

## NISA MAKES HISTORY AS OUR FIRST IVF BABY GRADUATES FROM UNIVERSITY

### DO IVF BABIES GROW UP NORMAL?

The day is Saturday, 12<sup>TH</sup> July, 2020, and it might be just another day for a lot of people, but at Nisa Premier Hospital, it is the day our first IVF baby, the one certified by the Federal Government of Nigeria, *that one*, graduated from university with a degree in Public Health. Our Hannatu is a university graduate and for us at Nisa, this is huge and absolutely one of our proudest moments.

As a fertility clinic that has been in business for over two decades and even the world of Assisted Reproductive Technology (ART) in general, a question that has always been looming in the minds of the public is if the cognitive abilities of children conceived through IVF matched those conceived naturally.

There are researches based on this and even various articles spread over the World Wide Web that suggest they may have lower cognitive functions than babies conceived naturally. What better way to show you than the obvious evidence of our own Nisa miracle – Lady Hannatu Kupchi?

The birth of Hannatu was a mix of science and miracle. She was delivered twenty years after the birth of the world's first IVF Baby (Louise Brown) who was born in Manchester by IVF pioneers; Patrick Steptoe, Robert Edwards and Jean Purdy. Her parents had tried unsuccessfully to conceive for many years. In an interview, Hannatu's father, Mr. Hosea Kupchi, said "We had 13 years of marriage without a child and we went through the orthodox method without any success but along the line, my sister-in-law told me that there was one Dr. Wada that had been helping



The scientific and technical process that led to the birth of Hanatu was not devoid of challenges, there was epileptic electricity that almost hampered the further development of the embryo. At some point in the process, the embryo had to be taken out of a burnt incubator due to a power surge by then NEPA and eventually had to be transferred into her mother's womb and delivered months later.

For Dr. Ibrahim Wada, the Founder & CEO of Nisa, this was a historic moment. "When I was out of this country, I knew there were people who wanted babies. I made the decision to come back to Nigeria to help people." he says, and many years later, he hasn't stopped.

Now, not only has this beautiful young woman grown physically but in various

other ways as well. Also in this time, Nisa fertility clinic has also recorded massive growth; from recording the births of over 5,000 IVF babies to an increased success rate in IVF while also introducing various new and improved technology to provide solutions to infertility.

Our genetic laboratory offers services such as Pre-implantation Genetic Testing (PGT). This can be PGT-A - couples choose the gender of their offspring before implantation or PGT-M - couples determine the genotype of their offsprings before implantation.

This technology alongside the IVF process allows the selection and transfer of unaffected & desired embryos, therefore achieving a genetically healthy embryo that results in offsprings free of heritable genetic abnormalities like sickle cell anaemia.

We are super proud of Hannatu and wish her

**Editor's Note**

**NISA'S FIRST IVF BABY, LADY HANNATU, GRADUATES FROM UNIVERSITY; LATEST TRIPLET BOYS AT NISA IVF CLINIC.**

*Hello!*

How's everyone doing, hope we are all still keeping safe? We are not one of those who wear their mask under the chin, right? Washing your hand with soap and water really does kill the virus, let's not stop, okay?

So something exciting happened this month – our Lady Hannatu, the first IVF baby at Nisa Premier Hospital and the first IVF baby certified by the Federal Government of Nigeria graduated from medical school and we are super proud of her. Speaking of IVF babies, I hope the image of these three bouncing Nisa fertility clinic babies make you smile as much as it made us.



I hope you enjoy this edition, there is a piece on male infertility which I hope you learn something new from.

Till I come your way next month, please stay safe!



Otegbayo Ayomide  
*Editor*

# UNDERSTANDING MALE INFERTILITY

In a typical African society, God forbid you to insinuate a man is infertile, not only is it just highly inconceivable, but it is also disrespectful and ego-crushing for them, but men can be infertile too...

Infertility is not just the inability to conceive after having regular unprotected sex for a year, it is also the biological inability of an individual to contribute to conception.

