

CONCEPTION FOR SUBFERTILE COUPLES

STARTING A FAMILY IN THE LATER YEARS IS NO LONGER AN INCONCEIVABLE IDEA, AS MORE COUPLES TURN TO FERTILITY EXPERTS FOR HELP WITH AN ARRAY OF MEDICAL OPTIONS.

Today, up to 15 per cent of local couples are unsuccessful at getting pregnant after trying for a year. This is due to more Singaporeans choosing to start a family later, leading to increased demands for fertility treatments.



J Kumar O & G Pte Ltd has seen countless couples with fertility concerns since it was set up in 2004. Headed by Dr Jothi Kumar, Consultant Obstetrician and Gynaecologist, and Specialist in Infertility and IVF, the clinic is a reputable centre for specialised infertility advice, care and treatment.

Couples who go through detailed medical investigation often discover that their inability to conceive can arise from an array of conditions. In the female, the main causes include ovulation (egg production) disorders, blockage of the Fallopian tubes and endometrial disorders (abnormal lining of the uterine cavity). In the male, common problems include low sperm count, impaired motility or abnormalities in the form and shape of sperm.

Dr Kumar, who sub-specialises in Reproductive Medicine, was with the Department of Obstetrics & Gynaecology, National University of Singapore (NUS) and National University Hospital (NUH) from 1984-2004. Besides teaching and research, he was also the clinical coordinator of Infertility and IVF programmes and Head of Division, Reproductive Medicine at NUH from 1997-2004. During his tenure, he introduced professional counselling (today mandated by the Ministry of Health) for couples undergoing IVF treatment, and was part of the NUH team that successfully produced the world's first babies from the transfer of zona-softened blastocysts in both stimulated and natural IVF cycles.



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FERTILITY INVESTIGATION

Dr Kumar points out that both men and women are equally susceptible to infertility, especially with age, and he recommends that it's best for those seeking medical investigation to have both partners checked from the start.

At J Kumar O & G Pte Ltd, Dr Kumar practises general obstetrics and gynaecology, while continuing to manage the challenges of infertile couples.

His clinical interests also include male infertility, male and female sexual problems, polycystic ovarian syndrome (PCOS) and gynaecological laparoscopy and hysteroscopy (keyhole surgery). Some of the services provided include monitoring of ovulation for timing of intercourse, ovarian stimulation and ovulation induction with fertility tablets or injections, and assisted reproductive therapies (ART) like oocyte retrieval (OR), in vitro fertilisation (IVF), intracytoplasmic sperm injection (ICSI) and embryo transfer (ET), as well as oocyte and embryo freezing and donation programmes.

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DR JOTHI KUMAR
OBSTETRICIAN & GYNAECOLOGIST
INFERTILITY & IVF SPECIALIST

SERVICES Obstetrics

- Antenatal care, delivery and postnatal care
- Investigation and treatment of recurrent abortions
- Ultrasound scans
- Cardio-tocography (CTG)

Gynaecology

- General gynaecology
- Health and cancer screening
- Infertility counselling and treatment, including IUI and IVF treatment
- Hysteroscopy and laparoscopy
- Menopause management
- Family planning and contraception
- Treatment of sexual and gynaecological problems