

baby talk

cordlife 
one chance, one choice.

**THE NEWSLETTER
FOR MOTHERS**

.....
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JASON WONG
Chief Editor

A New Hope!

During my teenage years, I have to work as a swimming coach just to make ends meet. It was tough as I need to cope with this part-time job as well as studying for my Diploma at the same time.

I vividly remember my encounter with Annie, the mother of an autistic boy (not her real name) approached me to coach her son, Andy (not his real name). Annie was rejected by numerous coaches but was desperate to let Andy adopt some physical outlet and life-saving skill, since he enjoys playing in their condominium pool.

I accepted the task and eventually learnt how to build relationship and rapport with Andy, listen to and observe any signs of anxiety or stress from him and most importantly adopted non-verbal communication skills which I don't possess. My approach was to use visual aids, like his favourite toys in-between sessions, demonstrated my instructions by using gestures throughout the modules. It took me awhile to understand autistic kids are visual learners, so I have erudite to reduce verbal interactions and use more visual supports in order to get him to comprehend.

After two years, although not in symmetrical strokes, Andy managed to swim a whole length of the pool by himself and this brought Annie to tears as she thanked me over and over again for my patience, dedication and especially, for not discriminating her child. She claimed that Andy enjoys my swimming lessons and considered me some sort of a hero. In my eyes, Annie is the true heroine, for her unconditional love for Andy. It wasn't easy, juggling her family with work and two kids.

This story is not only about sharing my experience with autism but also to do with the alarming rate of Autism Spectrum Disorders worldwide.

Based on Centers for Disease Control and Prevention (CDC), 2014 *statistics, 1 in 68 children in the US has Autism. This is more than 90% increase as compared to 1 in 150 children a decade ago.

Recently I came to know about the news that Duke University has been awarded \$15 million to support an innovative research program that explores the use of umbilical cord blood cells to treat autism, stroke, cerebral palsy and related brain disorders.

The award from The Marcus Foundation, an Atlanta-based philanthropic organization, will fund the first two years of a planned five-year, \$41 million project by Joanne Kurtzberg, M.D., chief scientific and medical officer of Duke's Robertson Cell and Translational Therapy Program, and Geraldine Dawson, Ph.D., director of the Duke Center for Autism Diagnosis and Treatment.

Kurtzberg and Dawson hope to develop cell-based therapies that can potentially restore brain function in people with the disorders, for which there currently are no cures. If successful, the study could identify therapies for further evaluation in clinical trials to potentially decrease disabilities and improve the quality of life for millions of children and adults.

This is an unprecedented opportunity, with The Marcus Foundation's help, as Duke University aim to give untold numbers of people with autism and related disorders hope for a better outcome.

As Duke University explores innovative approaches in treating these challenging brain disorders, it is all the more important to have ready cord blood stem cells available when the treatment is proven available. Cord blood is only collected at birth, without posing any risk to mother and child. **bt**

*Adapted from Duke Medicine News and Communications
http://corporate.dukemedicine.org/news_and_publications/news_office/news/15-million-award-to-go-toward-exploring-new-treatments-for-autism-other-brain-disorders



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10TH ISUOG-OR
INTERNATIONAL SOCIETY OF ULTRASOUND IN OBSTETRICS & GYNAECOLOGY

OUTREACH COURSE

By Sarah Koh



Modern ultrasound has become the routine method of visualising the unborn foetus. Moreover, with further research and advances, it can also be used as a diagnostic aid for early signs of birth defects such as trisomy 21, foetal organ abnormalities, and numerous other pregnancy related complications.

The International Society of Ultrasound in Obstetrics & Gynaecology (ISUOG), based in the United Kingdom, has been partnering with local communities in over 125 countries to impart scientific updates, education and training in the constant advancing field of ultrasound. Since 2005, ISUOG has partnered with KK Women's & Children's hospital to hold an ISUOG Outreach Course (ISUOG-OR) annually in Singapore.

This outreach has joined with the Scientific Congress of the College of Obstetricians & Gynaecologist Singapore (COGS) since 2008. Together, this provides timely updates to practitioners in the Southeast Asian neighbourhood.

With the ultrasound being one of the cornerstones of modern obstetric practice, it was without a doubt that Cordlife lent support to the 10th ISUOG-OR & 5th Scientific Congress of Obstetrics and Gynaecology held in conjunction. This platform for information sharing and to update the region's practitioners in latest developments in the field of obstetric ultrasound was well attended. Delegates were privileged to listen to both local and internationally renowned experts speak on obstetrics and ultrasound.

With outreach to a large number of delegates including obstetricians, nurses, and diagnostic professionals, there was quite a crowd at Raffles City Convention Centre. Cordlife's own booth saw much crowd as well, where delegates could lounge, while enjoying Movenpick ice cream, Nespresso coffee and other snacks. More importantly, Cordlife provided conference attendees with updates on the current transplant track record that we have had the honour of being involved in.


Cordlife's booth panels played an important part in information outreach, with displays of Cordlife's crucial part of 13 transplants to date, covering cancers such as leukaemia, lymphoma and neuroblastoma. On top of that, Cordlife has had the honour of helping with the first cerebral

WITH THE ULTRASOUND BEING ONE OF THE CORNERSTONES OF MODERN OBSTETRIC PRACTICE, IT WAS WITHOUT A DOUBT THAT CORDLIFE LENT SUPPORT TO THE 10TH ISUOG-OR & 5TH SCIENTIFIC CONGRESS OF OBSTETRICS AND GYNAECOLOGY HELD IN CONJUNCTION.



palsy clinical trial in Singapore, subsequently paving the way for more applications of similar kind in Singapore, such as hypoxic ischemic encephalopathy. It was our delight to share with delegates the medical details and updates of the 13 lives that have been touched with the advancement of stem cell transplants.

