



**FERTILITY
SHOW**
AFRICA



Show Guide

2021

www.fertilityshowafrica.com



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Welcome



Hello and welcome to the second Fertility Show Africa (FSA). Our inaugural event last year was so successful that we knew a follow up show would be well received by trade, exhibitors and those millions of people across the African continent and the rest of the world suffering from infertility and looking for answers, solutions, and guidance.

Covid-19 restrictions and limitations has meant holding a very different type of event to the one we had last year at Gallagher Estate and the bulk of this year's programme will take place online. The upside of this though is that we think it will encourage more people to visit and engage because of the privacy and confidentiality that an online event like this affords.

As with FSA 2020, visitors will have access to an unequalled speaker and support programme from leading fertility experts as well as a unique opportunity to meet leading IVF and surrogacy specialists and listen to live Q&As. And all in a space where they can ask questions, find answers, and gather information from some of the best fertility professionals, embryologists, doctors, nurses, psychologists, and social workers from around Africa as well as the UK and US.

Some of the highlights for this year's FSA are:

- Ferring Expert Talks, a cutting-edge programme of talks, Q&As, panel discussions and support sessions by some of the world's top fertility specialists and experts from the UK, US, Nigeria, Kenya, and South Africa.
- Dr. Jessica Zucker, a Los Angeles-based psychologist specialising in reproductive and maternal mental health who will be speaking about shifting the silence surrounding miscarriage.
- Michael Johnson-Ellis and Wes Johnson-Ellis, a UK couple on a mission to help normalise same-sex families.
- Phyllis Frempong is a registered nurse, fibroid awareness advocate, and fitness-yoga coach who lives in Texas in the US who uses an integrative and functional approach to womb wellness that combines yoga, fitness, mindset, and nutrition to achieve ultimate symptom management and alleviate common problems associated with uterine fibroids.
- This year we have also bonus features throughout the conference in the form of clips from comedienne Meirav Zur's acclaimed one woman show Inconceivable as well as screenings of Molatelo Mainetje-Bossman's highly praised documentary When Babies Don't Come, yoga demonstrations and advice from Rulene Moolman and Curse the Womb, a new play that seeks to address the myth that women who cannot conceive are cursed.

Of course, none of this could have been at all possible without the encouragement, help, and input from all the speakers and participants taking part so thanks to all of you.

Huge appreciation to Ferring for sponsoring the Expert Talks and to IFAASA & SASREG for their support too. Special mention to those forward-thinking companies brave enough to embrace a new world of technology that have supported FSA, and to our network of promoters across Africa including the NGOs, foundations, and social media groups who have passionately endorsed and promoted FSA to their networks.

A special thank you to Saskia Williams, CEO of IFAASA and Mandy Rodrigues, Chairperson of Counselling SASREG who have worked tirelessly to help curate the expert talks programme and to JAG Communications for their PR efforts in helping to promote the show.

I leave you with an inspirational quote from an anonymous but wise person who said: "It's going to be okay in the end and if it's not okay, it's not the end." I hope you enjoy FSA 2021 and find some inspiration of your own.

Heidi Warricker
CEO - Live Events
Founders & Organisers of Fertility Show Africa

Welcome



Ferring warmly welcomes every Healthcare Professional, attendee and industry partner to the prestigious Fertility Show Africa 2021. There are many questions surrounding fertility and the causes thereof and Healthcare Professionals are passionate about educating and guiding the public in this area.

Ferring believes this conference is an ideal platform to bring Africans and some of the continent's top Reproductive Medicine Specialist together to exchange information.

We wish everyone involved a fruitful and positive experience.

Gottie Scholtz
RMMH: ART Portfolio Manager
Ferring - South Africa



Welcome to the Fertility Show Africa 2021 Expert Talks! IFAASA is so proud to be involved in Fertility Show Africa once again and we are thankful to Heidi and her wonderful Team at Live Events, for always getting behind the infertile community and for bringing us this show, against all the odds.

Once again, the Expert Talks program is filled to the brim with up to date and informative content, on all aspects of fertility and family building and we are so grateful to all the Specialists for giving of their time and of their expertise, as always.

From a Patient perspective, this event is so important for many reasons but, not least because Infertility can leave one feeling helpless and out of control. From experience, I can tell you that the only thing that helps with the feeling of helplessness, is knowledge about your diagnosis and having a plan for the way forward. So, make sure you have your questions ready and don't be shy to ask them, empower yourself about your diagnosis and your journey will immediately be easier to bear.

With love,
Saskia
Founder and CEO: IFAASA



On behalf of SASREG, I would like to welcome you to the Fertility Show Africa 2021. A heartfelt welcome to healthcare professionals, attendants of the industry, fertility patients and all of us on a journey to parenthood.

SASREG represents Gynaecologists with a special interest in Gynaecological Endoscopy, sub-specialists, embryologists and scientists working in the field of reproductive medicine. The Society also supports fertility and theatre nursing sisters, allied practitioners as well as psychologists and social workers working in the field of Gynaecological Endoscopy and reproductive medicine. The society serves to protect the interests of the patients undergoing fertility treatment.

SASREG supports events that empower women and men with information on infertility and fertility treatment and we will again support the Expert Talks programme with leading experts in the field of reproductive medicine to help visitors become informed and educated and to help them on their journey to parenthood.

The Expert Talks program of the Fertility Show this year is an exciting line-up of specialists in different fields of fertility and infertility. SASREG would like to take the opportunity to congratulate Heidi and the marvellous Team at Live Events, for organising this event during these challenging times.

We are confident that this program will be of great benefit to all attendants, but mostly to us on our way to parenthood. Knowledge is the key to empowerment. Empowering patients is giving patients control over their own health in ways that clinicians cannot always do. Therefore the Fertility Show Africa 2021 will be very useful for all involved.

Warm regards
Dr. Sulaiman Heylen
President SASREG



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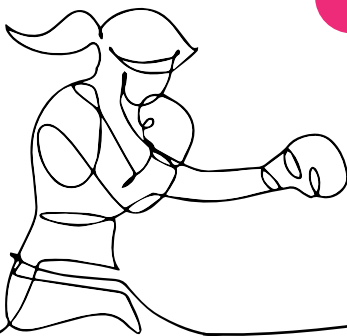
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Reference: 1. Martinez M, et al. Obstetric outcome after oocyte vitrification and warming for fertility preservation in women with cancer. *Reproductive BioMedicine Online* (2014) 29,722-728

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Advanced Fertility



Located in the prestigious Centre of Advanced Medicine, Sandton Fertility Clinic (SFC) is a world-class medical facility aimed at providing the finest care in male and female reproductive health. Having opened its doors in 2001, SFC has grown into one of the country's leading fertility clinic. The clinic has a state-of-the-art In-Vitro Fertilisation laboratory, housing the finest equipment needed for assisted reproduction techniques.

<https://advancedfertility.co.za/>

Ampath



A leading South African based pathology services network providing reference laboratory services through state of the art technology and diagnostic equipment. Ampath offers a full range of both routine and specialised services in your journey to start a family. In this booth you will find information about our fertility tests for both men and women. Should you like to know more, visit our website, submit a question or attend a live session to ask our experts.

www.ampath.co.za

Anastellar Brands



AnaStellar Brands is a South African Women-owned pharmaceutical company that specialises in female focused health products. All our products are manufactured and packaged with love in South Africa. Some of our products can also be used by men.

www.facebook.com/BabyYumYum
www.instagram.com/babyyumyumsa
www.babyyumyum.co.za

Baby Yum Yum



BabyYumYum is the fastest-growing parenting portal in South Africa and has become the preferred interactive sharing and networking community of parents. They create a safe space to share, learn, discuss and contribute to the world of parenting.

www.facebook.com/BabyYumYum
www.instagram.com/babyyumyumsa
www.babyyumyum.co.za

Baby's & Beyond



Baby's and Beyond's™ key focus areas are pre-pregnancy pregnancy birth, babies, toddlers, special needs, tweens, teenagers, parents, health care, education, financial planning and entertainment.

www.mediaxpose.co.za/babys-and-beyond-publication-page

Cape Fertility



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FERTILITY SHOW AFRICA



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Empower Mama Foundation



Empower Mama Foundation is an organization that raises awareness on the impact of child loss on families and society at large and advocates for the need for effective and compassionate bereavement support to grieving parents through our awareness WORKSHOPS. You can join the campaign on #TusinyamazeTena hashtag and let's break the silence on this highly stigmatized issue and be a more caring community.

<https://www.facebook.com/empowermamafoundation/>

Endo Warriors

Endo SA works together with Endo Warriors, SA and South African Endometriosis Support in raising awareness and to offer support to woman living with Endometriosis in South Africa.

www.facebook.com/endowarrior



Infertility Books



Infertility books' objective is to assist anyone that may be considering parenthood, now and in future. The books are also ideally suited to anyone not only those on the fertility journey. Our focus is to demystify infertility, educate, engage society and break the stigma attached to childlessness. To that end, the founder of infertility books has engaged publicly on radio, television and social media platforms on various issues and is more than happy to engage in confidence with couples or individuals on their fertility journey from a non-medical perspective.

<https://www.facebook.com/infertilityconversations>

PTA Fertility Centre

Over the past 24 years Pretoria fertility centre has evolved to become a leading fertility centre that offer treatment at an affordable cost.

<https://pta fertility.co.za/>



PTA Fertility Centre
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Hannah You Are Not Alone



Hannah represents a community of women and men walking together through the challenges of infertility.

Hannah aims to eliminate the shame that comes with infertility one person at a time through awareness campaigns.

<https://www.facebook.com/HannahYouAreNotAlone/>

Zuri Nzilani Foundation



Zuri Nzilani Foundation (ZNF) is a Nairobi based Non-Governmental Organization (NGO) dedicated to creating awareness on hypertensive disorders of pregnancy in Kenya. Zuri Nzilani Foundation is devoted to sensitizing the public especially women, both at the grassroots and national levels, about the dangers of hypertensive disorders of pregnancy. Our work has been clustered into five key program areas which are: Training, Social support, Research, Advocacy and Fundraising.

<https://www.zurinzilanifoundation.org>

Ferring Pharmaceuticals

Ferring is a speciality, research-driven biopharmaceutical company that identifies, develops, manufactures and markets innovative products in the fields of reproductive health, urology, gastroenterology and endocrinology.

<https://www.ferring.co.za>



Fertility Collection



Fertility Collection brand Ambassador Pearl Fertility. We have partnered with top local and international Fertility Wellness Brands, to bring you Fertility Wellness products, trusted and recommended by Fertility Specialists and Gynecologists', that will assist you and your partner, in your journey towards parenthood and beyond.

www.fertilitycollection.co.za

Fertility Conversations



The Fertility Conversations is a support space for people who have experienced pregnancy loss and people experiencing infertility. The goal is to help people know they are not alone & provide support to individuals and couples as they navigate their journeys to parenthood. In addition, We have a podcast: Fertility Conversations which is available to listen on various podcast apps. You can reach us on Instagram @thefertilityconversations. We look forward to connecting with you.

<https://www.fertilityconversations.com>

Fertility Kenya

Fertility-Kenya is a Medical and health Non-governmental organization (NGO) registered in 2015 to address the plight of women and men affected by infertility. The organization implements awareness activities that give hope and provide a chance of parenthood to all affected by the condition.