Statistics show that about 20% of cases of infertility are due to a problem in the man and about 30-40% in both the man and the woman. Judging by the numbers, we all should be able to agree that infertility in males is non-negligible and should be a cause of worry

## HOW THEN CAN A MAN BE INFERTILE?

A man contributing to conception is a process and it involves the following:

### You Have To Produce Sperm

You are probably wondering if this is even possible, but some men do not produce sperm at all; this is referred to as Azoospermia – the complete absence of sperm cells in the semen samples.

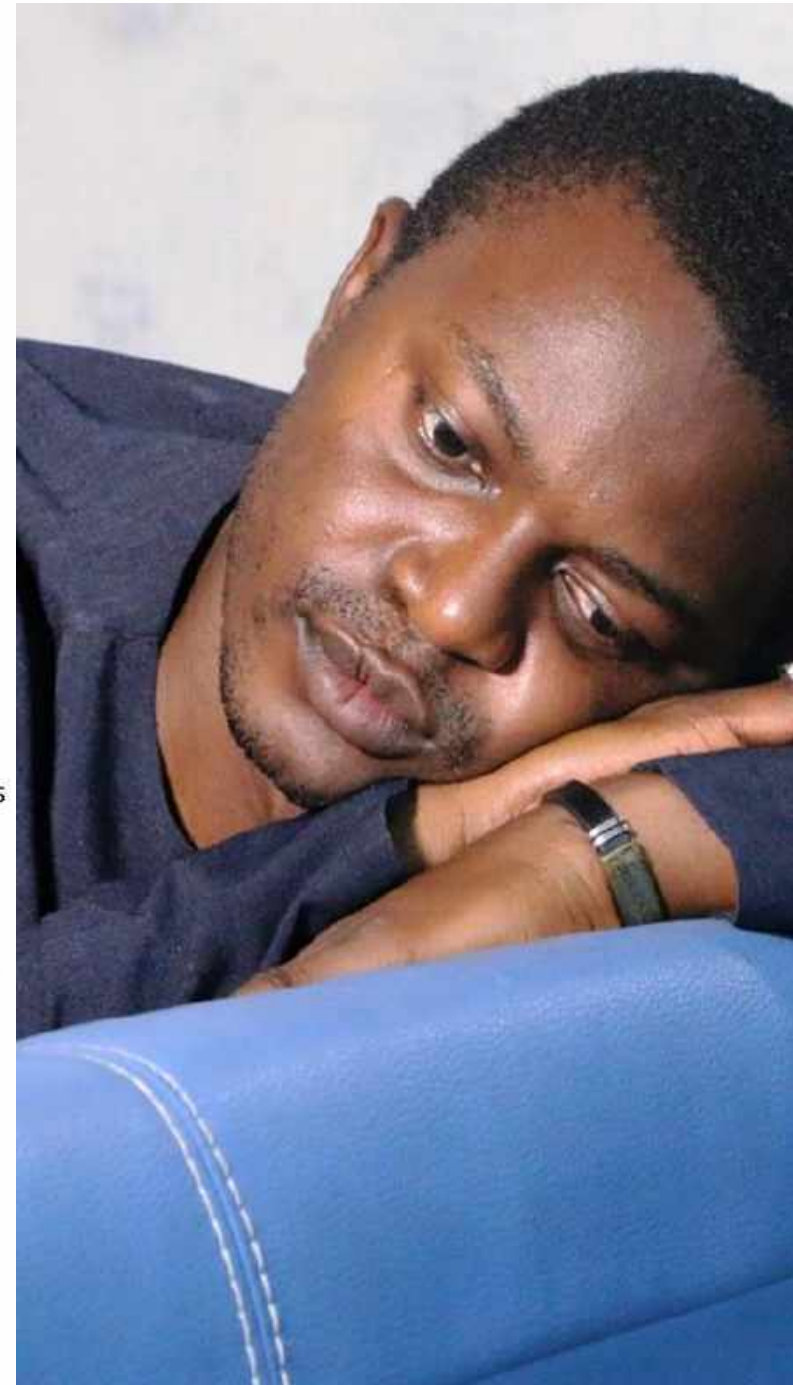
### You Must Have Enough Sperm in Your Semen

It is possible to produce sperm and still not have enough to contribute to conception. If this happens, you are said to have a low sperm count also called Oligospermia - when your sperm count is less than 15m per ML of semen - this decreases the odds of one of your sperm cells fertilizing your partner's egg.

