Hope is born here.

Our vision

*"Our Center aims to be a cradle of hope and joy, giving the opportunity to all couples to experience the **Miracle of Life:** The Miracle of birth of their own child."*

Dear friends,

The IVF Athens Center started operating 6 years ago, in order to fulfill a vision: to help as many couples as possible to experience the miracle of birth of their own child.

All these years we have managed to pore over the problems of infertile couples having as principle the provision of real, honest, and qualitative help to those in need, without any “discount” in the scientific consistency and ethics. The constant adaptation of the IVF Athens Center to the continuous developments of science, the excellentmaterial and technical Infrastructure, the familiar and friendly environment as well as the highly trained manpower - doctors and staff - give us the pleasure to lead safely and responsibly the infertile couples who come to us to the achievement of their goal. A goal that every day in the majority of cases becomes a reality.

Every couple coming to the IVF Athens Center is unique and every child born, thanks to our help, consists a small victory for us and gives us great satisfaction and happiness. And this is the feeling that makes us continue our work passionately! I welcome you to the IVF Athens Center and I thank you from the bottom of my heart for honoring us with your trust.

With regards,

Dr. Vasilios Athanasiou MD, Ph.D
Obstetrician - Gynaecologist Surgeon
Scientific Director of the IVF Athens Center

Our commitments

"More than 3.000 children confirm nowadays the effectiveness of our methods."

Success

• Thousands of couples have already experienced the miracle of birth with our help!
• More than 3000 children confirm the effectiveness of our methods!
• 70% successful attempts of pregnancy and more than 55% childbirths on the first attempt in women under 35 years old!
• 20% achieved pregnancies in women aged 39-44 years old when the corresponding international rate is only 11%!

Novelties

• We led to the first births in Greece after Vitrification of Blastocysts!
• We had the first pregnancy in Greece after the administration of innovative pharmaceutical preparation!
• We achieved the first pregnancy worldwide of a woman with achondroplasia (nanism) after a pre-implantation genetic diagnosis and cryopreservation of healthy blastocysts!
• We attained top rates in achieving pregnancies due to the innovative system of microscopic monitoring of embryos we apply!

Safety

Committed to the strict application of the international quality standards ISO as well as the law 3305/2005 concerning Assisted Reproduction, we ensure the easy traceability and the precise identification of the genetic samples following strict procedures of their testing, conservation, storage and protection. At the same time the constant laboratory quality testing, the use of certified (with CE) consumables, the presence of special monitoring systems of the correct operation of the machines and the lab conditions guarantee extra confidence and safety to both us and the couples that rely on us.

Reliability

It is no wonder that the IVF Athens Center is the only center in South Europe that has been selected by “Cook” of Ireland for the training of foreign doctors and embryologists on the medical and embryological techniques we apply. This international recognition is nothing more than the confirmation of our reliability and commitment in the provision of high quality services.

Our weapons

"The ultra-modern material and technical infrastructure, the right procedures and the in-depth scientific knowledge are placed at each couple's disposal."

Our people

Our scientific team has the highest level in scientific skills and long experience in the treatment of infertility. Everyone in our staff – doctors, scientific and administrative staff – is strictly devoted to the highest purpose it serves, ensuring that it meets all the needs of the couples that come to us with responsibility and above all humanity.

Quality of Infrastructure and Procedures

The IVF Athens Center is one of the fewest centers that have already received ISO Certification (EN ISO 9001:2008) since 2008, a fact that emphasizes the quality of the infrastructure and procedures our center follows. The ultra-modern material and technical infrastructure, the right procedures and the in-depth scientific knowledge are placed at each couple's disposal and form the essential components for a successful result.

Holistic Approach

Another significant factor for the high success rates of our Center is the holistic approach of infertility we follow. Our Center does not only settle in the well documented diagnosis and the selection and application of the appropriate treatment and method, but also supports the couple throughout the whole IVF procedure and its different stages.

Through the Counsellor of Assisted Reproduction we stand on your side in the whole procedure, in every fear and anxiety you have, but mostly in any outcome of your attempt turning to advantage the most appropriate methods that Counselling has to offer. Apart from that, your positive psychology and attitude are a powerful ally for the achievement of this purpose; the birth of your child!

Infertility

When nature needs help

"The identification of the causes of infertility, the diagnosis of the problem the couple faces and the individualized treatmentare determining factors for a successful outcome."

