

A study in 1992 found that conception rates with acupuncture rose to 42.5% compared to a non-acupuncture control group that achieved a success rate of only 26.5%.ⁱ The interest generated by this research led to similar trials with similar results. More recently the British Medical Journal analysed all the available research that stood up to rigorous scrutiny.ⁱⁱ This large study involving 1366 patients also found that acupuncture increases the success of IVF treatment. In practical terms they concluded this means one additional pregnancy for every 10 cycles of IVF performed.

ⁱ Paulus, et.al. Fertility and Sterility Vol: 77, No. 4, APRIL 2002

ⁱⁱ Manheimer E, Zhang G, Udoff L, et al. Effects of acupuncture on rates of pregnancy and live birth among women undergoing in vitro fertilisation: systematic review and meta-analysis. BMJ 2008;336(7643):545-549.



Whilst our focus is primarily on improving IVF success rates, we are very aware of how stressful the process of fertility treatment can be for patients. Acupuncture treatment can provide great support to ease stress levels during your treatment.

About us

The London Acupuncture clinic has been providing acupuncture to patients of the ARGC for over 10 years. Having supported couples through over 5000 IVF cycles, our practitioners have an extensive specialist knowledge in this field.

We offer a comprehensive service allowing patients to receive acupuncture 7 days a week (Sundays and bank holidays for embryo transfer only). We ensure we can always see patients around embryo transfer and run a flexible system that allows this to be arranged at short notice.* Located just around the corner from the ARGC, we offer an easy and practical way to include acupuncture alongside your fertility treatment. If more convenient, patients may also wish to visit one of our other branches. The London Acupuncture clinic is independently run and not affiliated or linked to ARGC directly.



Contact us

www.londonacupuncture.co.uk
 Telephone: **0207 935 2030**
 57a Wimpole St, London. W1G 8YP
 Other branches in Chiswick, Ealing, and Windsor

*We are unable to see patients for embryo transfer treatments only. Timing restrictions on ET day and the need to do a full and thorough consultation means we need to have seen patients prior in order to treat appropriately.

ACUPUNCTURE FOR PATIENTS OF THE ARGC



Acupuncture to increase IVF success

Acupuncture is the most commonly used complementary treatment alongside IVF treatment, and has become integrated into many of the best fertility clinics across the world.

How acupuncture can help you

It has been suggested that acupuncture may increase implantation rates throughⁱⁱⁱ:

- **regulating stress hormones that affect implantation**
- **modulating neuroendocrinological factors (regulating hormone levels)**
- **increasing blood flow to the uterine lining**
- **modulating cytokines and immune response**



While IVF is very successful at stimulation of the ovaries, and collection and fertilisation of eggs, successful implantation can prove more difficult. This is where acupuncture treatment can help to increase the success of IVF cycles. It has also been observed that treatment through the subsequent pregnancy further increases the live birth rate and reduces miscarriage.^{iv}

ⁱⁱⁱAnderson BJ, Haimovici F, Ginsburg ES, Schust DJ, Wayne PM. In vitro fertilization and acupuncture: clinical efficacy and mechanistic basis. *Altern Ther Health Med.* 2007 May-Jun;13(3):38-48

^{iv}Smith C, Coyle M, Norman RJ. Influence of acupuncture stimulation on pregnancy rates for women undergoing embryo transfer. *Fertil Steril* 2006;85:1352-8.

Preparation for IVF

Acupuncture can also be beneficial during preparation for IVF where high FSH or oestradiol levels prevent the initiation of treatment, by regulating normal pituitary-ovarian function.

Treatment during IVF

During an IVF cycle there are specific times where acupuncture treatment can be most beneficial.

- 1) At the end of down-regulation (long protocol) or prior to the period (short protocol): This ensures efficient elimination of the old endometrium, and thus allows the formation of the best possible quality new lining.
- 2) During the stimulation phase: Two acupuncture sessions during this phase can ensure good blood flow to the ovaries and the womb lining.
- 3) On the day of embryo transfer: Acupuncture treatments are used pre and post-transfer to increase blood flow in the uterus, reduce any contractions that may occur and promote relaxation and well-being.

With experienced practitioners, patients can feel comfortable that they are receiving the very best care integrated into their IVF treatment

"I'm so glad we added in acupuncture alongside our last treatment. From the changes I saw in my menstrual cycle, to the support and knowledge we gained from the clinic, we feel sure it made a difference in our getting a positive result this time"

Sarah, London

During pregnancy

Once pregnancy is established we generally recommend that patients continue with acupuncture treatment until week 12 to prevent miscarriage and support the body through the natural adjustments of the first trimester.

"After three unsuccessful cycles, we moved to the ARGC and also visited The London Acupuncture Clinic. We wanted to do everything we could to make it work. The experience and thoroughness of both teams was incredible. We really felt every aspect of our situation was being personally looked at and dealt with. We are sure these things gave us the positive result we wanted. We'd definitely recommend it!"

S and T, London

