

UCLA

Health

UCLA Fertility and Reproductive Health Center

Treatments that begin a life; care that lasts a lifetime



Going Beyond Reproductive Success

The UCLA Fertility and Reproductive Health Center offers the complete scope of reproductive health services for women and their partners, providing in vitro fertilization (IVF), medical therapies for reproductive disorders and surgical correction of anatomic anomalies. And while the center focuses on successful reproduction, it is distinct in its dedication to the long-term health of patients. UCLA fertility physicians take a broad approach to healthcare, focusing on reproductive, metabolic and genetic issues that can impact a woman's health for years to come.



Pre-Conception Counseling

Reproductive care at UCLA begins with pre-conception counseling to ensure the best possible outcomes. In addition to a thorough medical history, pre-conception evaluation can include physical examination, advanced medical imaging and laboratory testing. Genetic evaluation can help physicians identify potential genetic disorders that could affect the child. Semen analysis can also be performed.

Health problems that affect a woman during her pregnancy can increase the risk of miscarriage and can lead to birth defects or other health issues in the child. Disorders including polycystic ovary syndrome (PCOS), obesity, thyroid disease and diabetes are multifaceted conditions that can prevent conception, affect the course of a pregnancy and have important health implications. The physicians at UCLA consider all conditions to ensure the best possible outcomes for both mother and child.



Our Commitment to Our Patients

UCLA Fertility and Reproductive Health Center physicians work to control chronic conditions and optimize overall health before conception. They carefully consider all health factors when deciding on the best course of treatment for each patient. Managing the mother's health and the timing of conception can be as important as the fertility treatment itself in providing quality outcomes for the long-term health of the family.



Reproductive Therapies

The UCLA Fertility and Reproductive Health Center offers every aspect of care for the management of female reproduction. UCLA reproductive endocrinologists carefully consider each case individually and make specific treatment recommendations for each patient. Reproductive care at UCLA begins with patient education, so patients can fully understand the process and participate in all treatment decisions.

Medical Therapy

Medical therapy can be used to optimize ovulation. For some patients, medical therapy alone can result in pregnancy. Typically, it is used in conjunction with other treatments, such as intrauterine insemination.

Intrauterine Insemination

Intrauterine insemination (IUI) introduces a high concentration of viable, motile sperm into the uterus at the time of ovulation, increasing the number available to the egg for fertilization. Semen is processed and washed to maximize the number of motile sperm, which are then carefully and painlessly placed into the uterine cavity using a soft flexible catheter.

In Vitro Fertilization

In vitro fertilization (IVF) is a process for fertilizing eggs outside the body before returning the resulting embryo(s) to the uterus for further growth and development. Donor eggs or sperm from another individual also can be used to form embryos. Additionally, a gestational carrier can be used when a woman is unable to carry a pregnancy herself.

Advances in genetic testing provide our physicians with more information on the embryos they are transferring. An embryo's genetic makeup can be rapidly tested using pre-implantation genetic screening, enabling physicians to transfer embryos most likely to result in a healthy pregnancy.

Because multiple births (twins, triplets, etc.) are associated with greater risks to mothers and fetuses from higher rates of premature birth, Cesarean section and other pregnancy complications, UCLA strives for healthy single births. UCLA physicians aim to transfer the lowest number of embryos possible in order to maximize the long-term welfare of the woman and her family. Due in part to their careful attention to their patient's pre-conception health, UCLA physicians produce births at a rate that is equal or superior to other centers while maintaining its low rate of multiple births.

Fertility Preservation

UCLA physicians offer fertility preservation options for women who choose to delay childbearing and for women diagnosed with cancer and other life-threatening diseases. A woman's eggs can be retrieved and then the eggs (or embryos) can be frozen for later use. In the case of cancer, the eggs can be retrieved before they are harmed by treatments such as radiation or chemotherapy. Advances in freezing technology (cryopreservation) have now made this a viable option for many women.





Research

UCLA physician-scientists are advancing the understanding of reproductive medicine and applying that understanding to the care of their patients. Active areas of research include investigations into metabolic and reproductive abnormalities of PCOS and optimal methods of single-fetus conception by IVF and other fertility therapies.

UCLA patients sometimes have the opportunity to participate in a clinical study conducted to test new treatments in the area of reproductive health. Some studies may offer medications, therapies or remuneration that are otherwise unavailable in the community. Further information regarding research opportunities is available through the Women's Health Clinical Research Unit in the UCLA Department of OB/GYN.



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