<https://fertilitykenya.co.ke>



Infertility Awareness Association of SA



IFAASA, a non profit company, is South Africa's only Patient Advocacy Group for the disease of Infertility. We educate the public about infertility and the benefit of early detection, as well as advocate for fair cover for this prescribed minimum benefit disease, from all our Medical Aid Schemes. We also fight for equal access from more public hospitals around the country.

www.ifaasa.co.za

IVF Babble

Hello, we are Tracey Bambrough and Sara Marshall-Page – good friends, mothers of twin IVF daughters and the founders of IVF babble. Following our own long, complicated and emotional fertility journeys, full to the brim of misdiagnosis and...

<https://www.ivfbabble.com>





IVF Support SA

With 14 ivfs, 3 different egg donors and 2 Surrogates she's had highs, lows and everything in-between. Cathy sheds light on her personal journey in an honest, open and caring way, in the hope of removing the stigma attached to infertility. Her book 'Abundantly Empty' – is a personal 360 degree journey and includes contributions from Cathy's husband, parents, family and friends, egg donors, surrogates and medical experts.

<https://www.facebook.com/IVFSupportSA>



IVF Warrior Boutique

The IVF Journey Box was created by myself as an IVF Warrior, I know what an emotional journey IVF can be. These items were specially created by myself to put back a little excitement when you go to each Dr's appointment, scan, egg retrieval and transfer day and to capture each special moment with you and your husband.

<https://www.facebook.com/ivfproducts>



Maiden to Mother

Maiden to mother is a service provider through which Rulene helps women transition into motherhood through yoga and yoga therapy. She uses yoga in a logical and pragmatic way in order to design and customise your yoga classes for your unique needs. Yoga therapy is not for a group setting and it offers you the exclusive knowledge of a highly skilled and trained yoga teacher and therapist. Rulene will be with you on your journey every step of the way, offering her knowledge and skills as a yogi.

<https://rulenemoolman.com>



MEDFEM Fertility Clinic

Medfem Fertility Clinic is a leading fertility clinic in South Africa, with a world-renowned team of Reproductive Specialists responsible for over 18500 babies. It is a well-respected SASREG accredited facility with a reputation for ethical treatment & high-value care from a team that provides thorough evaluations to diagnose factors contributing to Infertility. We use the best in modern technology & the latest advances in the IVF industry, resulting in high pregnancy & live birth success rates.

<https://medfem.co.za>

Medifellows

MediFellows is a free, secure, social networking platform and will be hosting the FSA event for safe industry engagement amongst the healthcare community. Register your professional profile and join the FSA Event Page to receive instant updates before, during and after the event, and to engage with other healthcare professionals and participants from the industry.

<https://www.medifellows.com>



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<https://medifin.co.za/>





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IFAASA



#STRONGERTOGETHER

Moomie

[Moomie.co.za](https://www.moomie.co.za) has been the number one site in South Africa to talk about fertility issues and bring stories of hope, from real moms. Register for free to start sharing your story – many more women are experiencing the same! Moomie is a safe, private and anonymous space.

<https://www.moomie.co.za>



Salome Range



The SALOME range offers women of all ages more natural options for management of conditions like Polycystic Ovary Syndrome (PCOS), Menstrual Pain, Heavy Menstrual Bleeding, Pre Menstrual Syndrome, and Menopausal Symptoms. All products in the range are made from herbal extracts that have been used for many decades. The formulations are based on science and are backed by published clinical data. This translates into a promise to provide products that work for women through any stage of womanhood.

<https://salome-range.co.za>

SASREG



SASREG represents Gynaecologists with a special interest in Gynaecological Endoscopy, sub-specialists, embryologists, and scientists working in the field of reproductive medicine. The Society also supports fertility and theatre nursing sisters, allied practitioners as well as psychologists and social workers working in the field of Gynaecological Endoscopy and reproductive medicine. The society serves to protect the interests of the patients undergoing fertility treatment.

<https://sasreg.co.za>

Supreme Fertility



Supreme Fertility is a natural and non-invasive Fertility program using genetic biomarkers which promise health choices tailored to the specific needs of each individual according to the unique characteristics of their genetic make-up. A dramatic development in the world of science to improve overall reproductive health for both mom and dad to optimise well-being and increase the chance of natural conception and a healthy baby.

<https://www.supremefertility.co.za>

The Joy Foundation



The Joy Foundation is an initiative committed to the reduction of infertility in Tanzania. It seeks to enable women to become aware of their or their partner's fertility status, promote frequent reproductive and fertility health check-ups and examinations, and encourage Assisted Reproductive Technology. The Joy Foundation embodies the maternal and parental ideal that all women and men equally, should be afforded all abilities to conceive, give birth and partake in the upbringing of offspring.

<https://www.facebook.com/JoyFoundationTZ>

Waiting Wombs Trust



Waiting Wombs Trust (WWT) is a Kenyan Public Benefit Organization (PBO) that works to create awareness, provide support and mobilization of families who – for varied reasons – are experiencing childlessness or have walked the child-waiting period in their marriage. The organization was conceptualized and initiated in March 2017 by a couple, Ken and Editah who having been directly affected by childlessness and infertility, have experienced the challenges associated with the waiting period.

<https://waitingwombstrust.org>

Two award-winning productions of stage and screen, and a highly anticipated new play are featured in this year's programme for the Fertility Show Africa online event.

Curse of the Womb. Can be seen on Sunday, October 10 at 14h30 – is a new play by Sisa Congress V Makaula III in which six talented individuals, who come from different backgrounds, give powerful energy to the concept of infertility. The Curse of the Womb screening is sponsored by Salome™.

Says Makaula: "For many years the African perspective of shame and isolation has destroyed many marriages and relationships and the issues surrounding infertility are not often discussed in public. This has affected a lot of women throughout generations, driving them into depression because they were blamed for the inability to bear a child. Curse of the Womb seeks to interrogate the myth that women who cannot conceive are cursed."

The cast includes Themkile Komani, Zimasa Nyamende, Philani "Steve" Xhaga, Siyanda Yokwana, Zinzi Mtshakaza and Sibulele Bulelani Ntlebi.



in•con•ceiv•a•ble

The Totally True One Woman Semi-Fertile Quasi-Musical

The first of the two filmed pieces on the FSA programme is **Inconceivable: The Totally True One Woman Semi Fertile Quasi "Musical"**, a comedic solo show based on performer, writer, and producer Meirav Zur's own fertility experiences. It has been performed at sell-out shows on stages in the US and Israel and is aimed at smashing the taboo of infertility through laughter.

Says Zur: "Inconceivable is a very funny and honest look at the complexity of modern infertility and is for anyone who's ever tried to conceive, and for everyone else." Critics and audiences alike have heaped high praise on Inconceivable calling it "hilarious and touching", "outstanding from start to finish" and "powerful, emotional, and real."

American critic Chance Morgan says of the show: "As soon as Ms. Zur asks the audience to name alternate terms for the vagina, it becomes apparent there will be no apologies, no embarrassment, and no holds barred. The educational aspect of Inconceivable cannot be understated (and the show) emphasizes the pressure society places on people to have children, the potential difficulties of trying to meet those expectations, and most of all, the stress inflicted on would be parents. But despite this craziness, as Ms. Zur demonstrates, the burdens, worries, and struggles cannot completely erode hope, love, or human connection." The show, not suitable for children, will be presented in a series of clips played between the talks throughout the two days of FSA.



The acclaimed documentary **When Babies Don't Come**, from multi-award-winning filmmaker and entrepreneur, Molatelo Mainetje-Bossman, details her 10-year struggle to conceive.

With a rare, localised perspective to the topic, Mainetje-Bossman takes the audience on a journey through IVF treatment, visits to a traditional healer and practices to gain assistance from her ancestors. It's an intimate portrait of infertility that speaks to a much bigger

issue faced by many yet is largely shrouded in silence. Through the film, Mainetje-Bossman has not only inspired many but has also given a voice to those with the same condition.

When Babies Don't Come will be available to watch on-demand throughout the FSA weekend. Watch a trailer here: <https://www.facebook.com/watch/?v=1891300884495186>

Mainetje-Bossman was appointed one of the directors of Infertility Awareness Association of South Africa (IFAASA) in 2018.

Who is IFAASA?

IFAASA (the Infertility Awareness Association of South Africa NPC) was established in 2013 and is a non-profit organisation with the aim of supporting South Africans living with reproductive health issues through education, research and advocacy and to educate the public about the disease of Infertility.

Prior to IFAASA's inception, South Africa had never had an infertility awareness association. Statistics show that one in six couples suffer from some form of infertility and yet the general public, numerous medical practitioners and many infertiles themselves are unacquainted with and ignorant of the journey that infertiles follow in their quest to achieve their families.

Our vision is to be the leading Southern African infertility awareness association, while also driving public and industry awareness and understanding of infertility. We will act on behalf of the infertility community as advocates, by lobbying for fair support and change, as well as equal access to public and private sector treatment.

IFAASA will not discriminate against any person on the basis of race, creed, colour, national origin, marital status, gender, sexual orientation, disability or any other classification protected by law.

Our Founder and CEO

Saskia Williams is a South African who feels compelled to build awareness and support of infertility within her country. Having experienced infertility treatment in the UK, as well as in South Africa, she understands that South African Clinics are world class and that South Africans suffering with the disease, just need the financial ability to access those clinics.

For the majority of the population who rely on private healthcare, they need treatment to be covered by their Medical Aids to enable them to afford it, but infertility remains the only prescribed minimum benefit disease on the exclusion list of most open medical aids. Saskia's absolute passion is to ensure that they stop discriminating against the disease and give it the cover that it deserves. To complete her mission, she needs the funding to take her case further, potentially through the South African Courts.

Please consider donating to IFAASA and helping to change the lives of 1 in 6 couples, either via our website or, our backabuddy campaign: <https://www.backabuddy.co.za/champion/project/ifaasa-campaign>



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PATHOLOGY IS IN OUR DNA



PCOS is the most common cause of infertility



According to the World Health Organisation (WHO), infertility in women was ranked as the 5th highest and most serious global disability. Further to that, the Infertility Awareness Association of South Africa (IFAASA) confirmed that as many as one in six couples are impacted by infertility. Infertility occurs in both men and women with a number of risk factors such as occupational and environmental risks, age, smoking and alcohol use. Another common risk factor though for infertility in women is Polycystic Ovary Syndrome (PCOS).

Polycystic Ovary Syndrome, or PCOS, is a hormonal disorder that involves reproductive, cosmetic and metabolic problems with 8 – 13% of women suffering from this condition. Due to ovarian dysfunction, it is the most common cause of infertility. Despite the increasing numbers and people impacted by infertility, the subject of infertility is still not a topic openly discussed and carries with it an unfortunate stigma.

Symptoms commonly associated with PCOS that women should be aware of include:

- Having missed or irregular menstrual cycles which can lead to infertility
- Elevated levels of the male hormone androgen which may result in excess body hair
- Thinning hair or hair loss on the scalp - male-pattern baldness
- Acne on the face, chest, and upper back
- Darkening of skin, particularly along neck creases, in the groin, and underneath breasts
- Weight gain or difficulty losing weight.

The symptoms associated with Polycystic Ovary Syndrome can cause a lot of distress and the disorder affects women in so many different ways and to different degrees. That's why it's best not to assume that you actually have PCOS until you've been diagnosed by a gynaecologist.

