

have brought all these people together because a successful fertility using modern reproductive medicine stands or falls on the knowledge and expertise of its doctors and biologists, and because we see the treatment of men and women as being of equal importance.



KINDERWUNSCH
VALENTINSHOF



OUR TEAM



DR. MED. ANJA DAWSON

Gynaecologist and Obstetrician
Specialisation gynaecological endocrinology and reproductive medicine
Specialisation in prenatal medicine
DEGUM II



PRIVATE LECTURER DR. MED. ULRICH A. KNUTH

Gynaecologist and Obstetrician
Doctor of reproductive medicine
Specialist in male sterility



DR. RER. NAT. ELKE LEUSCHNER

Reproductive Biologist (AGRBM)
IVF Laboratory Coordinator



DR. RER. NAT. ANDREAS G. SCHEPERS

Reproductive Biologist (AGRBM)
Senior Clinical Embryologist (ESHRE)
IVF Laboratory Coordinator



RAPHAELA DÖBERTIN

Medical Assistant



ELENA DIERKES

Medical Assistant

FERTILITY CLINIC VALENTINSHOF

Fertility Clinic Valentinschhof is a special place – an oasis of calm, providing you with the professionalism you need and the time and attention you deserve. A place in which couples who want to have a child of their own can catch their breath, and relax, because they know that they, and their needs are the focus of our practice. Not just their needs as a couple looking to start a family, but also as individuals – a man and a woman with their own questions, their own needs and perhaps even their own uncertainties.

The team at our fertility clinic has one female gynaecologist, one andrology (male health) specialist and two biologists who work together to take of your needs – a small circle of specialists, who trust and work well with each other, and with you as a patient.

During your treatment, every one of us will be at your side, providing appointments when you need them and private phone numbers for after-hours concerns. You need to know that we are there for you – as medical specialists and as individuals.

Fertility Clinic Valentinschhof is a private practice, but we are happy to consult with patients who have public health insurance about the potential for treatment.

YOUR WELLBEING IS IMPORTANT TO US.

Our practice offers the whole range of fertility treatments – from optimising your natural cycles to in-vitro fertilisation – that is, assisted fertilisation. We take the time to try all reasonable means of conceiving naturally wherever possible.

We draw information on the latest in fertility treatments from international congresses and publications. Any significant developments that we find worthy are integrated directly into our treatments.

We work with the most modern equipment and our own IVF laboratory. In constructing our practice we paid special attention to using clean, low-pollutant materials throughout, particularly in the IVF lab.

We guarantee you the greatest possible discretion – we keep the waiting times as short as possible, and we offer individual rooms in our surgery area as a matter of course.

We are an independent clinic that is not bound to any health or laboratory company – we are only bound by our service to you, and by the traditional values of the medical profession.

OUR HOLISTIC CONCEPT

Helping you to make your dreams of having a family come true is something very close to our hearts. It is the reason why we founded this practice, and we put all of our expertise and experience at your disposal. We use the most modern methods and

therapies that medicine has to offer – all in one place, and provided by a close-knit and experienced team that you can count on around the clock. That means that you can concentrate on yourselves and your lives – something that cannot be valued highly enough on the way to starting your own family. During your treatment in our practice, you will be treated by a gynaecologist, a biologist specialised in embryology and our specialist in male infertility.

In our fertility clinic, the male partner is directly involved in the therapy. From our many discussions with our patients, we know that couples appreciate, and feel better about their treatment when both parties are involved. Most importantly, this holistic approach is designed to make the treatment all about the couple themselves – and we have daily discussions with all the specialists involved your treatment to ensure that this is the case.

FERTILITY

DIAGNOSTICS FOR WOMEN

Our gynaecologist Dr. med. Anja Dawson is responsible for the diagnosis of fertility issues for the female partner. The range of diagnostics for women at Fertility Clinic Valentinshof includes all standard procedures, with some planned in cooperation with our partners:

- + Detailed Medical History
- + Checking for hormonal abnormalities
- + Ruling out PCOS
 - Ruling out uterine myomas or other anomalies like uterine deformities
 - Ruling out organic abnormalities in the fallopian tubes
 - Estimating ovarian reserves
- + Examining the fallopian tubes
- + Diagnostic mini hysteroscopy
 - Diagnostic laparoscopy: may be used to rule out endometriosis and to check that the fallopian tubes are not blocked.
 - Diagnostic hysteroscopy: may be used to rule out a uterine septum (partitioning of the uterine cavity) or endometriosis (it is carried out in one of our partner practices).
- + Ruling out infection
 - Genetic Diagnosis and Counselling
- Diagnosis of thrombophilia (blood clotting disorder) and further investigation in cases of recurrent miscarriage
- + Ruling out Insulin resistance

DIAGNOSTICS FOR MEN

We have established our sperm analysis in accordance with the WHO and the Guidelines from the German Federal Doctors' Chambers (RiLiBÄK) with certification from the German Association of Andrology. Our specialist in andrology, Private Lecturer Dr. med. Ulrich A. Knuth is responsible for male diagnostics.

- + Extensive medical history and counselling
- + Evaluation of the sperm analysis
- + Examination of hormone levels
- + Advice regarding potential therapies

TREATMENT FOR WOMEN

We can carry out all standard fertility treatments in our practice – from optimising your natural cycle to in-vitro fertilisation.