It was a privilege for Cordlife to meet and greet the conference's Guest-of-Honour, Dr Amy Khor, as well as provide her with a brief outline of the company's services of umbilical cord blood and umbilical cord lining storage, as well as Cordlife's track record of successful umbilical cord blood transplants.

This year's ISUOG-OR & Scientific Congress of the COGS was a great success, reaching out to over 550 delegates from Singapore and countries including Japan, Philippines, Australia to name a few. It was Cordlife's pleasure to participate and educate delegates about the fascinating industry of umbilical cord blood and umbilical cord lining storage, current and potential applications. 



Cordlife's Corporate Social Responsibility

By Jason Wong

Corporate Social Responsibility isn't about giving money to charity, or just asking people not to print emails for the sake of Mother Earth! First and foremost, businesses exist to make profit, and this isn't meant to change as a goal. The reality is that no organisation operates in isolation; there is interaction with employees, customers, suppliers and stakeholders. CSR is about managing these relationships to produce an overall positive impact on society, whilst sustaining the business.

Likewise, Cordlife believe that, we have a responsibility to "give back" to society and this focus includes contributions

of time and money, a duty to provide support to the less fortunate, and a desire to improve the lives of individuals. This socially responsible indication is indulged freely in ardent spirits within the organisation and Cordlife see to it that this "consciousness" permeates everything that we do.

The following three Charitable Foundations which Cordlife supports stand out as prime examples of how social responsibility can be productively coupled with sound strategies to advance goodwill, while building sustainable and impressive businesses.

...Cordlife believe that, we have a responsibility to "give back" to society and this focus includes contributions of time and money, a duty to provide support to the less fortunate, and a desire to improve the lives of individuals.



The Leukaemia and Lymphoma Foundation Walkathon 2014



Last year, Cordlife and its employees contributed monetary donations and participated in Leukaemia and Lymphoma Foundation (LLF's) fundraising Walkathon at the Singapore Zoological Garden.

This year, without fail, Cordlife and its employees contributed monetary donations and participated in Leukaemia and Lymphoma Foundation (LLF's) fundraising Walkathon at the Sentosa Boardwalk. With a greater response this year, this charity drive saw 2,500 walkers covering a slightly longer distance of 4.5 km starting from Boardwalk and ending at the Siloso beach Sapphire pavilion via Palawan beach.





The Leukaemia and Lymphoma Foundation Walkathon 2014

Cordlife is glad that LLF managed to raise their targeted donations and we look forward to be able to aid in raising funds and creating awareness for this charitable organisation in future, and continuing giving ourselves a chance to give back to our society.

Please support them by donating or signing up to be a volunteer today;

The Leukaemia & Lymphoma Foundation

IRAS Charities Registration No.: 01699
IPC Registration No. (MOH): HEF0083/G
UEN: T02SS0150A
10 Sinaran Drive, Novena Medical Center, #10-20
Singapore 307506
Phone: 67787545 / 63972394
Fax: 63976629
Email: service@llf.org.sg





Make-A-Wish Singapore Annual Charity Golf Tournament 2014



Thursday, 08th May, 2014
Sentosa Golf Club (Serapong Course)

Make-A-Wish grant wishes to children between 3 to 18 years old with life-threatening illnesses. Each wish brings smiles, laughter and many special memories to cherish. Wish granting has a life-changing experience on children and their families; the impact is powerful and positive, giving the child hope, strength and joy to carry on journey. Worldwide, a wish is granted in every 30 minutes.

There was double celebration during their Annual Charity Golf Tournament at the idyllic Sentosa Golf Club, as they were granting their 1000th wish as well as celebrating World Wish Day on April 29th during the event. This year's golf tournament was bigger and better than ever as they saw more sponsorship contributing towards the aim for a fund raising target of \$380,000 to enable them to grant 120-150 more wishes in 2014.





Make-A-Wish Singapore Annual Charity Golf Tournament 2014

A total of 144 golfers took part in this charity drive and fortunately, every participant enjoyed golf-friendly weather throughout the day. Everyone was in high spirits after the tournament as they proceeded to the prize presentation cum dinner ceremony while waiting for their score cards to be tabulated.

The opening speech was made by Make-A-Wish Chairman Dr Keith Goh, who is a renowned Neurosurgeon practising in Mount Elizabeth Hospital. Dr Goh stressed that their goal is to reach out to every medically eligible child in Singapore and give them renewed strength to battle their illness. Participants were particularly heartened when he mentioned that "We grant the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength and joy."

After the prize presentation ceremony, everybody was pleased to hear that the \$380,000 targeted fund was achieved and 150 more wishes could be granted in 2014.





Make-A-Wish Singapore Annual Charity Golf Tournament 2014

Such wishes and once-in-a-lifetime experiences are not possible without the support of their sponsors and volunteers to help them raise funds, grant wishes and increase mission awareness.

Cordlife is glad to be part of this meaningful cause.

Please support them by donating or signing up to be a volunteer today;

Make-A-Wish Foundation® (Singapore) Ltd

(Reg. No. 200201965D)

1 Coleman St #04-18 The Adelphi

Singapore 179803

Tel: +65-6334-WISH (9474)

Email: info@makeawish.org.sg



Big Day Out at The Coliseum™



**Children's
Cancer
Foundation**



Cordlife pledges monetary support to Children's Cancer Foundation, through a Big Day Out event which was held at The Coliseum™, Hard Rock Hotel® Singapore, Resorts World Sentosa on 7th September 2014. This event, which was organised by Kids Performing Academy of the Arts aims to provide a platform for families to strengthen family bonds by spending quality time together with their children during the September school holidays.

This event also saw an attendance of 800 guests from welfare homes and underprivileged, enjoying themselves at this carnival-style occasion, along with Showcase of Kids Performing™ talents, food and prizes!