Is there a way to treat infertility linked to PCOS?

Just as there are various factors that impact fertility, there are also many different treatment options and recommendations out there, some more invasive than others. According to 3Sixty Biomedicine's CEO, Boitumelo Sebambo, in cases where infertility can be linked back to the hormonal imbalances caused by PCOS, patients who make use of products like Salome Fertility that contain Myo-inositol and D-Chiro-inositol, have seen an increase in their ovulation, a reduction in their hyperandrogenism and in the oxidative stress in their follicular fluid which in turn resulted in a higher pregnancy rate.

The efficacy of the Salome Fertility product lies in it containing a patented ratio of Myo-inositol and D-Chiro-inositol that have been extracted from the pod of the Carob Bean Tree. Clinical studies have shown that these natural extracts are instrumental in helping manage the regulation of ovarian function in PCOS patients.

"We locally manufacture our Salome Fertility product, as well as the other products within the Salome range. All the products in the Salome Range are based on herbal extracts which have limited side effects AND because they are nappi coded, they are recognized and reimbursed by certain medical aids," explains 3Sixty Biomedicine CEO, Boitumelo Sebambo.

Meet and engage with Salome experts at the Fertility Show Africa because #YourJourneyMatters and we would love to walk with you on your fertility journey.

Salome is committed to educating and normalizing conversations about common women's health conditions, which is why we have sponsored a talk by Dr Marienus Trouw about PCOS during the Fertility Show Africa on Saturday 09 October 2021 at 11am. Salome has a virtual booth where you can visit us during the Fertility Show Africa 2021 and we are excited and proud to sponsor the edu-tainment production of 'Curse of the Womb' being screened for the first time ever at Fertility Show Africa on Sunday 10 October at 2:30pm.

We look forward to seeing you online at this year's show but please feel free to also connect with us on our social media platforms or check out our full Salome range and details about our naturally inspired products on www.3SixtyBiomedicine.co.za

<https://3sixtybiomedicine.co.za>

<https://www.facebook.com/3Sixtybiomed>

[Reference](#)

[Medical references](#)



Manage fertility, naturally!
Find out more from the Salome™ team.



Acclaimed play Curse of the Womb for Fertility Show Africa



One of the highlights of this year's Fertility Show Africa is the screening of **Curse of the Womb**, a new play by Sisa Congress V Makaula III, written and directed by Fleur de Cap winner Lwanda Sindaphi.

In the African culture, a couple is expected to conceive children but, if there is an infertility problem, it is mostly the women who are viewed as the problem, while the men are usually excluded from the debate. *Curse of the Womb* seeks to interrogate the myth that women who cannot conceive are cursed and Makaula hopes it will educate, inform, and break the many years of gender-based violence because of the falsehood.

Makaula spoke about the play.

Firstly, give us some background on your fabulous name?

Makaula: (laughs) It's a long story but the short version is that I was named Sisa Adam when I was born, Congress is my grandfather's name which was passed to me traditionally to carry over the name, 'V' stands for Vusikhaya, a name given to me when I returned from initiation school and which means "I must rebuild my father's homestead," Makaula is my surname and I am the third in line."

How did *Curse of the Womb* come about?

I'm originally from the Eastern Cape where the issue of infertility is not talked about but seen as a curse. So as a theatre maker I thought I would find a way to break the silence so that people can start talking about it and get help.

Why did you tackle this sensitive subject matter?

I hope to educate society and break the violence and rage that many women experience because they are seen as unable to conceive. The reason we wrote the play is because infertility is a foreign topic to most Black families. There is a perception that the problem is always the woman's fault. There is a reluctance to look at the science as to why a woman is not becoming pregnant. Women are blamed and no consideration is taken that the man may have a fertility issue or that there may be another medical reason she is not conceiving.

How did you cast the six actors that are in the play?

The cast includes Thembekile Komani, Sibulele Ntlebi, Philani "Steve" Xhaga, Zimasa Nyemende, Siyanda Yokwana, Zinzi Mtshakaza. I had worked with all of them previously, so I knew they would bring the brutal reality of the issue to life.

What has been the reaction from those who have seen the play?

It was recently staged at the Black Box Theatre in Cape Town and the response was amazing. A lot of people who saw the play were not aware men could suffer from infertility.

Will you be touring the country so the rest of SA can see the production?

My dream and hope is that the show can tour other provinces, especially the rural parts of South Africa. For that to happen though I need government and private donors to help financially. If there is anyone or any company out there who can assist, they can contact our project manager Lulekwa Dyasi on 0786854918 or via email dlulekwa@gmail.com.

What is the one key message that you want people to take away from the play?

That infertility is not a curse.

What next for Sisa Congress V Makaula III?

I hope the production tours the country and the world, but in the meantime, I will continue writing and producing groundbreaking productions and films.

The *Curse of the Womb* screening is sponsored by 3Sixty Biomedicine. Watch the trailer here: <https://youtu.be/z61q6m-vvDE>

Says 3Sixty Biomedicine CEO, Boitumelo Sebambo: "We are proud to support the screening of *The Curse of the Womb* at FSA 2021 and we are 100 per cent behind its objective to shine a spotlight on the cultural myths and misconceptions associated with infertility.

We pride ourselves on being a socially responsible company. Through our communication and campaigns for the Salome range (which provides solutions for issues such as infertility in women with Polycystic Ovary Syndrome), we aim to empower consumers with knowledge to give them the confidence they need to address the often-taboo issues they are faced with and ultimately to get the help they need."



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Unparalleled Success

With more than 100 years of collective experience diagnosing and treating infertility, Medfem Fertility Clinic is a national leader in fertility care.

Since 1980, our specialist team has played a role in bringing more than 18 500 babies into the world.

We are very proud of our high rate of pregnancies and live births per transfer.

Having successfully implemented some of the very first IVF procedures in South Africa, the fertility specialists at Medfem Fertility Clinic are nationally and internationally recognised as pioneers and innovators in the field of infertility treatment. Dr Johan van Schouwenburg was involved in the first successful IVF treatment carried out in South Africa in 1983.

Compassionate Care

While infertility statistics are meaningful and important, they cannot measure how we treat our patients during the process. Our medical staff specialise in solving the most complex fertility cases. Daily, we must earn the continuing trust and respect of our patients and colleagues. We are proud of the enduring relationships we have created with the many individuals who have passed through our doors. From the receptionist to the doctor who does your transfer, everyone at Medfem Fertility Clinic is dedicated to your success. Our administration, finance, embryology and medical staff are here to ensure you have the best experience possible during this journey.

Individualised Care

At Medfem Fertility Clinic you will be offered an individualised treatment plan tailored to your unique situation. Whether you are new to fertility treatments or have had treatment before or elsewhere, our team will assess your personal history from start to finish giving you the best possible chance at building your family.

The Science of IVF Success

At Medfem Fertility Clinic, we have been leading the way in fertility advances for over 30 years. We invest significantly in R&D, and ensure our facilities are equipped with world-class technology. From years of experience in developing our culture media (those vital solutions that nurture your embryos outside the body) through to our incubators and freezing techniques, our expertise shows throughout the IVF journey. This legacy of proactive R&D has produced techniques for developing individual treatment plans which result in a high level of success in even the most difficult cases. When you join the Medfem Fertility Clinic team as a patient you will benefit not only from the expertise of our specialists but also from the combined knowledge

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Together with high quality patient care, it is our intention that Medfem Fertility Clinic becomes a centre of excellence in R&D and knowledge transfer. We routinely facilitate the training of a new generation of specialists in the area of assisted reproduction. By teaching the latest techniques, developing new procedures, and achieving scientific breakthroughs, we are able to continually improve our own practice and contribute to the development of the entire fertility community.

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Two Dads on the Journey of a Lifetime

Michael Johnson-Ellis and Wes Johnson-Ellis are two dads on a mission. A mission to raise awareness of same-sex parenting through their not-for-profit organisation, My Surrogacy Journey.



The UK-based fathers of Talulah, who turns five in October, and two-year-old Duke, are guest speakers at the Fertility Show Africa 2021.

We chatted to Michael and Wes about their journey to becoming parents, their surrogacy organisation and what visitors to the FSA can expect to hear from them.

Please can you tell us a little bit about your backgrounds

Michael: I was a medical recruiter focusing on the fertility sector and then shortly after the birth of our daughter, when we founded TwoDadsUK, my career and focus changed. We later founded The Modern Family Show (an LGBTQ+ family building event) and more recently My Surrogacy Journey.

Wes: I was a major events specialist who has worked on projects globally.

How and when did you meet?

We met in June 2012 at Birmingham Pride and were engaged five months later. We married in August 2014.

Can you tell us about your journey to becoming first time parents to Talulah?

Michael: Surrogacy was always our preferred route to have a family. We spent almost three years researching it, both international and UK surrogacy and eventually decided on UK surrogacy. It was a lot of hard work trawling the internet, networking, understanding the complexities around UK surrogacy and learning the various ways to build a family. At the time of our journey there were only three surrogacy organisations and none of them could accept us as intended parents due to a shortage of surrogates, so we had to carry on alone. We had no support, we researched the best clinics, the best surrogacy lawyers, and the best routes to find an egg donor and a surrogate. We met our surrogate in early 2015, and we took around four to six months getting to know her and her family. Once we were ready, we began looking at clinics and worked on creating our intention document which is the non-legally binding document that lays out the intention of your surrogacy arrangement. We were always going to use my sperm first, as Wes already has a daughter from a previous marriage, and the plan was we'd have more than one child anyway. We therefore matched our first donor to Wes' characteristics, as if we were having a child naturally. After six months, the clinic found us a donor with blue eyes, blond hair, and fair skin. A couple of months later eggs were retrieved, and I fertilised them. We managed to get three blastocysts (fertilised eggs), one of which was transferred and nine months later Talulah was born.

How difficult was it to find information on alternative parenting solutions?

It was very difficult, and both concerning and confusing. So many conflicting stories and out of date material meant we just couldn't trust one source – hence why we did it all ourselves. We just didn't know anyone that had explored UK surrogacy.

What were the biggest obstacles and how did you overcome them?

A lack of support. You don't know what you don't know, and this became apparent with the limited support that exists within surrogacy both in the UK and internationally. We were on our own, we made mistakes, we spent more than we should have. We just had to work hard to find all the best experts to support us and we later decided to share all these people with the community that needed them most. It was also no surprise that being two men we'd face some challenges with our birthing preparation, so this required patience, determination, and a good lawyer to challenge the dated policies.

How did you celebrate Talulah's birth?

Talulah's birth was the best experience of our lives. As intended parents via surrogacy you must make sacrifices along the way due to the current surrogacy laws and inadequate NHS policies for some trusts. Our surrogate opted for a C-section for medical reasons, and it was explained that for the procedure her husband would be with her in the theatre and not us, due to a one-person rule. He would comfort her and ensure she was safe, calm, and okay. It was obviously the right thing to do, and we supported this. We would be in a side room on the maternity ward, where we agreed he would bring us our baby and break the news what the sex was. However, just at the eleventh hour, her husband ran into our side ward with no baby. I panicked. "Is everything okay? Is Caroline OK?" Her husband said: "I've been told to come and get you; they don't want you to miss the birth of your child!" Our eyes filled with tears. We threw on a mismatch of scrubs and ran into theatre. We watched the entire operation and saw our daughter, Talulah enter the world at exactly 6am weighing a healthy 3.6kgs. Holding her and seeing her gaze into our eyes was incredible, the intensity of the bond was immediate. I've never experienced love and a feeling like it ever. Nothing prepares you for the wave of emotion and overwhelming love.

