



eugonia

Assisted
Reproduction
Unit



Together we can make your dream come true!



Dear friends,

It is our principle that all women have the right to motherhood, if they wish so. Infertility, although more frequent nowadays, is no longer an unsurpassable obstacle. What is mostly required is detailed counseling of the couple, individualized treatment and the use of the latest scientific methods of assisted reproduction technology (ART).

Our Unit is not a mere observer of scientific developments . We are committed to applying evidence-based medicine on a daily basis and have an active involvement in the development of new guidelines, through our participation in key positions of ESHRE's (European Human Society Reproduction and Embryology) Special Interest Groups.

Our pioneering research, which is published in prestigious scientific journals and our numerous lecture invitations at International Congresses are testament to our contribution to the effectiveness and safety of IVF methods. The experience gained from our studies contribute to our top pregnancy rates, which are similar or even higher, than several renowned IVF Units in Europe and USA.

We believe in developing personal relationships with every couple who seeks our help. We are aware that psychological support is very important during the fragile time period of waiting for a positive outcome. We take into account the couple's personal circumstances and by using mild interventions we take advantage of these circumstances, to help nature run its course as much as possible.

I often tell my associates that each couple that comes through our doorstep places its hope in our hands. This does not happen very often in every day relationships and is not included in common clinical practice. It is a deeply human moment that gives us the courage to do everything possible in order to respond to your trust.

Together we can make dreams come true!

Tryfon G. Lainas
MD, PhD Reproductive Gynecologist
Director of Assisted Reproduction Unit Eugonia





*Our Unit is designed to offer a functional,
as well as comfortable and pleasant environment.
Our aim is for you to feel comfortable and welcome from the first moment.*

OUR CLINIC

Eugonia Assisted Reproduction Unit is an **EN 15224 and ISO 9001** certified IVF clinic and licenced by the Greek National Authority of Assisted Reproduction. Eugonia is located in Athens, Greece and offers a comprehensive range of fertility services and investigations by an internationally-recognized, pioneering medical team.

With successful pregnancy rates **among the highest** to be found anywhere in the world, we are **committed to clinical and scientific excellence** and we provide personalized IVF treatments, using the most-up-to-date knowledge, technologies and techniques.

We rely on:

- Our highly qualified scientists and our specialized & experienced nursing staff.
- Our modern laboratory setup, based on the highest international standards.
- Our scientific collaborations with research centers & Universities in Greece & abroad.
- Our clinical research and frequent participation in Greek & international scientific conferences, campuses & seminars.
- Dedicated International Department
- Performance under Standard Operating Procedures

Our facilities include:

- Obstetrics and Gynecological Ultrasound department, equipped with cutting edge 3D, 4D imaging, which maximizes our diagnostic ability.
- Department of Office Hysteroscopy.
- Fully equipped state-of-the-art Embryology Laboratory.
- Andrology laboratory, designed to the highest standards.
- Oocyte, embryo and sperm Cryopreservation facility.
- Operating theatre for oocyte retrievals and embryo transfers.
- Three 2-bed recovery rooms.
- Sperm collection room.

The Embryology Laboratory and Operating theatre are ventilated via specialized systems that create a sterile controlled environment. In all clinical and laboratory procedures, non-toxic single-use materials are used, chosen for their high quality and effectiveness.





We speak your language

In Eugonia we successfully operate an International Patient Department.

Our dedicated International team consists of highly experienced fertility specialists, who will be by your side, to support you at every step of the way. From the day of your first contact with us, until the day you complete your treatment and return back home, we will strive to take care of all your needs.

*All our medical staff has a common goal:
to have high success rates & continuous improvement.*

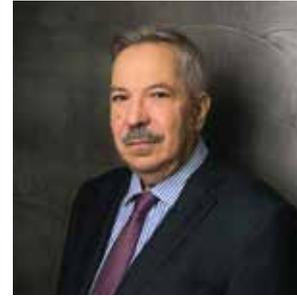
OUR STAFF

Eugonia owes its success to the efficiency of its scientific team.