Cordlife is proud to be part of this meaningful outreach experience to the community.

Please support them by donating or signing up to be a volunteer today;

Children's Cancer Foundation Community Office (Viva-CCF Hub)

8 Sinaran Drive, #03-01 Novena Specialist Centre

Singapore 307470

Telephone: 6229 3701

Facsimile: 6229 3700

Email: admin@ccf.org.sg

MOUNT ELIZABETH NOVENA HOSPITAL:

The Best Start in Life for Your Baby

The first breath, the first cry, the first time your little one opens his eyes – welcoming a newborn is the most precious beginning in life.

These unforgettable moments of mother-baby bonding should be cherished in privacy and comfort. It is also the first few days after giving birth that mummies will need all the rest they can get after the stress and rigours of labour.

Being able to recover in a tranquil environment with minimal disruptions is the least you could ask for. And that is why choosing the right place to give birth is so important.

THE BENEFITS OF A SINGLE ROOM

Nothing beats the comfort of having your own room. Your husband can be with you day and night, and you don't have to worry about disturbing a neighbour or coping with unwanted disruptions. Most of all, you get to spend time alone with your newborn baby, watching and experiencing all of his or her first moments in a private environment.

There are so many reasons why choosing a single room could be the best thing you could do for yourself and the little new addition.



You'll make plenty of decisions during pregnancy and choosing where to give birth may be one of the most important to make.

Many fear that a hospital will be cold and clinical, but that's not necessarily true.

In this article we introduce to you the newest hospital with a maternity ward that can accommodate an enjoyable birth experience for you.






ALL THE COMFORT A MUM NEEDS IN A SINGLE ROOM - GUARANTEED

The best thing about Mount Elizabeth Novena Hospital is that it has single rooms only, so you are guaranteed of the privacy of your own space throughout your stay. What's more, there are no extra charges for your husband to stay the night with you.

The spacious rooms come with great amenities too. Each one has an individual temperature control which allows you to control the air-conditioning. Entertainment is available in the form of a 46" LED TV with in-room entertainment system, and a tablet for mobile surfing is available upon request. Rooms are WiFi-enabled, and you get to enjoy free healthy drinks from a mini-bar.

There's plenty of TLC for mummies, with a complimentary 15-minute head-and-shoulder massage, a specially customised confinement food menu, and help available from an experienced breastfeeding consultant. Toiletries are from Crabtree & Evelyn too. 

SINGLE ROOM PACKAGES

Mount Elizabeth Novena Hospital's single room packages start from \$3,060 onwards for a normal delivery, which includes a 2-night stay (or 3 nights for a caesarean section delivery).

The packages cover the hospitalisation fees for both mother and baby; a comprehensive set of baby screening tests such as bilirubin test for jaundice, vitamin K injection, and Hepatitis B and BCG injections.

Here is a breakdown of what else is included in the package:

Room Amenities	Care for Mother & Baby	Complimentary Features
Individual room air-con control	Complimentary 15-minute massage for mummy	Lodging and meals for 1 companion
Free WiFi	Breastfeeding support	Parking for 1 vehicle with multiple entries for duration of package stay
46" LED TV with in-room entertainment system	Comprehensive baby screening tests	Mini-bar with selection of healthy drinks
Tablet for mobile web surfing	Customised post-natal confinement menu	Mother & Baby gift set
Crabtree & Evelyn bath toiletries		
Personal safe		



Call 69330191 to register for Mount Elizabeth Novena Hospital's maternity tours.

Visit <http://www.mountelizabeth.com.sg> for more information and a virtual tour of the rooms.

Cordlife is proud to partner Mount Elizabeth Novena Hospital in educating parents on the importance of cord blood banking.

SOG's

Pregnancy Public Forum

By Jason Wong

'A Pregnancy Journey, A Jubilee Celebration' public forum was held at the Mandarin Orchard Hotel on 13th September 2014. This event saw a total of 400 expectant parents attended to awareness topics on Parental Care which was conducted by Singapore O&G Pte Ltd (SOG).

The Chairman of Singapore O&G, Dr. Lee Keen Whye, kickstarted the seminar with an opening speech to introduce his board of Specialists who offer dependable and affordable specialist medical and surgical services to women in Singapore and the region.

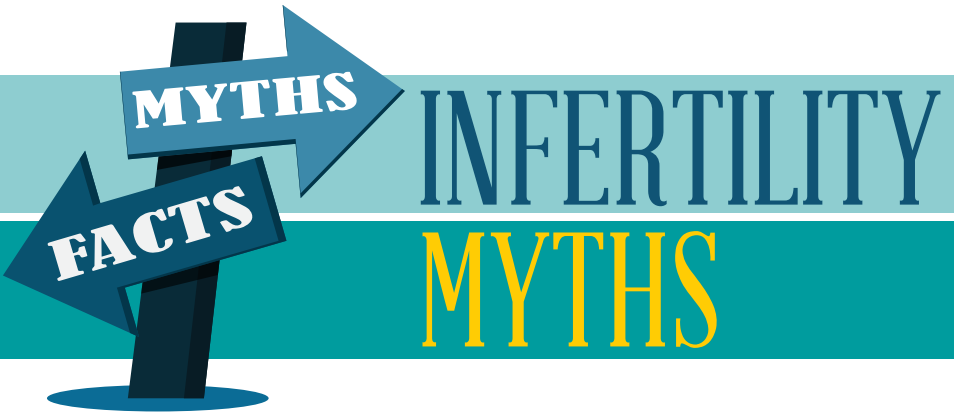
With a wide variety of subject matters, covering maternal nutrition, antenatal care, reducing labour stresses and benefits of cord blood banking, the audience learnt new tips especially during the prearranged interactive question-and-answer sessions with the presenters.