How much support did you get when you took her home?

It was just us, and that's how we wanted it. We did have some help from our parents when we needed it, but we're fiercely independent anyway. We made this decision to have a family, so we took responsibility for that decision.

Two Dads on the Journey of a Lifetime (continued)

Three years later Duke arrived. Was it easier the second time around?

No, it was harder! We were older and underprepared. He was very different to Talulah. He didn't sleep, fed constantly, and had lots of allergies which we didn't discover until he was 20 months old. We were also three years older and that's a lot in gay years!

How did you prepare Talulah for the arrival of her baby brother? We'd meet our surrogate each month and we'd get Talulah to talk to Caroline's tummy. We knew we were having a boy with Duke, so we got her used to knowing that a little baby boy was on his way to meet her, and she was so excited to take up the role of big sister.

Did you use the same surrogate mother for both children? Yes

Do you keep in touch with her?

Yes, absolutely! We meet up every few months when we can - COVID permitting. She lives two hours' drive from us in the north of England.

Tell us about My Surrogacy Journey.

My Surrogacy Journey will offer emotional, practical, and logistical support at every stage of the parenting journey. Our inclusive and innovative platform will guide and support all members equally when building a family through surrogacy, at home and abroad. Membership is for intended parents, surrogates and known egg donors and every member of My Surrogacy Journey is equal. We believe that a successful surrogacy journey relies on everyone involved being emotionally, legally, and medically informed thus ensuring that every relationship is built on honesty and transparency.

My Surrogacy Journey will offer unparalleled support for everyone starting from conception through to pregnancy, birth and beyond. From practical guidance through the process, to specialist counselling, building patient pathways from fertility clinics to NHS hospitals. Offering a UK first including pre-conception screening to newborn genetic testing and much more. Members receive over 50 benefits which are all designed to support and inform them of the road ahead.

My Surrogacy Journey has partnered with several innovative companies to provide access to leading fertility technology: Igenomix (genetic testing), FenoMatch (facial matching donors) ExSeed (home sperm testing) and EngagedMD (UK regulatory consent platform) ensuring clinics are released to focus more on clinical care. We've also partnered with The Mindful Birth Group and the Doula Association to make sure intended parents (IPs) and surrogates are supported through birth, including recovery. All members also receive prenatal support via a specially designed program by the incredible team at Born Human.

Above all else, My Surrogacy Journey has been designed from a lived experience.

Can you tell us what you are going to be talking about at Fertility Show Africa?

We'll be talking about how we're changing the landscape within surrogacy, how we're challenging the norm and, through our platform of TwoDadsUK and My Surrogacy Journey, how we're supporting hundreds of people, heterosexuals, and LGBTQ+, achieve their dreams of parenthood.

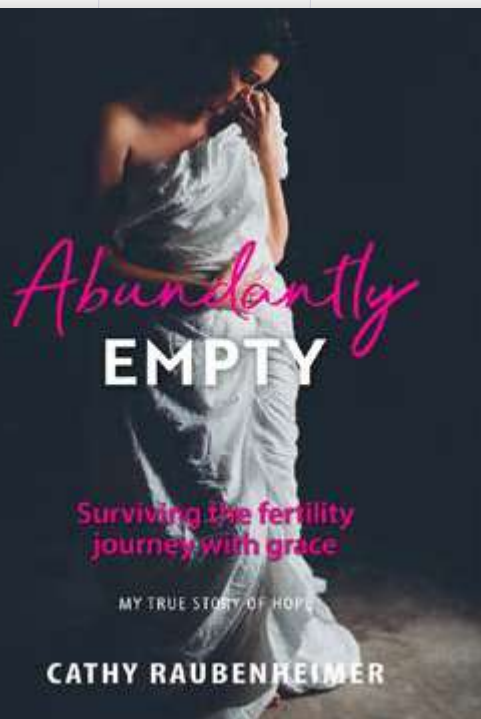
How important and useful is something like the Fertility Show Africa?

It's crucial. The world is changing how we all build our families. Fertility treatment is very common in both heterosexual and LGBTQ+ communities and the more events like this, the more they give hope to others that are childless and seeking support and options.

Any advice they can give to those starting out on their journey?

Have patience and do your research. Use resources like Fertility Show Africa and IVF Babble Africa to understand the industry better. This is your route to parenthood – it must be at your pace.

Discover more of their wonderful journey during the show.



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IVF and multiple pregnancies: time for a mind shift



The first IVF baby, Louise Brown was born in 1978. Since then, numerous advancements in IVF techniques have been developed.

In the earlier days of IVF treatment, multiple embryos were transferred in order to increase success rates. This resulted in a significant increase in multiple pregnancy rates. To date, IVF is still associated with an increase in multiple pregnancy rates with wide geographic variation. Multiple pregnancy rates of more than 20% are still seen in African countries and the USA (1). The implementation of an elective single embryo transfer policy in most European countries, has resulted in a significant reduction in IVF multiple pregnancy rates in those countries.

Multiple pregnancies carry a significant risk of poor perinatal outcomes. There is enough evidence from good quality studies of poor perinatal outcomes with IVF twin pregnancies. The adverse outcomes mainly include Pre-eclampsia, preterm delivery, low birthweight, an increase in stillbirth rate and an increase in C/S deliveries with IVF twin pregnancies (2,3,4,5,6). Significant short and long-term risks in IVF offspring born from multiple pregnancies have been described, the severest being impaired brain development and growth. Studies have shown evidence of a link between multiple birth babies who are small for gestational age with metabolic syndrome, which is associated with type 2 diabetes and cardiovascular disease (7).

As embryo culture media and embryo culture systems developed, a shift was seen from multiple embryo transfers in IVF treatment to dual embryo transfer. This led to a reduction in multiple order pregnancies, however twin pregnancy rates following IVF treatment remained high. Advancements in embryo selection and embryo cryopreservation methods have resulted in a shift towards a single embryo transfer in good prognosis patients. These advancements include the introduction of blastocyst culture, time lapse and pre-implantation genetic testing.

Earlier studies mostly published before 2013, reported an increase in IVF success rate with dual embryo transfer compared to a single embryo transfer (8,9,10). After 2013, good quality studies, including a Cochrane review, have been published showing similar cumulative pregnancy and livebirth rates with single embryo transfers compared to dual embryo transfers. Most importantly, these studies reported a significant reduction in twin pregnancy rates (11,12,13).

Most women undergoing egg donation treatment are over 40 and have increased pregnancy risks. A pilot RCT on patients undergoing egg donation treatment comparing the pregnancy rates and livebirth rates when 2 embryos were transferred versus a single embryo transfer, showed similar cumulative pregnancy rates and livebirth rates between the 2 groups. This study had to be stopped early due to the unacceptable high twin pregnancy rate with the dual embryo transfer arm of the study (15).

A mind shift is required to reduce the poor perinatal outcomes associated with IVF twin pregnancies. This requires a shift from aiming for a high pregnancy rate, towards aiming for a healthy baby born at term.

A reduction in IVF twin pregnancies will lead to a significant reduction on the financial burden on obstetric and neonatal care services. Patients undergoing IVF treatment should be counselled on the benefits of a single embryo transfer. When more than one embryo is transferred, the risks associated with multiple IVF pregnancies should be discussed with the patient. The SASREG embryo transfer guidelines recommend a single embryo transfer for good prognosis patients and patients undergoing IVF treatment using donor eggs. These guidelines also recommend the transfer of no more than 2 embryos.

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One Day at a Time for Founder of Waiting Wombs Trust



Editah Hadassa wears many hats. This dynamic Kenyan woman is not only an entrepreneur and business management consultant, but she is also the founder and CEO of Waiting Wombs Trust an organisation that seeks to create awareness of infertility and reproductive health matters.

Says Hadassa: "Waiting Wombs Trust exists to avert the medical, physical, socio-cultural and psychological factors that undermine acceptance and positive living among childless and waiting families, consequently depriving them of the opportunity to live a more fulfilling life.

"Childlessness comes with a lot of stigmatisation in Africa hence the need to talk about it."

Hadassa herself is an involuntarily childless woman who, despite also battling various illnesses, has not allowed her childless status to put her down. Her mantra 'One Day at a Time' is also the title of her talk at FSA.

We asked Hadassa some questions about her own personal journey as well as about her organisation Waiting Wombs Trust.

After more than 13 years of marriage you and your husband have not been able to start a family. Can you tell us why and what treatments you have undergone?

I suffer from endometriosis and adenomyosis. I have also previously suffered from fibroids and ovarian cysts. I have been to the theatre four times to try and fix the stage four endometriosis and adenomyosis, but it keeps recurring.

I have tried natural remedies, hormonal replacement therapy, herbal treatment, contemporary medicine, you name it. We feel like we have exhausted all known avenues and finances and now just living in the present and trusting God all the way. We are Christians and believe that conception is divine.

Why do you think childlessness comes with stigmatisation in Africa and what is your key message to those who do stigmatise childless couples or women unable to conceive?

Womanhood is defined by the ability to conceive and carry a pregnancy to full term. A marriage is considered incomplete without a child.

The sad bit is that the blame is often squarely placed on women even in cases where the infertility is male related. Society should

acknowledge a marriage as complete with or without children and that infertility affects men too. The pressure placed on women is unnecessary.

Your mantra is 'One Day at a Time' and that is also the title of your talk at FSA. Can you tell us more about what you will be presenting at FSA?

Childlessness/ infertility is a journey. Sometimes it feels so lonely that the only way one can live is to take it one day at a time. An attempt to have it all sorted out in a month, a week, a year often leads to depression and disappointment.

Procedures fail, medicines fail, some work, some don't. How can one live through it all? How does one cope as a childless man, woman, or couple in a highly stigmatised set up? One day at a time, one minute if need be is my mantra and will be my focus at FSA.

Can you tell us a bit about your Waiting Wombs Trust?

My husband and I had lived in our childless - not by choice - marriage for over 10 years and we were looking for a support group having undergone stigmatisation and heartache and found none.

We decided to start Waiting Wombs Trust to create awareness around the subject and bring together those in similar situation, particularly in Africa. Our membership currently stands at over 10,000 with a following of over 100,000.

We are based in Kenya but have membership and representation within East Africa and beyond. We work in partnership with fertility specialist and relevant organisations and individuals.

We envision a society where women, men and couples battling infertility or sub-fertility are empowered, encouraged, and supported rather than stigmatised, shunned, and crushed. Further details on our work and partnership opportunities can be accessed via waitingwombstrust.org.

We are also working on building a campus as part of our bigger mission and vision and currently fundraising and seeking support and partnerships. You can read more about it at waitingwombscampus.org

Hadassa's talk, One Day at a Time, takes place at Fertility Show Africa 2021 on Sunday, October 10 at 15h00.

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Heard of low dose IVF?



A fertility expert tells us about a more affordable version of in vitro fertilisation that gives hope to more people and holds many other benefits too.

"One afternoon a domestic worker came to my office," says Dr Goolam Mohamed, chair of the Sandton Fertility Centre in Johannesburg.