Infertility constitutes a multifaceted medical problem continuing a constant upward trend, affecting at least 15% of the modern couples who want to have children.
Infertility does not discriminate, affecting both men and women, while the most common factors leading to this are:

Male Infertility:

- Absence / unsatisfactory sperm count
- Low sperm motility
- Abnormal sperm morphology
- Difficulty in ejaculation

Female Infertility:

- Hormone imbalances of the menstrual cycle
- Anatomic and functional problems of the ovaries and the fallopian tubes
- Advanced reproductive age
- Polycystic Ovary Syndrome (PCOS)
- History of miscarriages
- Endometriosis

The identification of the causes of infertility, the diagnosis of the problem the couple faces and the individualized treatment are determining factors for a successful outcome.

Assisted Reproduction

Where nature meets science

"We use all the assisted reproduction techniques, and we choose the treatment method that best fits each couple individually."

The rapid pace of scientific developments in the field of assisted reproduction gives the opportunity to treat infertility effectively, thanks to the development of a wide range of medical methods.
In the IVF Athens Center we use all the assisted reproduction techniques, and we choose the treatment method that best fits each couple individually.

- Ovulation monitoring in a natural cycle
- Ovarian Stimulation with the necessary pharmaceutical treatment-ovulation induction
- Recommendation of sexual intercourse
- Intrauterine insemination (homologous or heterologous)
- In Vitro Fertilization
- Gonadal Tissue Cryopreservation
- Prei-mplantation Genetic Diagnosis
- Surrogacy and donation of genetic material according to the law 3305/2005
- Hysteroscopy-Laparoscopy

In Vitro Fertilization

"...over all these years of its application its safety has been verified both for the woman and the child."

In Vitro Fertilization is the most common method for the treatment of infertility problems with confirmed success rates worldwide, while over all these years of its application its safety has been verified both for the woman and the child. In other words, IVF includes the fertilization of the eggs from the spermatozoa outside the woman's body and more specifically in the lab. More explicitly, the IVF procedure as it is applied in our center includes the following stages and techniques;

- ***Stimulation of the ovaries*** with appropriate pharmaceutical treatment or in a natural cycle
- ***Egg(ova) collection*** and sperm collection
- ***Fertilization*** The methods that are utilized in order to improve the quality of the embryos and the maximization of the success rate are;

  > ***Method of classic IVF***
  Sperm and egg are placed together in a special culture substance and then hatching in incubator follows
  > ***Method of Micro-insemination ICSI***
  Selection of one sperm and its direct injection in the egg's cytosome
  > ***PICSI Method (advanced method of ICSI)***
  Sperm selection for fertilization with the least chromosome aberrations
  > ***IMSI Method (advanced method of ICSI)***
  Sperm selection for fertilization with perfect morphological image (absence of cysts)

- ***Hatching of the fertilized eggs*** The fertilized eggs are hatched in the lab in special incubators for a period of 2-3 days unless the embryo transfer is selected in the stage of blastocysts in the 5th or 6th day of hatching.
- ***Opening of the Zona Pellucida – Assisted Hatching*** Zona Pellucida protects the embryo in the initial stages. It has been established that the technique of its opening with a special atraumatic lens just before the embryo transfer increases pregnancy rates.
- ***Embryo Transfer*** An attempt is completed with the transfer of the most appropriate embryos in the uterus (endometrium). The exact number of embryos as well as the day of the embryo transfer depend on many factors and mostly on the number and the morphological valuation of the developing embryos.
- ***Outcome*** The outcome of the attempt is verified 10-12 days after the embryo transfer,with a simple blood test.

