

Frequently Asked Questions about IVF and Acupuncture:

When should I begin acupuncture?

Ideally, you should begin three months prior to embryo transfer. At this stage it is important to develop a good endometrial lining with acupuncture to promote an increase in blood flow. If egg production is a problem, treatments may be advised to be started before this. We will work with you at any stage of your IVF process so you receive the best possible treatment plan.

How often should I have treatments?

It is recommended to have treatments at least once a week leading up to the embryo transfer. On the day of transfer it is important to have a treatment immediately before and after the transfer to help the body support the embryo and importantly, reduce stress. These two treatments alone significantly enhance the success rates of IVF.

How effective is it?

Research has reported that acupuncture increases the pregnancy rates of IVF, by as much as 65%, as reported in the British Medical Journal. In the same article, acupuncture was shown to improve ongoing pregnancy by 85% and live birth by 91%. We see similar results to these in clinical practice every week.

Should the male partner also be treated?

Scientific research shows 40% of problems with fertility originate in the woman and 40% in the man, so men may also be interested to know that acupuncture has been shown to significantly improve sperm viability, mobility, integrity and fertility. Acupuncture treatments for both partners can increase success rates.

Will it hurt?

Acupuncture needles are much finer than those used for injections and so are relatively painless. They are also used only at a superficial depth. Some people will report that they don't feel anything at all, whilst others will report some minor tingling sensations. Acupuncture is incredibly relaxing and people will often fall asleep during treatment.

Is acupuncture covered by health insurance?

Yes most private health schemes cover acupuncture when performed by a properly qualified practitioner. Dermot O'Connor is registered with the VHI, Aviva, Vivas, Quinn Health as well as a number of other private insurance schemes. We suggest that you check with your insurance company to confirm your level of cover.

For Appointments

Please Call

01 6672222

or e-mail

dermot@healing-code.com

The Healing Code

33 Haddington Rd
Ballsbridge
Dublin 4

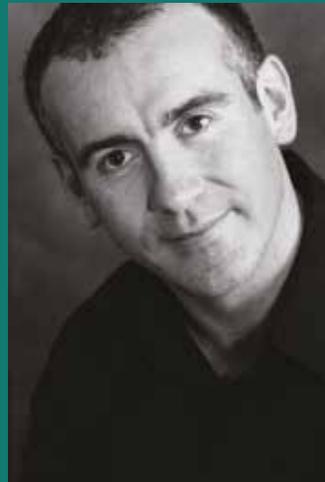
The Sims Building

Clonskeagh Rd
Clonskeagh
Dublin 14



Dermot O'Connor

Dip. Ac MMQ MPNLP



Dermot O'Connor was educated at University College Dublin and is the author of the best selling book 'The Healing Code' and the forthcoming book 'The Fertility Code'. As Chairman of the Acupuncture Council of Ireland he oversaw the regulation and development of the largest Register of qualified Acupuncturists in Ireland.

Dermot has lectured throughout Europe on emotional health, Chinese Medicine, nutrition, Acupuncture and Mind/Body Medicine. Dermot has studied oriental medicine in Ireland, the UK and the US, with some of the leading authorities on health and wellbeing and has also worked at numerous prestigious hospitals throughout China.

the
fertility
code at **sims IVF**
dermot
o'connor

medical acupuncture for fertility
pregnancy and IVF support



Book your appointment now

Tel: 01 6672222 Mob: 086 3711578

E-mail: dermot@healing-code.com

www.healing-code.com



Medical Acupuncture and Fertility

Acupuncture is a healing system from China that dates back over 3,000 years. The World Health Organisation recognises acupuncture to be an effective therapy for over 40 conditions including gynaecological conditions and fertility issues.