Cordlife is proud to be part of this successful event, which is in line with SOG aspiration to provide significant presence where patients can easily attain effective, affordable and friendly healthcare services. [bt](#)



This event saw a total of 400 expectant parents attended to awareness topics on Parental Care which was conducted by Singapore O&G Pte Ltd (SOG) strategic grouping of Obstetricians and Gynaecologists.





1 CAN YOU DEBUNK SOME COMMON INFERTILITY MYTHS?

Myth: Taking oral contraceptive pills (OCPs) causes infertility

Fact: OCPs do not lead to infertility in the long term. The effects of OCPs are short acting so fertility returns almost immediately once a woman comes off the Pill provided there are no underlying background causes of infertility.

Myth: Infertility is a woman's problem.

Fact: 1/3 of causes are solely due to women, 1/3 are solely due to men and 1/3 are due to a combination of male and female factors.

2 DOES STRESS CAUSE INFERTILITY? OR IS IT PLAIN PSYCHOLOGICAL? WHAT IS THE DIFFERENCE?

Yes, stress does decrease fertility. Stress hormones like cortisol or epinephrine, which rise and often remain high during times of chronic stress, play a key role. Stress can affect the functioning of the hypothalamus. This is the gland in the brain that regulates appetite and emotions, as well as the hormones required to release the eggs in women and produce testosterone in men. This in turn reduces the ability of a woman to ovulate and decreases the quality and quantity of a man's sperm. In a research published in the journal *Human Reproduction*, doctors compared pregnancy rates in couples that reported being stressed and those who

were not. They found that pregnancy was much more likely to occur during months when couples reported feeling "good", happy and relaxed. It was less likely to occur during the months they reported feeling tense or anxious. In my own practice I similarly find this happening too!

3 IN YOUR OPINION, HOW DOES OUR MODERN WAY OF LIVING AFFECTING FERTILITY FOR MOST COUPLES?

With the hectic lifestyle, career goals and stresses of modern society, more couples are starting their family only in their mid 30s to early 40s and this has contributed to the increase in infertility. This is because the risk of genetic abnormalities, miscarriage and infertility increases after 35 years old. A woman is in her best physical condition in her 20's. If women are concerned about having enough energy and endurance to chase a toddler, or want to avoid many of the potential health complications that can occur in 30 and 40-something women, they may want to have their children in their 20's. Female fertility actually peaks before age 25, and begins to decrease in the early 30's. Miscarriage occurs in 10 percent of women under 30 but in a third of women in their early 40's, with the greatest increase occurring after 35.

The effect of age on men's fertility is less clear. There is a small decline in sperm numbers and motility in men over 45. For most men sperm quality usually remains within normal limits until about age 70.

Although it can sometimes be difficult for busy couples in today's society, one should try reducing stress, exercise more regularly and have a healthy diet. Couples should avoid cigarettes and alcohol which can contribute to lower sperm production or motility (ability to swim). Studies have traced chromosomal damage in sperm to cigarette smoke and heavy alcohol intake. Low levels of vitamin C and zinc can cause sperm to clump together. Vitamin E can counteract excess free-oxygen radicals, which can also affect sperm quality. So men should also take their multivitamins.

4 MANY SPECIALISTS HAVE SAID LIFESTYLE CHANGES ARE CRUCIAL FOR INFERTILE COUPLES. WHAT ARE SOME OF THE KEY CHANGES THEY SHOULD ADOPT AND HOW CAN THEY ENSURE THEY ARE ON THE RIGHT TRACK?

Besides sorting out any medical issues, couples who wish to conceive should also have a healthy diet, exercise regularly, stop smoking & drinking alcohol and reduce their levels of stress. This advice is good for a couple's overall well being especially if fertility is sought.

- a. **Watch your weight** - Aside from the other risks it poses to your health, excess body fat can lead to an overproduction of certain hormones that disrupt ovulation. Your cycles may be less regular, you may ovulate less often, and you lower your chances of getting pregnant. Too little body fat means your body may not produce enough hormones to ovulate each month or to sustain a pregnancy if you do conceive.
- b. **Eat healthy foods** - Staying well nourished increases your odds of conceiving. Make sure to include enough protein, iron, zinc, and vitamin C, because deficiencies in these nutrients have been linked to decrease fertility and a higher risk of early miscarriage.

c. Quit smoking - Aside from health concerns, cigarette toxins not only damage a woman's eggs, interfering with the fertilization and implantation process, but also cause the ovaries to age.

d. Know your fertile period - When you're ready to conceive, find your "fertile window," during which you should have intercourse regularly. You can try an ovulation test kit, which checks for certain hormones in your urine, or note daily changes in your basal body temperature and cervical mucus.

e. Reduce Stress - Learning to manage stress through relaxation techniques (such as mindfulness meditation or yoga) or support from counselling.

f. Avoid alcohol and reduce caffeine intake - Alcohol consumption decreases the ability to get pregnant (not to mention the harm it can cause to a developing fetus). Alcohol alters oestrogen levels, which may interfere with egg implantation. Cutting back on caffeine while you try to conceive and during your pregnancy is encouraged. Women who drink the equivalent of two cups of coffee per day are twice as likely to miscarry as those who didn't consume any.

g. Frequent intercourse - During your fertile period, you should try to have intercourse on alternate days. Outside of this, intercourse at least twice a week is advisable. Because mandatory sex on certain days can become a chore, you might also try making love every few days all month long.

h. Don't douche - Try not to douche after immediately after intercourse as this may wash away some of the sperm that may be still in the vagina. Give yourself at least 20-30 minute before cleaning yourself to give the healthy sperm time to swim into the uterine cavity. Douching can wipe out normal, protective bacteria in the vagina, shifting the balance and putting

you at risk for bacterial vaginosis, a common but often overlooked vaginal infection. A fishy odour and greyish discharge are often the only signs. Untreated vaginal infections have been linked to preterm labour and may be associated with higher risk of miscarriage and infertility.

i. Looking after your partner's health - Cigarettes, alcohol and a poor diet can contribute to lower sperm production or motility (ability to swim). Studies have traced chromosomal damage in sperm to cigarette smoke and heavy alcohol intake. Vitamins E and C and the mineral selenium help healthy sperm production so taking a daily multivitamin is advisable. After all, conceiving is a joint effort so both parties should play their part.