Pre-implantation Genetic Diagnosis

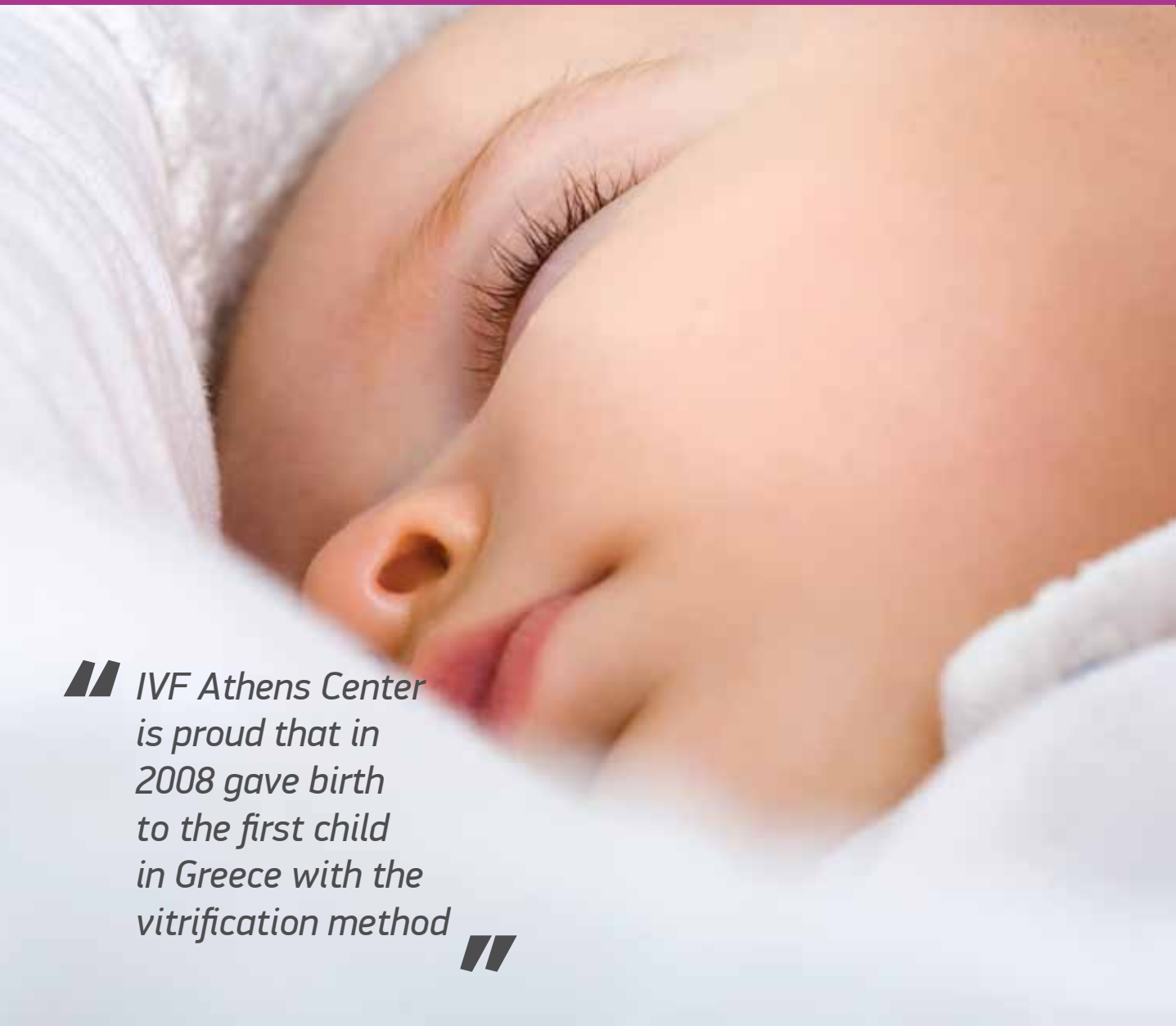
"The rapid growth of Genetic Science enables now the new couples to bear healthy children."

The rapid growth of Genetic Science enables now the couples – and especially those with a serious family history – to bear healthy children. Thanks to Pre-implantation Genetic Diagnosis embryos with chromosomal aberrations and genetic diseases can be detected and precluded so that only the healthy ones will be transferred in the woman's uterus.
The procedure is not very different from a cycle of In Vitro Fertilization with embryo transfer at the stage of blastocyst, except that it includes the biopsy of the embryos in the embryologic lab. With the process of biopsy, blastomeres (cells) from the embryos are isolated and analyzed in an appropriately trained genetic lab. The biopsy of the embryos is performed in different stages (3rd day of hatching or blastocyst) and depending on the result we proceed into the embryo transfer of the healthy embryos. Alternatively, the biopsy of the polar body of the embryos is performed. In this way, in cases where the maternal factor is mostly implicated, we test the quality of the eggs alone without intervening to the embryo.