Our staff includes:

- **Reproductive gynecologists with extensive experience** in the fields of treatment and research of infertility, specialised in IVF, reproductive endocrinology and surgery, hysteroscopy and laser laparoscopic surgery.
- **Embryologists with multiple years of experience** in the best international fertility clinics, who are specialized in all the latest techniques, such as ICSI, FNA, TESE, blastocyst culture, embryo biopsy for PGT, assisted hatching as well as oocyte and embryo freezing.
- **Specialized fertility nurses** in IVF with extensive experience
- Experienced anesthesiologists
- Psychologists with postgraduate qualifications.
- Administration & reception staff with high professionalism

Eugonia's revolutionary published research has been carefully designed in order to provide substantiated answers in daily clinical questions, so as to provide Assisted Conception services of outstanding quality.



Tryfon G. Lainas, MD, PhD,

Reproductive Gynecologist
Founder & Director of Eugonia IVF Unit
Member of the Board of Directors of the
Greek Society of Fertility and Sterility



George T. Lainas, MD, PhD

Reproductive Gynecologist
Medical Director of Eugonia IVF Unit
Co-ordinator of Special Interest Group:
"SIG-Reproductive Endocrinology"
ESHRE



Andreas Makris M.Med.Sci

*Head of Embryology Lab Eugonia IVF
Unit - Senior Clinical Embryologist
ESHRE Certified*



Georgia Stavropoulou

*Head Fertility Nurse
Quality Assurance Manager*

OUR SERVICES

We deeply believe in overcoming infertility by choosing treatment options based on the individual medical history of each couple. We offer personalized treatment for all types of infertility.



IVF/ICSI



Donation programs



Egg freezing/
Fertility preservation



Preimplantation
Genetic Testing (PGS/PGD)



Blastocyst culture/Timelapse



Microsurgical testicular sperm
extraction (TESE) / Testicular
fine needle aspiration (FNA)



Hysteroscopy/Laparoscopy



Intrauterine insemination

We operate under the principle of "evidence based medicine" and according to international guidelines.

One thing that makes our clinic stand out, is the fact that we don't just keep up with the developments; We apply them daily, since we have been involved in the creation of official ESHRE guidelines.

*We are not just following the
developments in IVF.
We define & co-modify them.
**And that's enough for you
to trust us.***



FERTILITY TREATMENT

In vitro fertilization (IVF) is the most commonly used method of Assisted Reproductive Technology (ART). The indications for opting to embark on an IVF treatment with own eggs are both absolute and relative, concerning one or both partners:

Absolute indications

- Absence (following removal) or obstruction of fallopian tubes centrally or peripherally (hydrosalpinges).
- Absence of spermatozoa (azoospermia) requiring surgical retrieval.
- Very low number of motile normal spermatozoa (severe oligo-asteno-teratozoospermia).

Relative indications

- Long period of infertility
- Age
- Unexplained infertility
- Failure of other methods
- Severe endometriosis
- Preimplantation genetic diagnosis (PGD)



HOW IT WORKS

Fertility Treatment



01 STEP

Contact

To meet us either via Skype or by visiting our clinic



02 STEP

Pre treatment Screening tests

You can either do them in your country or following a daily visit at our clinic where we can arrange everything for you



03 STEP

Treatment & Monitoring

You can either start your treatment & monitoring in Greece or your own home country