5 WHAT ARE THE RED FLAGS THAT COUPLES SHOULD LOOK OUT FOR BEFORE SEEKING A PROFESSIONAL DIAGNOSIS?

Infertility according to medical definition is when a couple have been having unprotected regular intercourse for 1 year without achieving pregnancy. So strictly speaking, couples should seek investigations as to their cause of infertility only after a year of unsuccessfully trying. However as the risk of genetic disorders, miscarriage and infertility increase with increasing age, women who are over 35 years old and have been unsuccessful may wish to seek medical help after 6 months of contraceptive-free intercourse for these very reasons.

6 WHAT TREATMENTS/MEDICATION ARE AVAILABLE FOR INFERTILITY? WHICH METHODS ARE POPULAR OR MORE EFFECTIVE?

Ovulation Induction

If the woman does not ovulate, there are medications she can take to stimulate ovulation. Even if a woman is ovulating, she may need to release more eggs in order to get pregnant. The medication used most often to stimulate ovulation is clomiphene citrate. It may be used

for several cycles. The dosage may be increased over time if ovulation does not occur. Ovulation or pregnancy may not occur after treatment with clomiphene citrate. Most women who take drugs to cause ovulation start to ovulate regularly. If there are no other problems, more than half of such women get pregnant within 6 treatment cycles.

A multiple pregnancy may occur with the use of these drugs. That is when more than one fetus grows in the uterus. Rarely, a condition called ovarian hyperstimulation syndrome may occur.

Surgery

If the fallopian tubes are blocked, surgery may be performed to open them. Surgery also may be done to:

- Remove growths such as polyps or fibroids
- Remove scarring from a previous surgery, infection, or endometriosis
- Treat endometriosis (if found)

If the problem is because of a block sperm duct, surgery can sometimes fix it. The success of surgery depends on the type and extent of the problem.

Assisted Reproductive Technologies

1. Superovulation Intrauterine Insemination (SOIUI) is offered for

- mild male factory infertility
- mild endometriosis
- cervical factor infertility
- unexplained infertility
- after several failed clomiphene citrate cycles

Both tubes must be patent in order for SOIUI to be performed. If women do not ovulate with oral clomiphene citrate then gonadotropin (GnRH) injections (Puregon, Gonal-F) are given to stimulate several follicles (eggs) to grow and mature.

Ultrasound scans are done regularly to determine the number and size of eggs within the ovary.

On insemination day, a fresh sample of the husband's semen is brought to the lab where the semen undergoes special preparation. This specially prepared healthy sperm is placed directly into the womb with a fine tube. Medications are given to improve the chances of implantation and pregnancy. A pregnancy test is performed 14-17 days after the insemination.

Live birth rates are around 12-15% per cycle or 26-36% live birth rates after 3 cycles. The overall success rate varies with the cause of infertility and the age of female partner. There is a 15% chance of twin pregnancies and a small risk of hyperstimulation.

2. In Vitro Fertilization (IVF) uses sperm to fertilize eggs from the woman in a lab. This is offered to women with

- irreparably damaged fallopian tubes
- blocked fallopian tubes
- severe endometriosis
- ovulatory dysfunction
- unexplained infertility
- severe sperm disorders

High dose gonadotropins (GnRH) injections (Puregon, Gonal-F) are given to stimulate several follicles (eggs) to grow and their maturation progress is monitored with serial ultrasound scans. This medication stimulates more than one egg to mature. These eggs are removed from the ovaries just before a woman ovulates with a needle that is inserted through the vagina and into the ovary by direct ultrasound guidance. This procedure is called oocyte pick up. Pain relief or a sedative may be

given. The eggs are combined with healthy sperm and monitored in the lab to see if they become fertilized. A few days later, one or more fertilized eggs (embryos) are placed in the woman's uterus through her vagina. This is called embryo transfer. Transferring fewer embryos reduces the risk of a multiple pregnancy. Any extra embryos that are not used may be frozen and stored for later use (embryo freezing).

Overall live birth rates varies with the cause of infertility and the age of female partner (<35 years old better).

Approximate IVF success rates (per cycle)	Age (yrs)
30-35%	<35
25%	35-37
15-20%	38-40
8%	>40

There is a 20% chance of twin and 3% chance of triplet pregnancies as well as a higher risk of hyperstimulation.

3. Intracytoplasmic Sperm Injection (ICSI) is similar to IVF except that a single sperm is injected directly into each individual egg to increase the chances of successful fertilization. This may be a good option if there is a problem with the man's sperm (ie very low quality or quantity) because only a few healthy sperm are needed. This can be used alone or in combination with IVF. The disadvantage is that there is no natural selection involved in the fertilization process between the sperm and egg.

7 DO THE TREATMENTS OR MEDICATION CAUSE SIDE EFFECTS OR INVOLVE RISKS (E.G. MULTIPLE PREGNANCIES)?

With all these assisted reproductive technologies (ART) there is a risk of multiple pregnancies. This risk is higher with gonadotrophins than with clomiphene citrate. Multiple

pregnancies are considered high risk pregnancies compared to singleton pregnancy. Women undergoing SOIUI have a 10% chance of having twins when taking Clomiphene citrate and less than 1% of triplets or multiples. For IVF, there is a 20% chance of twins and 3% chance of triplet pregnancies.