"She was a single 38 year-old with a deep sadness on her face. She told me that she had had two ectopic pregnancies and her fallopian tubes had been cut off. She said she was depressed and had no desire for anything except a child.

"I knew she could not afford traditional in vitro fertilisation, so I tried a different process at a very low cost.

"An ultrasound showed that she had a good number of eggs, so instead of injecting hormones, I administered oral ovulation induction agents. To my delight, she produced six follicles, which I then harvested using local anaesthesia to save costs. Five eggs were harvested.

"Because she was single, we got sperm from a donor. Fortunately, out of the five, two eggs grew to a day-five embryo of a high quality. These embryos were transferred into her uterus, and to her luck, she conceived twins.

"The babies were delivered at a government hospital. A year later, she came back to see me with the two children in her arms. Before me was a different woman, full of zest and purpose – and that has given me immense joy."

HOW DOES IT WORK?

In vitro fertilisation (IVF) starts with the harvesting of oocytes (or eggs). These can be harvested during your natural menstrual cycle or through follicle stimulation. There was a belief – it still persists today – that many eggs are required for a successful pregnancy, explains Dr Mohamed.

Just over a decade ago, though, some clinics started using a milder form of follicle stimulation, with a view to collect fewer (but still healthy) eggs. It is a more affordable process. Conventional IVF is still commonly used. It produces more eggs and good results, but it is expensive, tedious and can cause a lot of discomfort. The "light" form of IVF with which Dr Mohamed has had success is known as mild-stimulation IVF, or MS-IVF.

AS GOOD AS NORMAL IVF?

MS-IVF has certainly become more popular, but some doctors are still reluctant to incorporate this approach into their practice because they worry that fewer eggs harvested will not produce similar pregnancy success rates as conventional IVF,

Dr Mohamed says. "In fact, this is not the case, because with MS-IVF, the hormonal environment in the ovary is closer to that of a natural cycle. So, while fewer eggs are harvested during MS-IVF, there will be similar numbers of competent, normal eggs available for fertilisation compared to conventional IVF. Mild stimulation also produces an appropriately synchronised womb lining to receive the embryo."

These days, MS-IVF is used for older patients, and even for those classified as "poor responders" with pregnancy success rates that are as good as with conventional IVF. More good news is that there are other benefits to this milder form of treatment.

BETTER FOR YOU AND BABY

There are still many disadvantages to conventional IVF. Apart from the cost and discomfort, the two most devastating complications of conventional IVF are ovarian hyper-stimulation syndrome (OHSS) and multiple births.

"I am reminded of a past case that ended up being the most frightening one I have had to deal with yet," Dr Mohamed says. "The patient was diagnosed with polycystic ovary syndrome, meaning she would produce many oocytes with minimal stimulation, and she was at risk of being hyper stimulated and developing OHSS.

I started her stimulation with the lowest possible hormone dose in the conventional programme. In this protocol, we need to first give an injection to make the ovaries inactive, so that we can stimulate growth of the eggs. She then produced 20 oocytes. I transferred two, and she conceived.

"A few days later she came back to my office short of breath, with a greatly distended abdomen and waterlogged legs. She had indeed developed OHSS and had to be admitted to the intensive care unit for monitoring and treatment.

"I sat at her bedside for four days and eventually had to drain the liquid from her tummy in order to get her out of this life-threatening condition. Fortunately, she recovered and delivered one baby, but this case still shows how dangerous conventional IVF can be.

"Of course, multiple births, which are typical of fertility treatment, also pose extra risks, in that they predispose you to high blood pressure, diabetes, premature birth and miscarriage, and they increase your chance of delivering via a caesarean section. For the foetus, there's an increased risk of prematurity and cerebral palsy.

Heard of low dose IVF? (Continued)

RISK AVOIDANCE

Dr Mohamed says that the newer technology used in MS-IVF decreases the chances of OHSS and multiple pregnancy. "OHSS results from an excess in hormones and causes ovaries to swell and become painful, but thanks to the way MS-IVF triggers ovulation, it is not common at all.

Furthermore, because MS-IVF produces good-quality embryos, we need only transfer one embryo at a time, which is a much safer option that reduces the incidence of multiple births to zero. "Perhaps most importantly, babies born after MS-IVF have also shown a higher birth weight compared to those born from high-dose stimulation because the process is softer, requires lower hormone doses and is sometimes even shorter.

It is better tolerated than the high-dose protocol, and symptoms of depression and anxiety in the mother are also much less." And there is the cost. Medication is the biggest cost in IVF, and with mild stimulation it is possible to cut out some medication completely and lower the dose of others, which decreases the cost significantly, says Dr Mohamed.

IS IT FOR YOU?

So how do you determine if you are a viable candidate for MS-IVF? This method is useful for both young and older patients, poor responders and hyper responders. In today's environment, a tailored protocol for each individual is possible, so it is best to be assessed by a fertility specialist and ask about it.

The main disadvantage of MS-IVF is that cycles have to sometimes be cancelled due to poor responses, meaning that fewer than three eggs are obtained. But in many selected patients, two or three high-quality oocytes are all that's needed for a positive result. Cycle-cancellation rates depend on age, the number of eggs available and the protocol used. In properly selected patients, cancellations can be brought down to the bare minimum.

Dr Mohamed will be presenting a talk on low dose IVF at the Fertility Show Africa on Saturday, 9 October 2021. Dr Mohamed founded the Sandton Fertility Centre to help people from all over our continent who are battling to conceive. He also specialises in male fertility and fertility in couples where one partner is HIV positive.





5 ways which yoga can support your fertility

After a year of trying to fall pregnant, woman can feel deeply disappointed, anxious and frustrated with their bodies. The struggle can weigh heavily on a woman and the journey to pregnancy can take a heavy toll on you mentally, physically and emotionally.

The journey to conception is not an easy one and watching friends around you becoming mothers can be like rubbing salt in the wound. Finding your own centre and truth in the process can be an arduous task.

Although yoga can not guarantee you falling pregnant, it can be of great support during the process. Yoga can be a useful resource and can play a positive role in helping couples and woman navigate the highs and the lows on the road to conception.

Whether you've been trying for a while now, or just recently started, here are 5 ways in which yoga can support your fertility:

Manage stress and anxiety

Yoga is about meeting yourself where you are on the mat. It's about moving in a mindful way syncing the movements with your breath. This in itself helps to calm down the mental chatter which may include stories and judgement about our body and your abilities.

In addition to calming the mind it also helps the body to activate the 'rest and digest' response in which our minds and bodies can feel safe. Our daily lives are loaded with stressors and our bodies are in a 'fight or flight' response which can create havoc in our bodies. It messes with our moods, sugar levels and hormone levels. Adding the stress of trying to conceive into the mix and you have created a snowball effect.

Reducing our stress response with the help of yoga, can go a long way when it comes to balancing our hormones and optimising our wombs for conception.

Increased blood flow and circulation

Blood flow and good circulation plays an important role when it comes to fertility as nutrients and oxygen gets distributed through the blood. Our daily lives are (in most cases) not conducive for optimal blood flow to our pelvic areas and reproductive organs as we sit most of the time. This is either at the computer working, in the car driving, or on the couch watching TV.

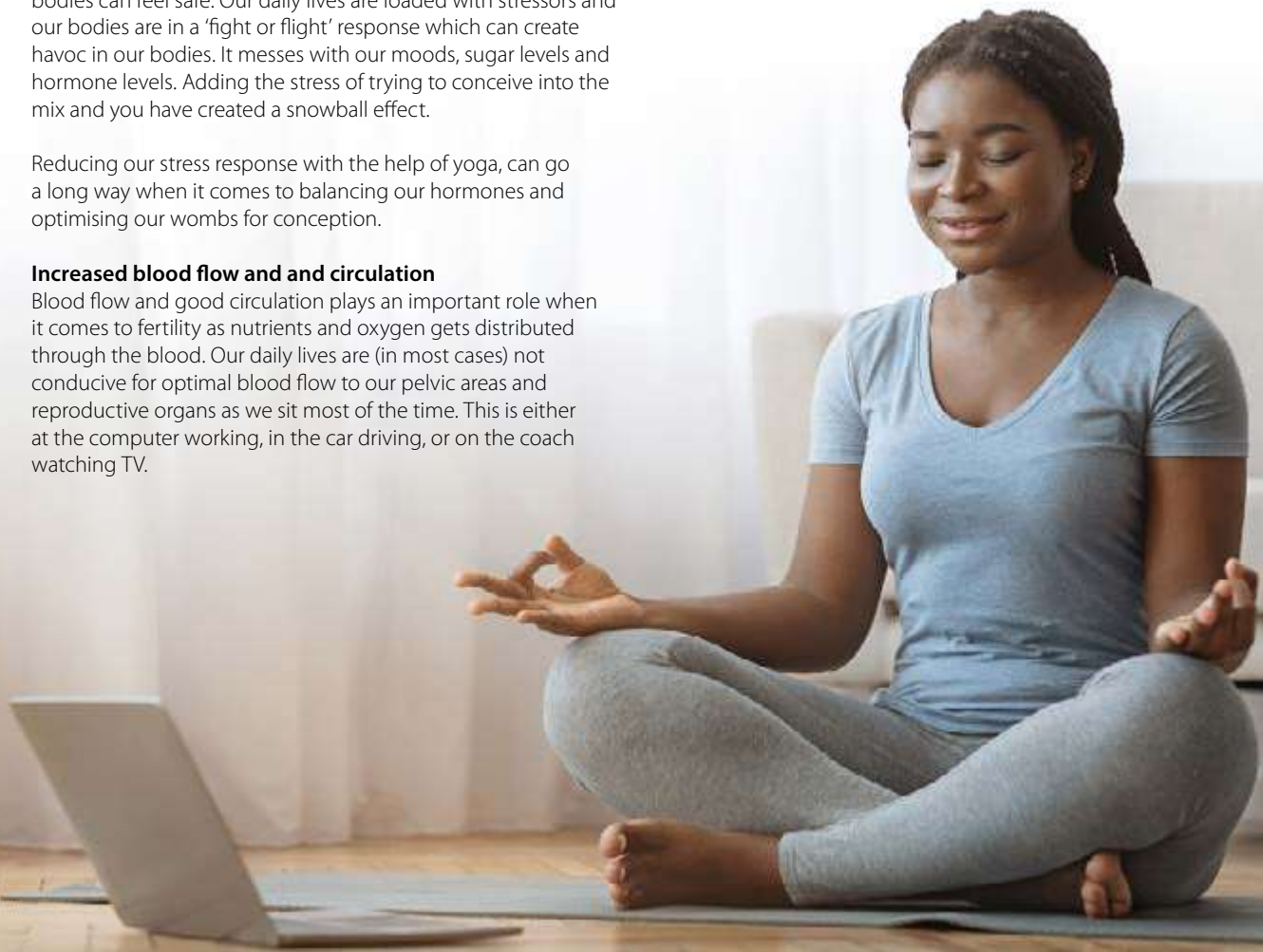
Yoga helps to open the hips and pelvic region, release held tension in those areas and promote blood flow, and hence oxygen and nutrients, to the reproductive system.

According to Traditional Chinese Medicine we need Qi or 'chi' to flow freely throughout our bodies. Whenever 'Chi' gets stuck it can cause all kinds of imbalances including infertility. With yoga and the physical part thereof, we can target the pelvic region and hips, and re-establish the flow of 'chi'.

