



# Quiescence

CHINESE MEDICINE MELBOURNE

# Womens Health

The female menstrual cycle is incredibly complex. Fortunately Chinese Medicine has focused on it for thousands of years, providing a rich source of information and treatment protocols to address most gynecological problems.

Conditions that we have found to respond well Chinese Medicine include:

Premenstrual tension, painful periods, endometriosis, PCOS, heavy bleeding, fibroids, irregular cycles, amenorrhoea, hormonal acne and menopause.

Recently the World Health Organisation has recommended acupuncture as an effective treatments for undiagnosed infertility.

## TMC and Fertility

Chinese Medicine has been successfully improving male and female fertility naturally for thousands of years (the earliest recorded acupuncture treatments for infertility date back to 11AD).

These ancient techniques are now being used to support modern medicine, improving the success rate of assisted reproductive therapies such as in-vitro fertilisation (IVF) and Clomid.

In order to enhance fertility for both natural conception and IVF, preconception health programmes are developed specifically to fit you and your partner's requirements. Once pregnant, ongoing support is provided throughout pregnancy, birth and the post-natal period.

Preconception programs involve acupuncture treatments, herbal medicine and general lifestyle changes to improve egg and sperm quality, regulate health and vitality. The healthier you are the easier and healthier your pregnancy and baby will be.

Women's preconception period focuses on the following:

Regulating the menstrual cycle and balancing hormones by focusing treatment around the time of ovulation and menstruation.

Addressing any diagnosed menstrual conditions that may be impacting fertility such as fibroids, endometriosis or PCOS. Improving cervical mucus quality thus increasing the chance of successful fertilisation.

Promoting egg quality thus increasing the chance of a strong healthy conception.

## Acupuncture and Assisted Fertility Technology

There are many reasons that people may require the help of assisted reproductive technologies (ART) Whether it be IVF, Clomid or IUI's, combining acupuncture with ART has been shown to improve the chance of a successful pregnancy.

Clinically we have seen that women who have regular acupuncture treatment to support their conventional fertility treatments find not only an increase in the chance of a successful pregnancy, but also a reduction in the many side effects that they may experience.

Even if you are unable to commit to preconception treatment acupuncture during drug stimulation, or even just around an embryo transfer, can have a significant positive effect on the outcome.

Treatments around the time of egg collection for IVF aim to reduce the chance of ovarian hyper stimulation syndrome and treatments pre and post transfer aim to encourage implantation. The reduction of side effects such as pain, swelling, mood swings and anxiety are addressed as required.