Sometimes, ovarian hyperstimulation syndrome (OHSS) may occur in which the ovaries are overstimulated by the fertility drugs. The ovaries become suddenly very swollen and fluid leaks into the abdomen and chest resulting in abdominal distention and shortness of breath. OHSS occurs only after the eggs are released from the ovary (ovulation). Again the risk of OHSS is higher with gonadotrophins than clomiphene citrate.

OHSS affects up to 10% of women who go through in vitro fertilization. In most cases the condition is mild, but in some women it can be severe and dangerous. In this case, they will need close monitoring, hospital admission and the cycle may need to be cancelled.

8 HOW LONG DOES MUST THE AVERAGE COUPLE SEEK TREATMENT BEFORE SUCCESSFUL CONCEIVING?

This is an impossible question to answer as there are so many variables that can affect a successful outcome. The older the women along with the more causes for infertility, the longer it would theoretically take. At the end of the day keep trying until successful if pregnancy is really what a couple truly desires. **bt**



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website: www.gynaemd.com.sg

The Importance of Baby Teeth



...it is vital to pay attention to the child's diet, brushing habits, fluoride intake, and scheduling of periodic dental examinations to ensure the deciduous teeth are kept healthy.

B

aby teeth, or deciduous teeth, can be an often overlooked part of a child's overall health. Many parents believe that deciduous teeth are not overly important, that they are just a temporary stage before replaced by adult teeth. However, deciduous teeth play an important role in the development of the eruption of adult teeth, and is necessary for speech, function, and to provide the child with a beautiful smile.

Therefore, it is vital to pay attention to the child's diet, brushing habits, fluoride intake, and scheduling of periodic dental examinations to ensure the deciduous teeth are kept healthy.

WHAT ARE SOME IMPORTANT THINGS TO LOOK OUT FOR AS MY BABY IS GROWING?

1. Teething

Teething is a series of symptoms that can occur during the eruption of baby teeth. These symptoms are varying,

from red and swollen gums, lack of appetite, discomfort, drooling, as well as difficulty in sleeping. Tooth eruption is not associated with fever, vomiting or diarrhoea, and should these symptoms be observed, please consult your paediatrician as there may be other issues at hand.

Ways to combat a teething baby include rubbing the baby's gums with a clean finger or wet cloth, or give them cold teething rings or toys. If you intend to give your baby medication such as pain relief or numbing creams for the gums, please check with your paediatrician first.

2. Injury to your baby's mouth

If an injury occurs to your baby's mouth, you should contact your dentist immediately who will examine the teeth to provide you with the most appropriate treatment. If your child is in pain and the tooth is chipped or broken, you may want to give mild pain relief and if possible, bring the tooth fragment to show your dentist.

Children should try and eat a well balanced diet, sticking to core foods and having 3 proper meals a day. Any snacks should be limited to meal times.



3. Thumb sucking

You should not allow your child to suck their thumb beyond the age of 4. Thumb sucking at an older age leads to crooked, crowded teeth and bite problems. Using the pacifier for prolonged periods can cause this as well, resulting in the need for orthodontics to correct the bite in the future.

DENTAL DECAY AND DIET

Dental decay can manifest as dark, coloured lesions on the surfaces of the teeth. According to the National Dental Centre (Singapore), early childhood caries (ECC) affects 40% of our preschoolers. ECC is a severe form of dental decay which can make it difficult for children to eat or sleep well.

Looking after the child's diet is of utmost importance. As a parent, you have full control over the child's diet for the first few years; foods containing sugar should be avoided as much as possible. When you put sugar into your mouth, bacteria in dental plaque turn this sugar into acid which is strong enough to cause tooth decay. Sugar can last up to 20 minutes after a snack has been finished, and this is why it is important to not only limit sugar in the diet, but to avoid snacking as well.

Children should try and eat a well balanced diet, sticking to core foods and having 3 proper meals a day. Any snacks should be limited to meal times. This is because excess saliva produced during meals can help wash away the extra sugar and acid that causes tooth decay. If your child did have something sweet to eat, try to brush their teeth right away. If this is not possible, drink lots of water or rinse the mouth with water.

BABY BOTTLE TOOTH DECAY

Most frequent cause of ECC is letting your baby fall asleep with a bottle of milk or any other sugary drink. Parents should try and avoid overnight feeding as milk can pool in your child's mouth and stay on teeth. This allows for the formation of acid producing bacteria. Combined with the fact that saliva flow is

greatly reduced at night time, this bad habit can lead to rapid destruction of tooth structure.

Start to encourage your child to drink from a cup from 6 months and by the age of 1, slowly wean your baby off the bottle. Do not put other liquids such as juice or soft drink in the bottle.

AT WHAT AGE DOES MY BABY NEED TO START BRUSHING?

Good oral habits should begin at a very early age, even before the first tooth arrives. Start cleaning your child's mouth even if they do not have any teeth yet. Do this by gently wiping the mouth clean with a wet cloth, or a small thimble-like soft rubbery device that fits over your index finger to rub off excess food.

Once the first tooth erupts at about 6 months, brush the teeth twice daily with a toothbrush. Start children with a small, soft bristled, colorful toothbrush with a big handle. Use a circular



YOU SHOULD NOT ALLOW YOUR CHILD TO SUCK THEIR THUMB BEYOND THE AGE OF 4. THUMB SUCKING AT AN OLDER AGE LEADS TO CROOKED, CROWDED TEETH AND BITE PROBLEMS.

wiggling motion especially where the tooth meets the gums. From the age of 2, or once your child knows how to spit, start them with a pea sized amount of low concentration fluoride toothpaste. You can ask your family dentist to demonstrate proper toothbrushing at your child's first dental visit. Parents

should always supervise children's brushing and remember to replace your toothbrush every 3 months.