Natural Methods

- + Regulation of thyroid function and other hormonal irregularities
- + Optimisation of cycle (ovulation and function of the corpus luteum)
- + Optimising metabolism – for example by altering diet
- + Treatment with metformin
- + Treatment with clomiphene
- + Ovarian stimulation using gonadotropin
- + Identifying and treating any potential mineral or vitamin deficiencies

Many women with irregular cycles and abnormalities in their hormone or insulin levels may go on to conceive naturally using these measures alone. Optimising your cycle takes time however, and you should allow at least 2 to 3 months.

Surgical Treatments

- + Surgical removal of myomas in one of our partner practices
- + Removal of endometriosis (carried out in one of our partner practices)

Reproductive Medicine Treatments

- + Insemination
- + Oocyte (egg cell) retrieval during the natural cycle
- + In-vitro-Fertilisation IVF
- + Intracytoplasmic sperm injection (ICSI)
- + Vitriification: cryopreservation (freezing) of oocytes and pronuclear stages
- + Cryopreservation of testicular tissue and sperm
- + Human oocyte cryopreservation (egg freezing)

Complementary Medical Treatments

TREATMENT FOR MEN

Our andrology specialist Private Lecturer Dr. med. Ulrich A. Knuth provides all treatments for men.

- + Alleviating any hormonal irregularities
- + Alleviating any mineral or vitamin deficiencies
- + Cryopreservation of sperm or fertility reserves
- + Cryopreservation of testicular tissue

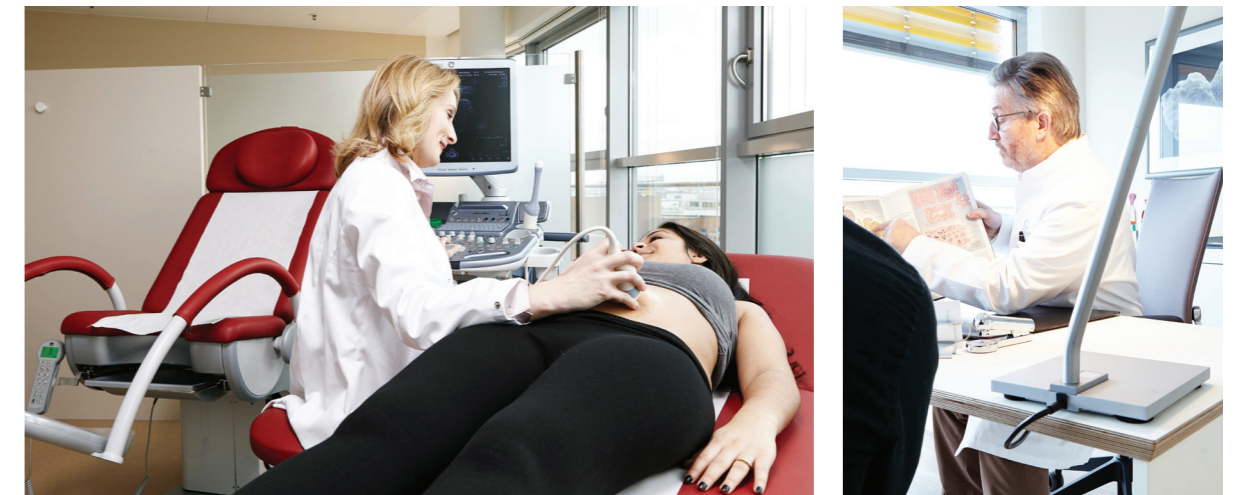
PRENATAL MEDICINE

Dr. med. Anja Dawson is also an experienced prenatal doctor certified at Level II of the DEGUM (German Society for Ultrasound in Medicine), which allows her to undertake all pregnancy related ultrasound examinations during her consultations. She has many years of experience with the monitoring and care of high-risk pregnancies (for example with multiple pregnancies, gestational diabetes and preeclampsia).

- + Regular ultrasound monitoring in early pregnancy
- + Early diagnosis of birth defects in the 12th and 13th week of pregnancy including the nuchal fold test (with first trimester screening where required)
- + Extensive screening for anomalies including foetal heart echo cardiographs in the 21-23rd week of pregnancy
- + Growth and Doppler monitoring during pregnancy
- + 3D-/4D ultrasound
- + Early non-invasive diagnostic tests to rule out specific foetal chromosome abnormalities in the mother's blood

When required, she will coordinate additional treatment in cooperation with our partner practices, for example:

- + Invasive diagnostic tests and therapy according to recommendation from our partner practices
- + Genetic analysis and counselling for the parents to be
- + Counselling by paediatric cardiologists, paediatric surgeons and neo-natal experts
- + Psychological counselling and coaching



HORMONE CONSULTATION

We also offer our expertise in gynaecological endocrinology as part of a hormone consultation program outside of the fertility context in which we diagnose and treat hormonal irregularities.

- + PCOS (Polycystic Ovary Syndrome)
- + Irregular Menstrual Cycles
- + PMS (Premenstrual Syndrome)
- + Menopause (Hormone therapy)
- + Thyroid Disorders in Women
- + Hyperandrogenism (Excessive levels of androgens in the body)
- + Hyperprolactinemia (Excessive levels of prolactin in the blood)
- + Hair Loss
- + Endometriosis
- + Early Menopause
- + Primary/ Secondary Amenorrhea (Absence of menstruation)

GREATEST EXPERTISE IN MEDICINE, SCIENCE AND TECHNOLOGY

In our practice you will be treated by experienced specialists in reproductive medicine and biology. Our team is made up of two gynaecologists specialising in gynaecological endocrinology and reproductive medicine, two biologists specialising in embryology as well as a specialist in male reproductive medicine with many years of experience treating male sterility. We