sperm have extremely poor to no movement. ICSI is also mandatory when sperm is directly retrieved from the testes.

## ***TESA***

The technique called Testicular Sperm Extraction, or TESE, is used in cases of non-obstructive azoospermia. This technique involves the collection of sperm directly from the testis. The patient may require an additional injection to achieve a mild degree of sedation. A special needle, which allows the recovery of several samples of testicular tissue from different locations, is used. A sample from the testicular biopsy will be sent for examination in order to obtain a tissue diagnosis and also to rule out the risk of Testicular Cancer.

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# About us

## Our Mission

*To successfully and responsibly provide infertility treatment services beginning from consulting and ending with giving birth to a healthy baby.*

**Grazina Bogdanskiene Vaisingumo centras'** laboratory was established in accordance with the British standards and began providing its services since **January 7, 1997**. All research, observations and procedures are performed in the modern Vaisingumo centras' Artificial Insemination Laboratory under the supervision of qualified personnel. The clinic is accredited to provide gynecology and artificial insemination services in Lithuania.

## Vision

*We will strive to make infertility treatment available to each couple that needs it.*

For 22 years we have successfully been applying patient examination and treatment patterns that meet Western European standards. Our specialists constantly improve their qualification in famous foreign Fertility and Artificial Insemination clinics in Belgium, Britain, Denmark, Greece, Italy, United States, the Netherlands, Portugal, Finland, Sweden and Germany.

In 2019, it was 22 years since general ideas and values have been united in Vaisingumo centras which is headed by Dr. Grazina Bogdanskiene.

**During 22 years of our business activity over 4,000 children** have been born with the help of our specialists. In 2000 the first micromanipulation IVF procedure of Intracytoplasmic Sperm Injection into the egg (ICSI) was performed. Besides that, the latest procedures are being performed in the center, such as vitrification (rapid embryo and egg freezing method that allows to keep them for a long time), PICSi (physiologically selected spermatozoon Intracytoplasmic injection), creation of a special medium using the so-called "embryo glue" that will improve embryo implantation, PRP Injection Therapy and MiOXSYS evaluation.

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Gražinos Bogdanskienės  
**VAISINGUMO CENTRAS**

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*Mes dirbame JAU 22 –metus.*

*AČIŪ, KAD PASITIKITE MŪSŲ  
VAISINGUMO CENTRU.*

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