Reconnect with our bodies

When we get stressed, anxious or frustrated our minds can take over control completely and tell us stories that we believe. We can completely lose touch with our bodies as our focus and energy gets redirected into the mental space. We lose touch with the subtle cues from our bodies, telling us how it's doing and what it needs.

For woman on fertility journey this disconnect can be even more prominent. Other narratives that our bodies are betraying us can also be prevalent, leading to an imbalance between mind and body.





5 ways which yoga can support your fertility (continued)

Through the practice of yoga, including the physical part (asanas), the breathing (pranayama) and the mindfulness techniques, we re-establish our connection to our physical bodies. We make friends with our bodies and learn to love it while learning to tune into the fine nuances of sensation as our bodies communicate with us. This re-alignment to the physical becomes an ally on the journey to conception.

Balance hormones

As we've mentioned before, stress can create havoc in the physical body. This includes chaos in the endocrine system, a system that comprises of all our hormonal glands and hormones. The hormones can be seen as chemicals that helps different parts of the body communicate with other parts. It also helps the body's natural and automated functions. When the thyroid, cortisol or reproductive hormones are out of wack it can create a domino effect leading to all kinds of chemical imbalances in the body. Optimal fertility is dependent on hormonal stability.

Yoga can help reduce stress in the body directly influencing your adrenals and cortisol level. Research has shown that specific yoga practices, practised regularly, reduces cortisol levels and improves antioxidant status in the body. Antioxidants' functions are to help our body get rid of toxins, this includes excessive hormones that accumulates in the liver.

In addition many yoga poses work directly into the specific hormonal glands supporting the production and secretion of hormones.

Process challenging emotions

Yoga also offers a safe space for us to work through challenges and build resilience. It allows us to sit with discomfort by challenging us to hold a pose longer than we'd like, knowing it's temporary. This is a valuable skill, not only for the fertility process, but it also helps prepare us for birth and parenthood (which combine discomfort, joy, and everything in between!)

Sometimes, we may discover a surge of emotional release when we practice some poses because our minds and bodies are so intricately connected.

Allowing ourselves to open and release some of these challenging emotions through our yoga practice can help us process the journey of infertility and open ourselves to possibility.

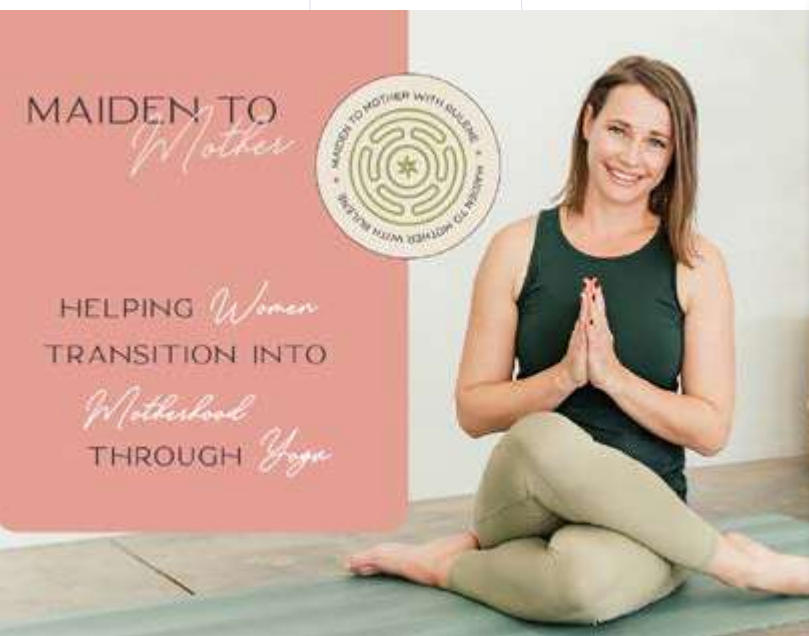
Whether you're a veteran practitioner or a beginner, yoga can offer many benefits to those trying to conceive. If you are trying to get pregnant, look for classes that may be specifically designed for fertility, such as Yoga for Fertility, or look for classes labelled "gentle", "restorative" or "yin."


Many yoga classes can be heated or very vigorous, and while those are great classes, they can often be depleting to your body.

Our goal when trying to get pregnant is to nourish our bodies as much as possible.

Rulene Moolman (500 RYT) is a yoga therapist specialising in fertility, pregnancy and postnatal concerns. She does private classes in person and on zoom.

[Visit our BLOG for more.](#)





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**Fertility Show Africa 2021:
Saturday's Programme**

Your MC: Thandi Moroeng

TIME	TOPIC	SPEAKER	BIO
09:55 AM	Sponsor Welcome	Dr Alan Barrett Medical Affairs Manager – Ferring South Africa	 Dr. Barrett is the Medical Affairs Manager at Ferring Pharmaceuticals. Dr. Barrett has been active in various therapeutic areas including Respiratory, Neurology, Vaccines, Rare Diseases, Urology, Gastroenterology, Gynaecology and Fertility.
10:00 AM	The modern fertility patient & the changing dynamics of fertility 	Dr. Antonio Rodrigues Medfem Fertility Clinic	 After Dr. Antonio Rodrigues completed his undergraduate and post graduate degrees at the University of the Witwatersrand, he entered private practice, specialising in assisted reproduction and minimally invasive surgery. He co-developed Medfem Clinic in 1991 and is a director of Medfem Fertility Clinic. Dr. Rodrigues has an MBA from Henley London and co-authored the book Faster Better Sicker - Time-Urgency Perfectionism Stress. He co-developed Staminogro, a natural product for fertility and general health and he has a special interest in time-urgency perfectionism stress and its influence on fertility. Dr. Rodrigues also co-developed an online self-help interactive stress management programme, www.tups.co and has published internationally and co-authored chapters in books in the fields of hyperinsulinism in male fertility and stress and its role in infertility.
10:30 AM	Endometriosis 	Dr. Sulaiman Heylen Cape Fertility Clinic	 Dr. Heylen qualified as a medical doctor (summa cum laude) and as a specialist in obstetrics and gynaecology at the University of Leuven in Belgium. He obtained the gynaecological endoscopist certificate, with distinction, from the European Academy of Gynaecological Surgery. He is an EHSRE certified master reproductive endoscopic surgeon and a specialist in reproductive endoscopic surgery and reproductive medicine. Dr. Heylen is President of SASREG and has published in both local and international fertility journals and contributed to chapters in books.
11:00 AM	PCOS  	Dr. Marienus Trouw PTA Fertility Centre	 Dr Trouw studied medicine at the University of Pretoria and qualified as a gynaecologist in 1994. He completed infertility and endoscopic training in Leuven, Belgium as well as in Copenhagen, Denmark. Dr. Trouw is associated with the University of Pretoria's reproductive unit at Steve Biko Academic Hospital and is actively involved in training reproductive medicine specialists. His passion for reproductive medicine was ignited early on in his training and he has never stopped learning about, and becomes truly excited about, new developments and research in the fertility field.
11:30 AM	Low dose IVF 	Dr. Goolam Mohamed Advanced Fertility	 Fertility specialist Dr. Goolam H Mohamed is chairman of the Sandton Fertility Centre. He earned his medical degree at King George's Medical School in Lucknow, India in 1975 after which he obtained a Master's Degree in Obstetrics and Gynaecology from the Medical University of Southern Africa (Medunsa). He has completed various courses around the world in infertility and assisted reproduction. Dr. Mohamed founded the Sandton Fertility Centre when he saw the need among people, both within and beyond South Africa's borders, having difficulty conceiving. This includes the latest technology used to treat male infertility and couples where one partner is HIV positive.
12:00 PM	The role of surgery in infertility treatment 	Dr. Jack Biko Femicare Fertility Clinic	 Dr. Jack Biko, a reproductive medicine specialist, is the director of Femicare Fertility Clinic and a part-time lecturer at Steve Biko Hospital and Pretoria University. He received his training at Wits, Pretoria University, the college of Medicine of South Africa (Medunsa) and the University of Valencia. He is a member of the team that recently completed the national South African fertility guidelines. He is also an advanced endoscopic and endometriosis surgeon and currently the vice-president of the SASREG (Southern African Society of Reproductive Medicine and Gynaecological Endoscopy).
12:30 PM	Male Infertility 	Dr. Tasneem Mohamed BioART Fertility Clinic	 Dr. Mohamed has presented her research at several international congresses and won the COGI young researcher award in 2017. In May 2018, she joined BioART fertility centre in Saxonwold, working as a gynaecologist and also a trainee in the field of infertility. She also joined the Parktown OBGYN practice at Park Lane Hospital in July 2018, where she consults in the afternoons.
1:00 PM	Stem Cell Based Therapies for Ovarian Regeneration 	Prof. Carola Niesler Next Biosciences and University of KwaZulu-Natal	 Carola Niesler is an Associate Professor of Biochemistry and Academic Leader of Biotechnology in the School of Life Sciences, University of KwaZulu-Natal as well as the Chief Scientific Officer at NEXT Biosciences, a South African biotech company working in the sphere of stem cells and biologics as well as genetic and pathology testing. She received her PhD from the Department of Clinical Biochemistry, University of Cambridge, UK, and has more than 20 years experience in the area of stem cell research. She has a particular interest in the application of stem cells to support regeneration in the context of disease as well as conditions such as impaired wound healing and infertility. As an established scientist, she has graduated more than 50 postgraduate students and published 37 internationally peer-reviewed articles.
1:30 PM	Surrogacy Legalities 	Advocate Linda Retief	 Advocate Linda Ann Retief is presently a practicing advocate and a member of the Pretoria Bar. In 2019 she was appointed as an Acting Judge to the bench of the Pretoria Division of the High Court of South Africa. She has practiced in the legal fraternity as an Officer of the Courts for 25 years, initially as an admitted attorney in 1993. During her 25 years in practice, she has been appointed by the then Law Society of South Africa as a lecturer for continued legal education and now presently, as an advocate, she was appointed as an examiner by the General Bar Council for pupil valuation and entrance in the profession. Advocate Retief practices in a number of fields in law which require High Court litigation but specialises in medical law and all peripheral legal issues pertaining thereto including the legal aspects of fertility and surrogacy having a number of reported landmark decisions in this field of law. Advocate Retief attained her BLC LLB from the University of Pretoria.