### Your Sperm Must Be Normal And Healthy:

The morphology of a man's sperm can be abnormal and this is called Teratozoospermia; this means that less than 40% of the sperm cells have a normal shape. The cause of this condition is unknown, it has however been linked to lifestyle choices such as

smoking and exposure to toxins. Men with Hodgkin's disease or Crohn's disease are also predisposed to this condition.



Your testicles must also be functioning properly and your body must produce testosterone and other hormones to trigger and keep producing sperm.

### Your Sperm Must Be Able To Move

Your sperm has to be functional and highly motile – the ability to move.

If this does not happen, then you have what is called Asthenospermia and this means the progressive motility of your sperm cells is less than 32% and thus may not be able to reach and penetrate your partner's eggs.

**THERE ARE SEVERAL OTHER CAUSES OF INFERTILITY IN MEN**

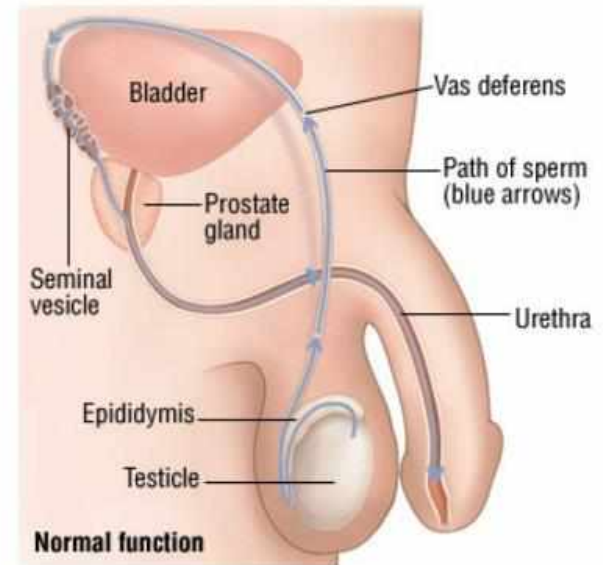
I. Varicocele – This is a swelling in the vein that drains the testicle. It results in reduced quality of sperm produced

chemicals, excessive heat, radiation or X-rays etc.

- XI. Alcohol or Tobacco abuse, use of illicit drugs
- XII. Obesity
- XIII. Emotional Stress

**CAN INFERTILITY IN MEN BE REVERSED?**

The first step to getting a solution is seeing a fertility expert so as to get a diagnosis – to determine what exactly is wrong.



In rare cases, where infertility cannot be reversed, your doctor might suggest you and your partner consider using a sperm donor



**ASK THE EXPERT**

**Q**

**What Is Third-Party IVF?**

**A**

Third-party IVF means that apart from the couple, there's a need to enlist the help of another person. This may involve the use of sperm or eggs from a 3rd party. Occasionally, it may mean that another woman (a surrogate) carries the baby belonging to the couple.

There are ethical, religious, and social considerations when treatments involve a third party.

At Nisa fertility clinic, we ensure full respect of values, ethics and religious inclinations of our highly esteemed clients.



- II. Ejaculation Issues
- III. Tumours
- IV. Hormonal imbalance
- V. Chromosome defects
- VI. Erectile dysfunction
- VII. Previous surgeries (especially around the groin)
- VIII. Previous injuries to the scrotum
- IX. Certain medications
- X. Exposure to heavy metals, industrial


There are various treatment options for infertility; these include treatment of infections, hormone treatments and medications, surgeries and if the need arises, Assisted Reproductive Technology (ART). Your doctor will ask you various questions to evaluate your symptoms and find the best treatment



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