

Acupuncture Support for IVF Treatment

Acupuncture Support for IVF treatment has been growing in popularity. Ideally both partners are treated throughout the IVF cycle for optimal results. As the female is the partner taking the medications, special attention needs to be paid to her health and wellbeing.

The female partner

Throughout the entire IVF cycle acupuncture can be beneficial. During down-regulation and/or stimulation, acupuncture works to both mediate adverse drug side effects and to enhance hormone production. Acupuncture points that correlate to the reproductive organs and hormonal centres are needed to improve local blood flow and function.

By encouraging greater blood flow to local areas, acupuncture may be useful in promoting greater ovarian response to stimulation.

After egg collection, acupuncture can help to relieve pain and cramping. Local points near the uterus and ovaries are needled and warmed to produce a soothing sensation. The points can help to reduce the pressure from the swelling of the ovaries. At this time women at risk of ovarian hyperstimulation can be helped by points that reduce fluid build up within the ovaries. Points to stop or slow any bleeding can also be used if needed. This means that the uterine environment is less hostile to any new embryo introduced in a few days time.

Lastly after transfer, acupuncture can be performed to increase uterine blood flow to increase the likelihood of embryo implantation. Acupuncture points that are said to stimulate the flow of energy upwards will be used at this time to encourage embryo implantation to occur in an appropriate location.

The male partner

The male is often overlooked in IVF treatment as there can be a perception that all male issues will be overcome throughout the process. While this can be true some of the time, men are often under-diagnosed and are unaware of the potential benefits of supportive treatments to enable them to produce more positive outcomes.

Firstly, the couple needs to thoroughly understand the relevance of the all parameters in the male's semen analysis. The big three parameters; count, motility and morphology; are focused on but the semen analysis measure many other parameters.

Often parameters such as; semen pH, seminal volume, semen appearance, sperm clumping and debris in the semen; can give significant cues to a male's reproductive health. Anomalies in these parameters can indicate local or systemic low-grade infections, impaired prostatic function, the presence of a varicocele and others. These issues can be the root cause to low count, motility and morphology.

By treating any anomaly in the semen analysis, it can help to improve IVF outcomes. Again acupuncture points that correlate to male reproductive organs and functions can be used to increase their potency. Herbal and nutritional medicine can also be prescribed.

The couple

By taking a more active part in improving IVF outcomes, the couple can become more united in their pursuit of conception. Acupuncture can help you to remain calm and balanced throughout the entire process. Taking the time out to rest and centre yourself to help you cope better and optimize your outcome.

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