TIME	TOPIC	SPEAKER	BIO
2:00 PM	The importance of looking after your Mental Health whilst TTC against the background of the modern world 	Mandy Rodrigues	 Renowned clinical psychologist Mandy Rodrigues has worked in the field of infertility for the past 25 years. This includes working with individuals, couples and groups, helping them cope with the fertility journey and assisting them with making life-changing decisions. A large part of her practice involves stress management and the need for a multi-disciplinary approach to infertility. Rodrigues has presented and published various books and articles on the subject.
2:15 PM	Panel Discussion: The importance of looking after your Mental Health whilst TTC against the background of the modern world		
2:30 PM	HIV Positive Surrogacy 	Robynne Friedman Robynne Friedman Attorneys	 Robynne Friedman is a surrogacy law specialist practitioner practising for her own account. She has assisted in excess of four hundred parents with the legal and procedural aspects of surrogacy in South Africa. She has been involved in leading surrogacy cases that have culminated in legal precedents. Friedman is a mother through surrogacy and through her personal experience has been able to assist her clients on a highly personal level. She founded a non-profit organisation which offers support and advice to infertile persons and surrogate mothers on all aspects of surrogacy. Friedman has presented papers on the working practical aspects of surrogacy at local and international family law conferences, and has spoken at reproductive medicine conferences and embryologist meetings locally. Friedman offers support and guidance to the Reproductive Medicine Clinics in RSA on the legalities of surrogacy and gamete donation.
2:45 PM	Social Egg Freezing 	Dr. Razina Patel Advanced Fertility	 Dr Patel qualified in 1989 as a doctor and followed her calling to specialise in Obstetrics and Gynaecology. She qualified in 1998 and worked in an academic capacity at the Johannesburg General Hospital for a number of years, and at the Bedfordview Hospital and Park Lane Hospital as an Obstetrician Gynaecologist for the better part of 20 years. In that time, Dr Patel developed a passion for Reproductive Medicine and incorporated it into the scope of her practice. She did her International Masters in the Biotechnology of Human Reproductive Medicine and Embryology at the University of Valencia, Spain in 2018. Dr Patel officially joined Sandton Fertility Clinic 15 years ago and to date works under that umbrella.
3:00 PM	Onco Fertility 	Dr. Chris Venter Vitalab Reproductive Centre	 Dr. Chris Venter completed his pre-and post-graduate studies at the University of Pretoria 1994 and 2002 respectively. After qualifying with a MBChB, MMed O&G, FCOG(SA) with Reproductive Medicine, he did aceptorship in Endoscopic Surgery at Leuven University in Belgium, under the mentorship of Prof Phillippe Koninckx. Venter practiced for 12 years as a general obstetrician in the private sector, before deciding to sub-specialize in reproductive medicine. He completed his Fellowship Training at the University of Stellenbosch under the mentorship of Professor Thinus Kruger. During this period, his research was aimed at looking at the role of pre-genetic screening in embryo selection. Venter joined the Vitalab Reproductive Centre in 2013 and specialises in all aspects of infertility care. His clinical interest is in Recurrent Implantation Failure and the role that Endometrial Receptivity plays. He is an Associated Lecturer at the University of the Free State and has served on both the editorial board of the Endocrinology International Journal and SASREG executive board, since 2014. His personal interest is in raising awareness for Oncofertility in South Africa.
3:30 PM	Embryo/Sperm Selection 	Greg Tinney-Crook Aevitas Fertility Clinic	 Greg Tinney-Crook is the laboratory director at Aevitas Fertility Clinic in Cape Town, recognised as a continent leader in the field of fertility where he heads up a vibrant team of world-class embryologists. As Aevitas serves as training unit for Stellenbosch University, he is also closely involved in training student embryologists in the science and skills of the fertility laboratory. Furthermore, he heads up a satellite clinic in Windhoek, Namibia, acting as a pioneer in the field of fertility treatment in this region.
4:00 PM	Known Sperm and Egg Donors - the Legalities 	Adele van der Walt Adele van der Walt Incorporated	 Adele van der Walt is an authority on the legal aspects of medical law which includes fertility law and surrogacy in South Africa and has represented clients nationally and internationally. Van der Walt completed her B-Proc, LLB degrees at the University of Pretoria. She played a pivotal role in the amendment of the application of the common law on surrogacy in 2009, and amendments to the State Liability Act in 2008. She has addressed many interest groups in the healthcare fraternity, authored several published articles and regularly partakes in radio and TV programmes in this field.
4:30 PM	A New Approach to Reducing Miscarriages and increasing IVF Success Rates 	Debra Langley Supreme Fertility	 Debra Langley is a professional pharmacist, wholefood plant-based nutritionist, DNA consultant, author and keynote speaker, with more than 25 years' experience in the field of health and wellness. Langley has hosted talks for the Pharmaceutical Society of South Africa (PSSA), the Gauteng General Practitioners Association, Equilibria School of Life, Geneway, The Pharmacy Show, Tsogo Sun, The Pharmacology Conference and many others and has been a contributor to the Natural Medicine Magazine and Oxygen. She is the face behind the popular Instagram feed @plantbased2go. Langley is now the operations and training manager for Supreme Wellness and Supreme Fertility and is passionate about understanding DNA and helping people through the right dietary and lifestyle changes to make healthy babies.
5:00 PM	ENDS		

Bonus Features throughout the show...

Inconceivable

Written & Performed by: Meirav Zur

Meirav Zur is a performer, writer, and producer. Zur's latest production and first solo show, *Inconceivable: The Totally True One-Woman Semi-Fertile Quasi-Musical*, essentially her own true fertility experiences told through humour, has been performed on international stages large and small, aiming at smashing the taboo of infertility with laughter.



When Babies Don't Come

Molatelolo Mainetje-Bossman

Multi-award-winning filmmaker and entrepreneur, Molatelolo Mainetje-Bossman documents her 10-year struggle to conceive through her documentary film *When Babies Don't Come*.



Yoga Demo

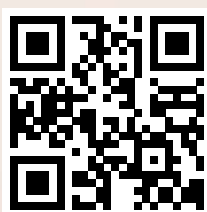
Rulene Moolman

Rulene Moolman helps woman transition into motherhood through yoga. With more than 2000 hours of training in the science of yoga, she combines medical techniques with complimentary healing techniques and applies her own knowledge and experience to help facilitate the healing process, helping shift from maiden to mother.

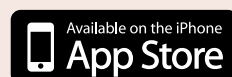


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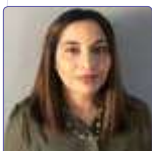
















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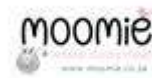


Fertility Show Africa 2021: Sunday's Programme

TIME	TOPIC	SPEAKER	BIO
09:45 AM	OPENING		
10:00 AM	The myth of a perfect woman, mother and baby 	Amanda Rogaly Baby Yum Yum 	Amanda Rogaly is the Founder and Chief Mommy Parenting Portal, BabyYumYum. She is passionate about empowering parenting, leveraging her own parenting journey to educate and inspire others.
10:30 AM	Losing my DNA 	Mandy Rodrigues 	Renowned clinical psychologist Mandy Rodrigues has worked in the field of infertility for the past 25 years. This includes working with individuals, couples and groups, helping them cope with the fertility journey and assisting them with making life-changing decisions. A large part of her practice involves stress management and the need for a multi-disciplinary approach to infertility. Rodrigues has presented and published various books and articles on the subject.
10:45 AM	Panel Discussion: Questions about donor disclosure and transparency & Adoption donor talk		
11:00 AM	Pregnancy Loss 	Pastor Jerry & Karabo Zwane - Hannah you're not alone & Naniki Sorensen 	Pastor Jerry and his wife Karabo Zwane founded Hannah - You Are Not Alone after their struggles with infertility. Depression, shame and loss of hope took the best out of them. They have devoted themselves to helping couples rise above the shame of infertility. Hannah seeks to bring awareness about an issue that has left many destitute and stigmatised. They aim to provide spiritual support and peace to those who are hurting.
	Recurrent pregnancy loss and managing the trauma 	Naniki Sorensen 	Naniki Sorensen's infertility journey was a long and arduous eight years before she adopted a child. Post adoption, she made a conscious decision to search for answers: "Through my spiritual practice I found a deeper inner knowing that I am never alone, I am always supported. Yoga had been something I had explored on and off, but this time I was seeking more than physical exercise, I was looking for something deeper. Yoga, meditation and constant engagement with nature, (which I later learnt was called nature bath) became a source of my healing - physically, mentally and spiritually. After completion of the final year of my Masters in Psychology, with a focus on a holistic biopsychosocial/spiritual approach, our family was blessed with a son, who was naturally conceived. I now practice as a holistic wellness counsellor."
11:15 AM	Panel Discussion: Dealing with loss with empty wombs		
11:30 AM	Coming to terms with the possibility of involuntary childlessness 	Tanya Rubin 	Tanya is a registered social worker, perinatal bereavement counsellor and logo therapist who has been working in the field of infertility for the past 15 years. She provides counselling to couples and individuals who are embarking on the journey of infertility. A large part of her practice focuses on dealing with issues around egg and sperm donation, surrogacy and the emotional journey linked to fertility treatment and pregnancy loss.
11:45 AM	Panel Discussion: Coming to terms with the possibility of involuntary childlessness		
12:00 PM	Fertility preservation 	Dr. Rizwana Roomaney 	Dr. Roomaney is a research psychologist, registered counsellor, and lecturer in the psychology department at Stellenbosch University. Her work is primarily focused on women's health and located in the field of health psychology. She is the national delegate for South Africa at the European Health Psychology Society and leads the local health psychology special interest group at the Psychological Society of South Africa. Dr Roomaney currently holds a research grant to explore well-being among people seeking fertility treatment in South Africa.
		Charlene Purdy 	Charlene completed a Master of Arts degree in Psychology at Stellenbosch University. One of Charlene's main interests include the field of oncofertility, particularly focusing on the psychological aspects of cancer, infertility, and fertility preservation. Charlene spent three years exploring the subjective experience of fertility preservation among female cancer patients, this study formed part of her master's thesis. Other interests include, child and adolescent development, play therapy, grief and loss and abnormal psychology. As part of her undergrad practical, she has worked with children who have learning difficulties as well as counselling women and children who were victims of physical and emotional abuse. Charlene plans on pursuing her PhD at Stellenbosch University focusing on the field of fertility preservation.
12:30 PM	Fertility education 	Prof. Joyce Harper 	Joyce Harper is an author, academic, scientist and educator. She is Professor of Reproductive Science at University College London in the Institute for Women's Health where she is Head of the Reproductive Science and Society Group and Director of Education. She is a Director of the Embryology and PGD Academy which she established with Alpesh Doshi in 2014 and founder of Global Women Connected. Harper has worked in the fields of fertility, genetics and reproductive science since 1987, written over 200 scientific papers and published three books. She started her career as an embryologist, then moved into reproductive science and genetics. Now she is researching into fertility education, the social aspects of fertility and infertility, from social egg freezing to childlessness, and FemTech.

TIME	TOPIC	SPEAKER	BIO
1:00 PM	Raising awareness amongst patients and doctors Managing patients expectations	Daksha Hargovan	 Daksha Hargovan is a clinical psychologist registered with the Health Professions Council of SA and in private practice. Women, depression and struggles with fertility issues is an area of interest in her therapeutic work. She provides Surrogacy Evaluations and Gamete Donor Evaluations (known and unknown) for potential parents. The former requires preparing a report which is lodged to the court. Hargovan offers psychotherapy to individuals and couples and specifically, provides counselling to potential parents considering surrogacy as an alternative method of having a family. In her work with those struggling with fertility/infertility issues, she provides a safe therapeutic space for them to understand themselves better and increase the quality of their lives.
			
1:30 PM	Fertility preservation in patients at risk of ovarian failure	Dr. Charles Muteshi Zuri Nzilani Foundation, Kenya	 Dr. Charles Muteshi completed his training in Obstetrics and Gynaecology from Aga Khan University in Karachi, Pakistan in 2011, after which he was awarded and completed a two-year Clinical Research Fellowship at Oxford Fertility, Institute of Reproductive Sciences and the Nuffield Department of Obstetrics and Gynaecology at the University of Oxford with an interest in endometriosis and in vitro fertilization (IVF/ICSI). In 2015, Dr. Muteshi became a fertility specialist with Oxford Fertility and an honorary fellow of the University of Oxford. In addition to endometriosis, he developed an interest in infertility preservation for cancer patients and recurrent implantation failure following IVF treatment. Dr. Muteshi joined Aga Khan University in 2018 where he is involved in research and teaching and management of couples seeking fertility.
			