The training of the embryologists of our Center in the techniques of the Pre-implantation has already started since 2000 and continues until today with the most sophisticated techniques. Besides, this is also confirmed by the high success rates in many cases of thalassemia and sickle cell anaemia as well as in rare diseases like neurofibromatosis, Stargart Syndromes, XLA, etc.

Sealing the success and the innovation that characterizes our Center, we accomplished the first pregnancy worldwide of a woman with achondroplasia (nanism) after a pre-implantation genetic diagnosis in combination with an embryo transfer in an artificial cycle following the cryopreservation and thawing of healthy blastocysts.

Gonadal Tissue Cryopreservation



"IVF Athens Center is proud that in 2008 gave birth to the first child in Greece with the vitrification method"

Gonadal Tissue Cryopreservation method consists a revolution in the field of Assisted Reproduction and aims at the preservation of the reproductive ability of the individualsand the possibility to use it in the future. IVF Athens Center is proud that in 2008 gave birth to the first child in Greece following the vitrification method and since then has performed more than 500 embryo transfers in cycles after cryo-preservation and thawing of blastocysts. Success rates are consistently high and corresponding to the international ones!

Gonadal Tissue Cryopreservation method is applied in the following cases:

For the man:

- Oligoasthenospermia
- Sperm motility absence
- Diagnosed reduced reproductive ability
- Cases of necessary submission to chemotherapy or radiotherapy
- Erection and ejaculation problems

For the woman:

- Preservation of the reproductive ability at a later age
- Cases of necessary submission to chemotherapy or radiotherapy

For the couple

- Preservation of supernumerary embryos created duringan IVF cycle and / or pre-implantation diagnosis in various stages of development either by gradual or by rapid cryopreservation (vitrification).

System of Continuous Monitoring of the embryos (Time Lapse)

"The findings resulting from its application increase the chances of achieving pregnancy at 20%."

Following our commitment for the strict devotion to the advances of science and with our intention being the maximization of the successful procedures of assisted reproduction, our Center applies the revolutionary system of Continuous Microscopic Monitoringof the embryos. With the continuous and uninterrupted monitoring we receive crucial information for the development of each embryo and its implantation in cycles of In Vitro Fertilization.

It is worth mentioning that the microscopic monitoring does not have any negative consequence in the development of the embryos. On the contrary, the findings that result from its application increase the chances of achieving pregnancy at 20%.

Myths and Truths about In Vitro Fertilization

The first IVF attempt is never successful.

Myth. Our Center, proud of its high success rates, which are confirmed by hundreds cases of successful attempts on the first IVF cycle. It is characteristic that in women under 35 years of age our success rates reach 70% whilemore than 55% of them become mothers on the first attempt.

Similar to female fertility, male fertility decreases with age.

Truth. Studies have shown that reproductive ability of both women and men decreases as they grow older

There is a direct link between fertility drugs and cancer.

Myth. Reliable scientific studies,do not confirm a link between drugs administered to induce ovulation and cancer.

Children born as a result of IVF techniques have health problems.

Myth. Plenty of studies demonstrate normal development of the children born as a result of IVF.

Success rates in women older than 40 years are very low.

Myth. When personalized pharmaceutical protocols are administered and we dare the cancellation of the attempt or the embryo transfer in cases when the ovarian response or the morphological image of the embryos is not satisfactory, then the success rates are significantly higher.

There is only one fertilization method.

Myth. In the IVF Center Athens, always on the forefront of the scientific developments, we apply not only the classical method (IVF) but also its improvements(ICSI, PICSI, IMSI) and we choose the technique that best fits each couple depending on its medical record.

Preimplantation Genetic Diagnosis (PGD or PIGD) improves the results of the IVF.

Truth. As it has been proven, when there are no genetic diseases there is no increase in the rate of pregnancy. But in cases of pro-existing medical conditions in the family, with this specific technique the possibility of transferring the embryos carrying genetic diseases to the uterus is eliminated, which results in higher rates of healthy pregnancy.

Egg (ova) preservation cannot be performed for future use.

Myth. The rapid evolution in the field of assisted reproduction now allows not only the preservation of sperm but also the embryos or even the unfertilized eggs (ova). Besides, we are proud that our center,being a pioneer, gave birth to the first children in Greece by applying the blastocystvitrification and has scientifically announced the birth of a healthy child conceived from cryopreserved eggs.

Hope is born here.

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