IS FLUORIDE GOOD FOR ME?

Fluoride is beneficial for preventing cavities and strengthening tooth enamel. It is present in Singapore's tap water, toothpaste, some mouth rinses, and professionally applied gels and varnishes.

While fluoride provides a wide range of benefits, their use in children must be supervised. When teeth are still in the developmental stages, excessive use of fluoride can lead to fluorosis, a process which changes the way teeth develop. In mild cases, only the colour of the tooth is altered, but fluorosis can also be severe in which the entire tooth is brown and tooth strength is reduced.

Young children have a high tendency to swallow toothpaste, hence any toothpaste used during this time should not contain any fluoride. Once your child is able to spit, it is then recommended to switch to fluoride containing toothpaste and use only a pea-sized amount.

It is imperative to balance the protective effect of fluoride against dental caries, and to also minimise the risk of fluorosis. For children with rampant dental decay, you may consider additional fluoride related treatment modalities such as professionally applied gels and varnishes. These treatments are available at the dental clinic to help remineralize early enamel lesions. However for children with low risk of dental decay, additional fluoride may not be necessary as Singapore's tap water is already fluoridated at 1ppm (part per million).

For more information about the oral health benefits of fluoride, please ask your dentist.

Young children have a high tendency to swallow toothpaste, hence any toothpaste used during this time should not contain any fluoride.




CHILDREN NEED TO EXPERIENCE THE CLINICAL ENVIRONMENT AND SLOWLY, GROW ACCUSTOMED TO SEEING THE DENTIST. LOOK FOR A DENTAL CLINIC THAT IS CHILD FRIENDLY, PATIENT, GENTLE, AND FOCUSED ON YOUR CHILD'S SPECIFIC NEEDS.

WHEN SHOULD MY BABY FIRST VISIT THE DENTIST?

The first visit to the dentist should be right after his or hers 1st birthday. At your child's first appointment, the dentist can keep you informed about caring for your baby's first few teeth, advice regarding oral hygiene recommendations, diet and nutrition, and inform you on how to avoid possible problems.

Subsequent dental visits should then continue every 6 months. At every appointment, the dentist will continue to review your child's dental growth and development, and to adjust the preventative programme tailored to your child. If necessary, fluoride treatment may be recommended at this stage.

The first few appointments your child goes through play an important role for their subsequent dental visit in the future. Children need to experience the clinical environment and slowly, grow accustomed to seeing the dentist. Look for a dental clinic that is child friendly, patient, gentle, and focused on your child's specific needs. 



Dr Ashley Thean
Novena Specialist Center
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Cordlife Families



Your child's guardian of health



Newborns and babies younger than six months old have immunity systems that are not yet fully developed. They produce antibodies, the proteins that identify and fight against foreign substances, at a normal rate only when they reach the milestone age of six months old. Before that age, babies are more susceptible to germs and bacteria, which are the potential causes of illness in the environment.

BioCair's gentle formulation - it contains **no alcohol** and is **pH neutral** - makes it suitable for use on baby's delicate skin. Our products provide the sensitive care and protection that young babies and toddlers need against airborne or surrounding microbes that can cause rashes and infections. In 60 seconds, BioCair BC-65 Pocket Spray is proven to effectively disinfect 99.99% of pathogens including bacteria such as *E.coli* and *B. subtilis*, etc.

Diaper and nappy rashes caused by

the bacteria *C.albicans* and *S.aureus* are a common skin condition in babies that make parents concerned. Avoid packaged wipes containing chemicals that could worsen a rash. Instead, discourage irritation on your child's tushie with the use of BioCair BC-65 Pocket Spray on diaper areas. To prevent rashes on skinfold areas that can develop as a result of heat, sweat and germs, spray on baby's arms, thighs or stomach. Furthermore, BioCair can help support the prevention of Hand Foot Mouth Disease (HFMD) which is caused by the *Enterovirus* family of viruses. Since children under 5 years of age are especially at risk, having them practised good hygiene habits such as disinfecting their hands regularly - for instance before and after eating, or playing with toys - helps to ward off this potentially fatal disease.

Supported by the accredited lab's certification on **in vivo oral route toxicity**, BioCair BC-65 Pocket Spray can be used to disinfect baby

accessories conveniently such as pacifiers, teething toys, cups and bottles, etc. Simply clean off the surface dirt before spraying with BioCair BC-65 Pocket Spray, without the need for rinsing with water. Hence, remember to put it in your diaper bag when you bring baby outdoors as it will come in handy in the event that there are no clean water sources available.

For breastfeeding moms, too, you can use BioCair BC-65 Pocket Spray to disinfect feeding areas and sanitize breast pumps before and after pumping and breastfeeding. Adults should also sanitize their hands with Pocket Spray before in contact with or carrying babies to prevent spreading of germs to them. With its natural formulation and proven disinfecting effect, BioCair products are child-friendly and suitable for all skin types.

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NATURAL &
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A STRONG FRENCH HERITAGE WITH A UNIVERSAL FOLLOWING

Petit Bateau has been an iconic French children's brand since 1893 and now, 121 years old, a firm favourite with both young and old internationally. Our timeless basics are perfect for every season and whether they are worn or handed down; they are kept for a lifetime.

A MARK OF QUALITY FABRICS

A Petit Bateau clothing is made to be beautiful and yet built for comfort. Our clothes are non-carcinogenic, non-allergenic, and non-toxic as we avoid colouring and heavy metal. Petit Bateau is a leading brand in creating safe, risk-free clothing for the most sensitive of skin.