2:00 PM	My Surrogacy Journey	Michael & Wes Johnson Ellis TwoDads UK	 Michael Johnson-Ellis, 42, a freelance blogger, and Wes Johnson-Ellis, 43, who runs a not-for-profit organisation co-founded by the pair called My Surrogacy Journey, longed to have children together and started their journey to parenthood through private surrogacy in 2013. In October 2016 the pair, from Worcestershire in the UK had their first child together, Talulah, now four, and were blessed again by the same surrogate in August 2019 with their son, Duke, now 21 months. They're on a mission to help normalise same-sex families and are very active in surrogacy law reform and have already influenced major change to UK Healthcare guidance when it comes to the treatment of surrogates and intended parents. Follow Michael on Facebook and Instagram.
			
2:30 PM	"Curse of the Womb" – a new play by Sisa Congress V Makaula III	Cast: Themkile Komani as Gideon. Zimasa Nyamende as Matshezi. Philani "Steve" Xhaga as Zikhali. Siyanda Yokwana as the Doctor. Zinzi Mtshakaza as Bonita. Sibulele Bulelani Ntlebi as Nomzamo.	 A new play by Sisa Congress V Makaula III Script developed by Lwanda Sindaphi. This Fleur De Cap winner directs an amazing cast of six talented individuals who come from different backgrounds and give powerful energy to the concept of infertility. The Curse Of The Womb seeks to interrogate the myth that women who cannot conceive are cursed. For many years the African perspective of shame and isolation have destroyed many marriages and relationships and the issues surrounding infertility are not often discussed in public. This has affected a lot of women throughout generations, driving them into depression because they were blamed for the inability to bear a child. Infertility is a disease like any other which the creative director, Sisa Makaula, explores in this cutting-edge production.
			
3:00 PM	One day at a time	Editah Hadassa Waiting Wombs Trust, Kenya	 Editah Hadassa is the founder and Executive Director of Waiting Wombs Trust, an organisation that seeks to create awareness of infertility and reproductive health matters. Waiting Wombs Trust exists to avert the medical, physical, socio-cultural and psychological factors that undermine acceptance and positive living among childless and waiting families, consequently depriving them of the opportunity to live a more fulfilling life. Hadassa is an involuntarily childless woman married for over 13 years. The fact that she is also battling with endometriosis and adenomyosis has not allowed her childless status to put her down. She has been on several platforms in Kenya and internationally, discussing issues on marriage, infertility, empowerment, dealing with stigmatisation and reproductive health matters. She has also won awards locally and internationally including Zuri Awards 2018, Whole Life Activation and the Kotex She Can Award. Hadassa envisions a society where women and men dealing with infertility/subfertility – young and old – are empowered, encouraged and supported rather than stigmatised, shunned and crushed.
			
3:30 PM	Manage fibroids with a holistic lifestyle	Phyllis Frempong Fibroid Queen, Texas	 Phyllis Frempong. Fibroid queen, speaker, registered nurse, fibroid awareness advocate, and fitness-yoga coach. Frempong uses an integrative and functional approach to womb wellness that combines yoga, fitness, mindset and nutrition to achieve ultimate symptom management and alleviate common problems associated with uterine fibroids. She understands first-hand the pain associated with fibroids, having had four of her own, with the largest being almost nine centimetres.
			
4:00 PM	Infertility in the African Culture	Molatelo Mainetje-Bossman	 Multiple international award-winning filmmaker and entrepreneur, Molatelo Mainetje-Bossman has spoken out about her infertility through her film When Babies Don't Come, where she documents her 10-year struggle with infertility. The result is she has not only inspired many others but has also given a voice to many men and women with the same condition. Mainetje-Bossman was appointed one of the directors of Infertility Awareness Association of South Africa (IFAASA) in 2018.
			
4:15 PM	Panel Discussion: Infertility in the African Culture		
4:30 PM	Shifting the silence surrounding miscarriage	Dr. Jessica Zucker, Los Angeles-based Psychologist & Ola Taiwo, Fertility Conversations, Nigeria	 Dr. Jessica Zucker is a Los Angeles-based psychologist specialising in reproductive and maternal mental health. She holds a PhD in clinical psychology, a master's degree in public health and a master's degree in developmental psychology. Jessica's writing has appeared in The New York Times, The Washington Post, The Guardian, New York Magazine, and Vogue, among others. She is the creator of the #IHadaMiscarriage campaign and her first book I Had A Miscarriage: A Memoir, A Movement is available worldwide.
			
	Shifting the silence surrounding miscarriage	Ola Taiwo	 Ola Taiwo is the founder of Fertility Conversations, a support space for people who have experienced pregnancy loss and those dealing with infertility. The goal of the group is to help people know they are not alone and to support them as they navigate their infertility journeys. Taiwo is currently on her journey to motherhood and has experienced multiple pregnancy losses with some life-threatening complications. She has undergone multiple IVF cycles and still has plans for fertility treatments with the goal of having children. Taiwo offers different coaching options as well as talks and other fertility resources. She is working on her first book and has a fertility related podcast called Fertility Conversations where people share their stories and testimonies - fertilityconversations.com
			
5:00 PM	ENDS		

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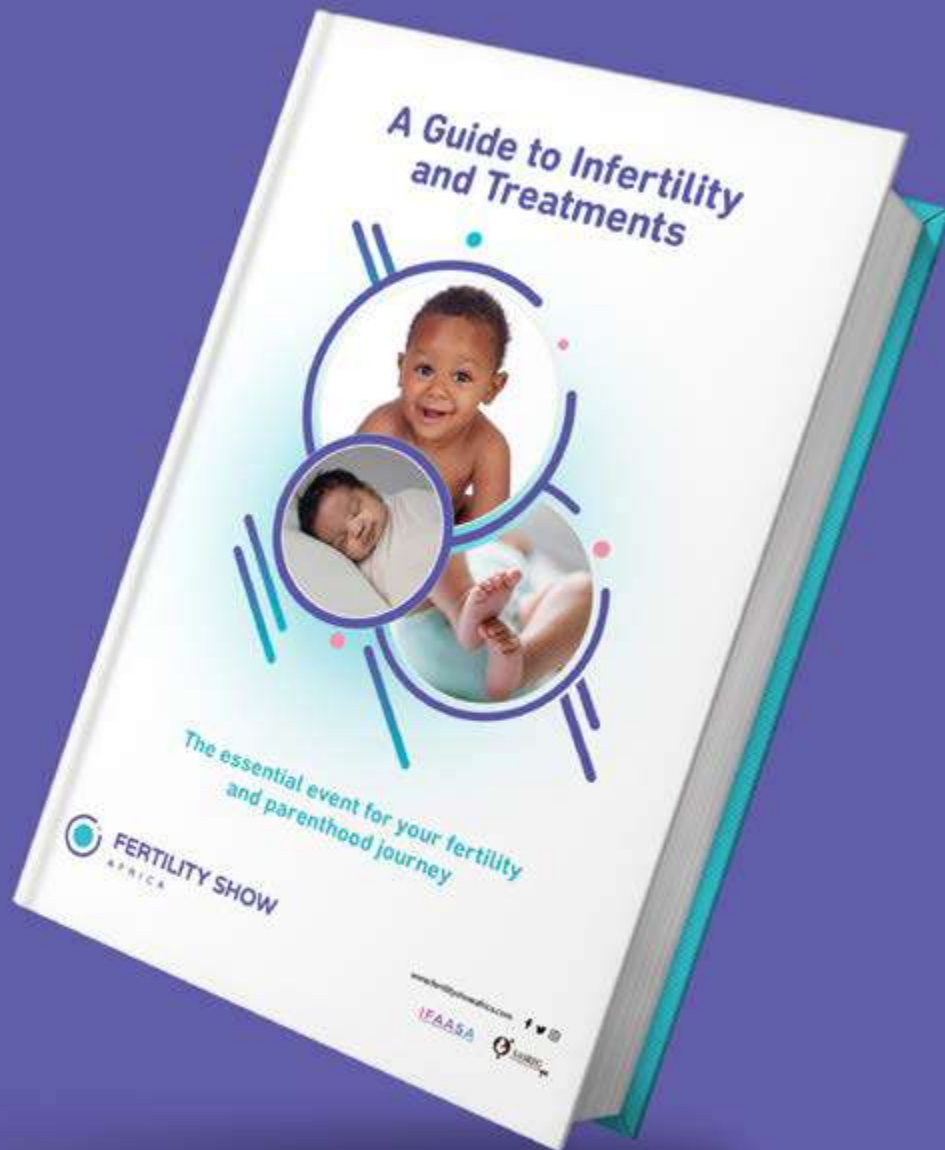
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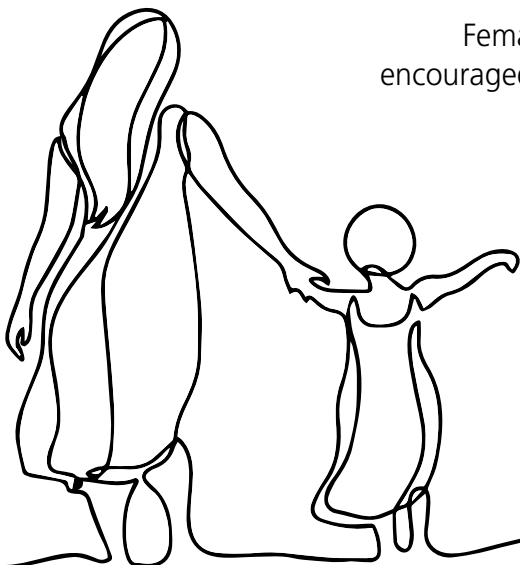
Have your patients considered their FUTURE REPRODUCTIVE POTENTIAL?

AMH (Anti-Müllerian Hormone) and age of female patients should be routinely monitored so that they are aware of their statistical fertility potential.

Female patients that choose or need to postpone parenthood should be encouraged to consult with a Reproductive Medicine Specialist and, if needed, consider preserving their oocytes.¹

Current vitrification technology available, allows oocytes to be cryo-preserved for an indefinite period of time. In the event of delaying parenthood, oocyte cryo-preservation provides a valuable fertility preservation option, that may statistically increase a patient's chance of ART success, if the treatment is needed.¹⁻⁴

**Consult with a Reproductive Medicine Specialist,
sooner rather than later**



1. Cobo A *et al.* Oocyte vitrification as an efficient option for elective fertility preservation. *Fertility and Sterility*® 2016;105(3):755-764. 2. Cil AP *et al.* Age-specific probability of live birth with oocyte cryopreservation: an individual patient data meta-analysis. *Fertility and Sterility*® 2013;100(2):492-499. 3. Hourvitz A *et al.* Assisted reproduction in women over 40 years of age: how old is too old? *Reproductive BioMedicine Online* 2009;19(4):599-603. 4. Mertes H, Pennings G. Social egg freezing: for better, not for worse. *Reproductive BioMedicine Online* 2011;23:824-829

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