We use an evidence based approach towards medical acupuncture treatments. Although acupuncture has been successfully used to treat fertility for thousands of years, the first Western medical research was published in 2002 by Paulus. The study showed 42.5% of patients were successful in conceiving through incorporating acupuncture and IVF. This was compared to the 26.3% that used IVF by itself. Evidence was again shown in the British Medical Journal meta-analysis, published in 2008 which reported a 65% increase in pregnancy success rates, 85% increase in ongoing pregnancy and 91% increase in live births. This overwhelming evidence has meant that acupuncture in conjunction with IVF is now a standard treatment, while research continues to find other benefits. Patients also report feeling less stress and anxiety and an increased feeling of wellbeing when incorporating medical acupuncture into their fertility program.

How Medical Acupuncture improves IVF success rates:

There are a lot of ways in which medical acupuncture can help IVF. To explain it simply, when you get acupuncture tiny needles are inserted into your body. This relaxes the nervous system, producing endorphins and less of the stress hormone cortisol is released into your blood. This in turn allows increased and improved blood flow into your reproductive organs. As a result more oxygen and nutrients are supplied and IVF medication gets more easily into the uterus and ovaries. Through our unique approach we can ensure your IVF journey is as effective and as stress free as possible.

Medical Acupuncture therefore can be used to help achieve the following:

- **Reducing uterine inflammation** - This encourages the uterus to hold the embryo and prevent detachment from uterine wall.
- **Increasing blood flow** - Beneficial for improving endometrial growth and the supply of nutrients to your developing baby, ensuring healthy development.
- **Improving ovarian function** - Important for the development of good quality eggs.
- **Decreasing uterus contractions** - Important after embryo transfer to improve embryo attachment to the uterine wall.
- **Reducing stress** - This is one of the most important reasons for receiving acupuncture.
- **Regulating the immune system.**
- **Improving male semen** - To produce better quality and quantity of embryos.

Testimonials

“Dermot is a gifted healer whose skills enable others to make significant changes in their lives.”

- Paul McKenna, Author and Hypnotist

“I really love Dermot's revolutionary approach to looking good and feeling great.”

- Elle Macpherson, Supermodel

“Dermot brings his own inspiring and courageous story to his very effective approach to treatment. Anyone would benefit from heeding his health advice.”

- The Irish Times

“It has now been clearly shown that Medical Acupuncture significantly improves success rates for patients undergoing treatment such as IVF and ICSI. It is therefore an essential ingredient to helping our patients achieve a pregnancy and something to which we are fully committed.”

- Dr. David Walsh MD, Sims IVF Clinic

“Our beautiful daughter was born on the 10th July 2011, weighing in at 6lbs 10oz. Thank you for all your support.”

- Margaret, Dublin

“I just wanted to say a massive thank you for helping me with IVF at Sims, I'm delighted to say I'm pregnant! I'm sure your acupuncture made all the difference this time.”

- Jennifer, Kildare

“It's time to take charge of our own health, and live to the very best of our ability. As such, Dermot's advice is more useful than any amount of private healthcare insurance.”

- The Sunday Independent

“Dermot O'Connor has a magical talent for healing physical and mental ailments. An expert healer who will revive your vitality to a new level.”

- Bill Cullen, star of The Apprentice

How treatment will work for you

Our clinical experience has indicated that correct preparation through acupuncture, dietary and lifestyle changes before and during your fertility treatment can significantly enhance your experience and help to overcome a lot of the stresses that often arise at this time.

We recommend that new patients who are going through IVF treatment or other Assisted Reproductive Treatments (ART) begin with an initial consultation in which we will discuss with you your current health status and what treatments you will be undertaking. Then we can recommend a plan for acupuncture, diet and lifestyle that can benefit both yourself and your partner and help you to conceive successfully.

We preferably like to see patients at least 3 months prior to commencing their IVF cycle but we can offer advice to you no matter where you are in the treatment process.

The Fertility Code Program

The Fertility Code Program and Medical Acupuncture takes into account your entire health profile in order to optimise your fertility. We will work together to find out how factors like diet, lifestyle and emotional and mental wellbeing may be affecting your health and fertility.

Getting the chance to really discuss and evaluate your health and having someone really listen, may be new to you. Think of it as an opportunity to form a partnership for better health and vitality. The more you are part of the process the more successful it is likely to be. We will work together to make necessary lifestyle adjustments that can significantly effect pregnancy outcomes.