OUR NURSERY COLLECTION

Our infant collection makes a special gift for newborns. For these young citizens of the world there is an extensive range of romper suits, sleepsuits, underwear and nightwear made of quality long fibre cotton to ensure the most perfect fit and durability. Every baby product well as all underwear and nightwear are certified by the OEKO-TEX label and guarantees complete comfort for the skin. Having this label means that you can be sure that your baby's well-being and comfort is guaranteed and the risk of allergies and irritations have been removed. Infant accessories such as beanie caps are also part of the trendy nursery range!

EXCELLENT FOR NEWBORN SKIN

Today, Petit Bateau is a staple for baby wear and perfect for the humid climate in Singapore and especially loved



Petit Bateau is a leading brand in creating safe, risk-free clothing for the most sensitive of skin.

BRAND EXPANSION IN SINGAPORE

We are proud to have expanded the brand's richness into our sunny island! We opened our 4th and largest boutique in March 2014, at United Square Shopping Mall. Our other boutiques are found at Paragon Shopping Centre, Tanglin Mall and VivoCity. We also have two departmental store corners in Isetan Scotts and Takashimaya. [bt](#)

by parents whose little ones suffer from sensitive skin or skin conditions such as eczema. Eczema is the common skin condition affecting children and children who live in humid climates are more susceptible to infant eczema. This makes our products a top choice for moms in Singapore as compared to other brands in the market as we mainly use 100% cotton or mixtures of natural fibres.

Paragon 67320630
Tanglin Mall 62354006
United Square 63540438
VivoCity 62229904

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**PERFECT FOR THE HEALTHY
DIET AND EXERCISE OF THE
INTESTINES**

One Glass of Refreshing Prune Juice for the Hot Summer

One cup of prune juice offers lower calories compared to one cup of banana milk. This is great for dieting. As for the fiber that is effective for the exercise of the intestines, prune contains 12X the fiber compared to apple, which helps to prevent and to mitigate constipation. Organic Taylor Prune's reputation increased even more as super food with rich anti-oxidation materials, iron and vitamin.

It only takes one cup of refreshing prune juice with ice to recover the energy in the hot summer. Prune juice made by boiling pitted prune as is, is a super food that is rich with all types of nutrients. First of all, prune is rich with fiber. Whereas apple includes about 0.5g of fiber, prune contains 12X more (6.1g fiber). Thus, it is very good for constipation and for the intestines.



This is ideal for healthy dieting since you can go to the bathroom easily every day and since you can meet the refreshing morning as such.

ORGANIC TAYLOR PRUNE, THE BEST SUPER FOOD

It is rich with iron and potassium. Iron and potassium content is 8X that of apple while there is 24X more Vitamin A. Thus, the habit of drinking prune juice every day helps to maintain health and to maintain the skin clean. Anti-oxidation substance that is good for the skin and which is the archenemy of cold virus is included more in the prune compared to blueberry, strawberry, spinach and broccoli. While blueberry contains 2400 ORAC/100g, prune includes 5770 ORAC/100g, which is 2.5X that of the blueberry. Moreover, it is rich with iron and potassium. Iron and



potassium content is 8X that of apple while there is 24X more Vitamin A.

While it is rich with nutrients, calorie level is low. One cup of prune juice (130kcal) and four grains of pitted prunes (68kcal), which are the amounts recommended for daily consumption amounts to merely 198kcal, which is comparable to one cup of banana milk. When prune juice 200ml and eight grains of pitted prune are consumed, it is possible to consume 9%, 25% and 30% of daily recommended fiber, iron and potassium, respectively.

EFFECTIVE FOR HEALTH WHEN CONSUMED EVERY DAY

Adults are recommended to consume 200mL of prune juice every day and three to four grains of pitted prune. It is best when consumed in the morning or before sleeping on empty stomach. Moreover, it is effective when consumed with milk as well.

Organic prune can be consumed by pregnant women and young children as well.

Children can consume prune juice that multiplied 15 to their age or two to three grains of pitted prune. In particular, prune juice produces effect right way when children are suffering from constipation, which is great news for the mothers who are hesitant about feeding them with powerful medications.

When prune juice or pitted prune is consumed, there is a tendency for a sound to be heard in the stomach, and one may burp or fart. Sometimes, the stomach may hurt a bit. But this is a temporary phenomenon.

Consuming prune juice steadily every day is an essential for ensuring healthy diet. Let's try to become healthy beautiful people with small habit acted on every day. [bt](#)

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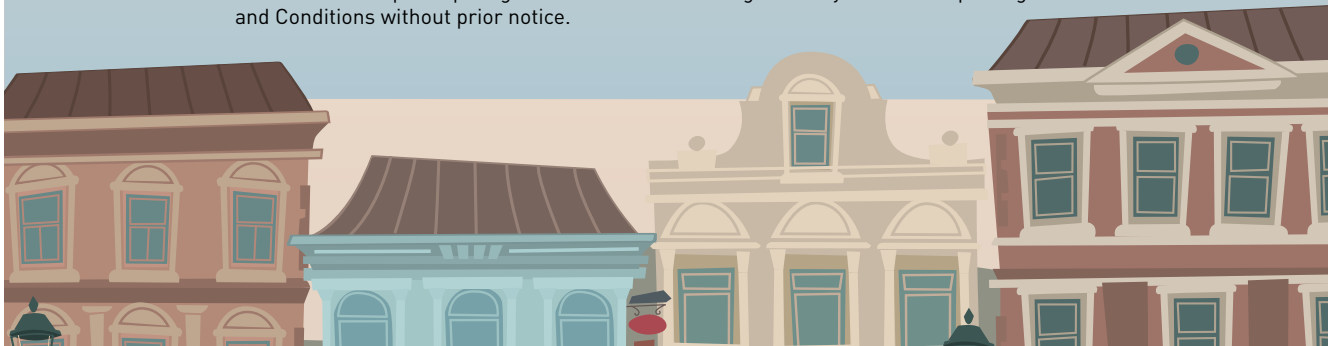
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