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milestone in answering the fundamental question ‘when to start a family?’.

At IVF London, they offer a Fertility Wellness Check, where within a few hours, you have a pelvic scan, a blood test (AMH), Semen Analysis and time with a consultant to understand where you place on the fertility scale and if there are any factors that need addressing.

Egg Freezing is a process that allows women the freedom of choosing the time at which they wish to become mothers. A woman can freeze her eggs and at a later time of her choosing decide to use them.

Artificial Intelligence is a new and exciting avenue available at IVF London that allows their embryologists to choose the best embryos for transfer. Another avenue for screening is (PGD) Pre-implantation Genetic Diagnosis which allows them to screen for some of the genetic hereditary ailments.

The experts at IVF London ensure the journey to parenthood is informed, well thought out and comfortable. They are an end-to-end clinic, with state-of-the-art facilities, where patients get to know the team and have continuity of care. 📍

[ivflondon.co.uk](http://ivflondon.co.uk)

# THE BIG QUESTION

How *IVF London* can put your mind at ease when deciding when is the right time to have a family

**H**ow do we know when it is the right time to try for a baby? This fundamental question often plagues many of us. Clinic Director and Embryologist of IVF London, Mr Alpesh Doshi with 30 years under his belt, says: “It’s a huge dilemma for women who want to focus on their career or education. Often women face the conundrum between taking a break in their career/ education to pursue their familial plans.”

The stark truth of a women’s reproductive health is set in stone in that

the women’s reproductive health starts to decline after the age of 35 and the decline only accelerates as she nears 40. This can sometimes make IVF the only option with reduced chances for patients who have left it later in life to embark on their fertility journey. The buck doesn’t stop with women; men equally face challenges brought on by lifestyle choices, poor habits inculcated by a demanding work life and stress that directly impact a man’s fertility.

There are measures in place to help understand and assess reproductive health. A little investment of time allows one to gauge their reproductive health and helps give a realistic



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