



Programme – Saturday 30 March 2019

The Fertility Forum			
09:00 – 09:50	Registration		
09:55 – 10:15	<p>Welcome</p> <p>Kate Brian and Adam Balen to set the scene and to welcome</p> <p>Introduction to the day</p> <p>Sally Cheshire, Chair, HFEA and Lesley Regan, President RCOG</p>		
	<p>Stream I <i>Chair: Aileen Feeney</i> Nuffield Hall</p>	<p>Stream II <i>Chair: Jane Stewart</i> Lecture theatre</p>	<p>Stream III <i>Chair: Adam Balen</i> L1,2,3</p>
10:20 – 10:50	<p>Understanding your fertility and causes of subfertility - including investigations and how to seek advice Raj Mathur</p> <p>What can affect your chances of conceiving naturally? Fertility specialist Raj Mathur will explain when to seek advice and where best to get it and will discuss the tests you should have.</p>	<p>Recurrent miscarriage Lesley Regan</p> <p>What causes miscarriage and why do some women experience recurrent miscarriage. Professor Lesley Regan, President of the RCOG, is a leading expert in recurrent miscarriage and will discuss investigations and what can be done to help.</p>	<p>Endometriosis Ertan Saridogan</p> <p>What is endometriosis and how does it affect your fertility? Fertility specialist Ertan Saridogan will cover all the options for treatment and how to choose between them.</p>



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10:55 – 11:25	<p>Male fertility problems Allan Pacey</p> <p>Leading male fertility specialist, Professor Allan Pacey explains male fertility and how sperm are made. He will talk about what affects the number and quality of sperm that a man make and the tests that are used to diagnose male fertility problems, as well as the solutions that can be offered.</p>	<p>Using donor gametes (sperm donation / egg donation) Nina Barnsley</p> <p>What do you need to consider if you're thinking about using donor eggs, sperm or embryos? Director of the Donor Conception Network Nina Barnsley looks at the differences in family building when using a donor, what you need to consider when deciding whether it's right for you and will discuss openness around donor treatment.</p>	<p>New technologies Jason Kasraie</p> <p>What are the latest new techniques and technologies for fertility and can they help improve success rates? Chair of the Association of Clinical Embryologists Jason Kasraie will look at the evidence is as to whether they work and discuss the factors that influence the chances of successful treatment.</p>
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11:30 – 12:00	<p>Getting the right support - How specialist fertility counselling can help. Angela Pericleous –Smith</p> <p>Fertility counsellor and Chair of the British Infertility Counselling Association Angela Pericleous –Smith will discuss the pressures on yourself, your relationships and your friendships. She will explore coping strategies and explain how to manage anxieties.</p>	<p>Egg freezing Ephra Yasmin</p> <p>Is freezing your eggs a good insurance for future fertility? Fertility specialist Ephra Yasmin looks at how eggs are frozen and the chances of success, as well as looking forward to future developments in egg freezing.</p>	<p>Treatment overseas - the pros and cons Kate Brian</p> <p>Have you been tempted by the idea of having fertility treatment abroad? Kate Brian explores why people chose to go overseas and looks at the risks and benefits. She will give some tips to consider when you are making a decision.</p>
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<p>12.05 – 12:35</p>	<p>Choosing a fertility clinic Joanne Triggs</p> <p>The HFEA’s Jo Triggs will explain what to look for when choosing a clinic, what statistics can and can’t tell you and will explore the other factors you should take into account.</p>	<p>Living without children Jessica Hepburn Jody Day Yvonne John Lesley Pyne Kelly da Silva</p> <p>Jessica, Jody, Yvonne, Lesley and Kelly have all helped to change the way we think about living without children. They will discuss how to find peace and happiness after unsuccessful treatment, and will talk about the societal attitudes to childlessness that need changing.</p>	<p>Polycystic Ovary Syndrome Adam Balen</p> <p>Professor Adam Balen is a leading specialist in PCOS and will discuss the causes of this common cause of fertility problems. He will discuss how PCOS should be investigated and treated and will also look at ways that you can help yourself.</p>
<p>12:35 – 13:30</p>	<p>Lunch</p>		



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	Stream I <i>Chair: Raj Mathur</i> Nuffield Hall	Stream II <i>Chair: Jason Kasraie</i> Lecture theatre	Stream III <i>Chair: Kate Brian</i> L1,2,3
13:30 – 14:00	<p>IVF and assisted conception treatments - how they work Jane Stewart</p> <p>If you want to know more about IVF, fertility specialist Jane Stewart will explain what assisted conception is and why it doesn't always work. She will talk about the limitations of IVF and why it may not always be the right treatment.</p>	<p>What makes a good embryo: Embryo development & selection Rachel Cutting</p> <p>One of the UK's leading embryologists, Rachel Cutting will explain how embryos develop from fertilisation to blastocyst. She will look at how embryos are graded and selected, and will explore how time-lapse can help. She will also talk about embryo freezing.</p>	<p>Where do the men figure? Richard Clothier</p> <p>Men often get overlooked when it comes to fertility support. Richard Clothier has been a leading voice for men's experiences of fertility problems. He will focus on men and fertility, and the importance of talking as well as exploring tips for mitigating the grief.</p>



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14:05 – 14:35	<p>Planning for a healthy pregnancy: lifestyle advice, diet, supplements Grace Dugdale</p> <p>Is your lifestyle having an impact on your fertility? Grace Dugdale is a reproductive biologist and nutrition scientist and will give evidence-based information about health, diet and lifestyle in relation to male and female fertility. She will talk about what can impact your fertility, and about preparing your body for pregnancy.</p>	<p>Add ons - what's the evidence? Yacoub Khalaf</p> <p>IVF treatment is usually more like a marathon than a sprint. Emotional and financial resilience are crucial to continuing the journey, and there can be pressure to pay for additional tests, drugs or interventions which may not increase the chances of success. Fertility specialist Professor Yacoub Khalaf will discuss what's worth paying for and what isn't.</p>	<p>NHS funding for fertility Aileen Feeney Peter Taylor</p> <p>Are you eligible for NHS funded fertility treatment? There are guidelines from the National Institute of Health and Care Excellence (NICE) on who should qualify, but these are often ignored. Peter Taylor from Fertility Fairness and Aileen Feeney from Fertility Network UK will explain the current funding situation and what you should be entitled to.</p>
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14:40 – 15:10	<p>What comes first - stress or infertility? Jacky Boivin</p> <p>Psychology Professor Jacky Boivin explains stress, and what evidence there is about the impact it may have on fertility. She will also discuss strategies for coping with stress.</p>	<p>Understanding ovarian reserve and fertility treatment for older women Melanie Davies</p> <p>What is ovarian reserve testing and what does it mean? Fertility specialist Melanie Davies will look at ovarian testing and what it can and can't tell you. She will explain the realities of having fertility treatment when you are older and what this means for the chances of success.</p>	<p>Legal issues (surrogacy, donor eggs or sperm - co-parenting & legal parenthood explained) Natalie Gamble</p> <p>One of the UK's leading fertility lawyers, Natalie Gamble will discuss the legal situation regarding parenthood for sperm and egg donation. She will explain surrogacy law and practice, recent developments and law reform.</p>
15:15 – 16:00	<p>Q&A Panel <i>Chair: Kate Brian</i></p> <p>Adam Balen Anya Sizer Jane Stewart Jason Kasraie Joanne Triggs</p>		
16:00	CLOSE		