05 STEP

Egg & Sperm Collection - Fertilization
& Blastocyst culture/Timelapse



04 STEP

Fly to Greece



06 STEP

Embryo transfer

2-5 days after Egg Collection



07 STEP

Psychologist

You can have a consultation with our psychologist at any stage of your treatment



08 STEP

Fly back home

You can safely fly back home the day after the embryo transfer



09 STEP

Pregnancy Test

14 days after the embryo transfer

HOW IT WORKS

IVF with donor eggs



01 STEP

Contact

To meet us either via Skype
or by visiting our clinic



02 STEP

Donor Matching & Testing

It can take approximately 2-3 months
depending on donor requirements



03 STEP

Treatment & Monitoring

You start your endometrial preparation
Donor starts stimulation



05 STEP

Donor's egg collection
Partner provides sperm
Fertilization & Embryo culture



04 STEP

Fly to Greece



06 STEP

Embryo transfer

2-5 days after Egg Collection



07 STEP

Fly back home

You can safely fly back home
the day after the embryo transfer



08 STEP

Pregnancy Test

14 days after the embryo transfer



FERTILITY PRESERVATION

Oocyte cryopreservation is a fertility preservation method for:

- women who wish to postpone having a child
- women with premature ovarian insufficiency
- women about to undergo chemo- or radio-therapy
- in cases where spermatozoa are absent in the semen sample
- in cases where testicular biopsy in the male partner is required on the day of the egg collection.

Oocyte cryopreservation “stops the clock” for women who wish to postpone having a child until later in their lives.

As oocyte quality is compromised with increased maternal age, it is important that egg cryopreservation occurs at a young age, ideally between 28 and 35 years old, although older women can also have their oocytes cryopreserved. Oocyte cryopreservation is performed during an IVF cycle following ovarian stimulation.

Recently, the method of vitrification has revolutionized oocyte cryopreservation and it is associated with high rates of oocyte survival, high fertilization rates, good embryo quality and high pregnancy rates.

In Eugonia, following the international scientific developments, we use vitrification for oocyte cryopreservation, in combination with patient-friendly protocols for controlled ovarian stimulation and we already have several successful pregnancies and live births resulting from cryopreserved (vitrified) oocytes.

IVF WITH DONOR EGGS

At Eugonia we run a successful and **highly specialized egg donation program**, abiding by the Greece legislation and following strict ethical standards. Our program is patient-focused, deliberately avoiding the profile of large-scale donation programs.

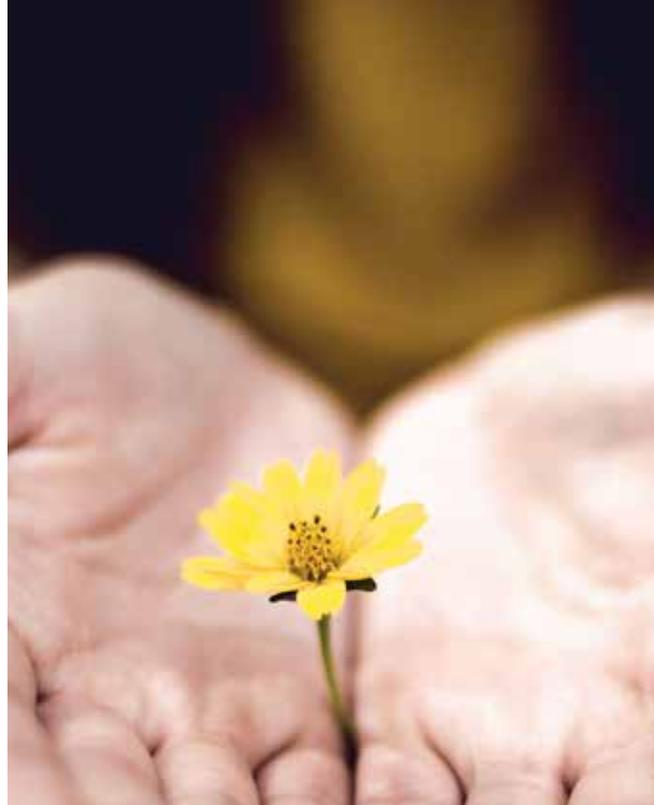
The pregnancy rate with donor eggs at Eugonia is over 60%, offering our patients the best chance of fulfilling their dream of parenthood.

When is egg donation indicated?

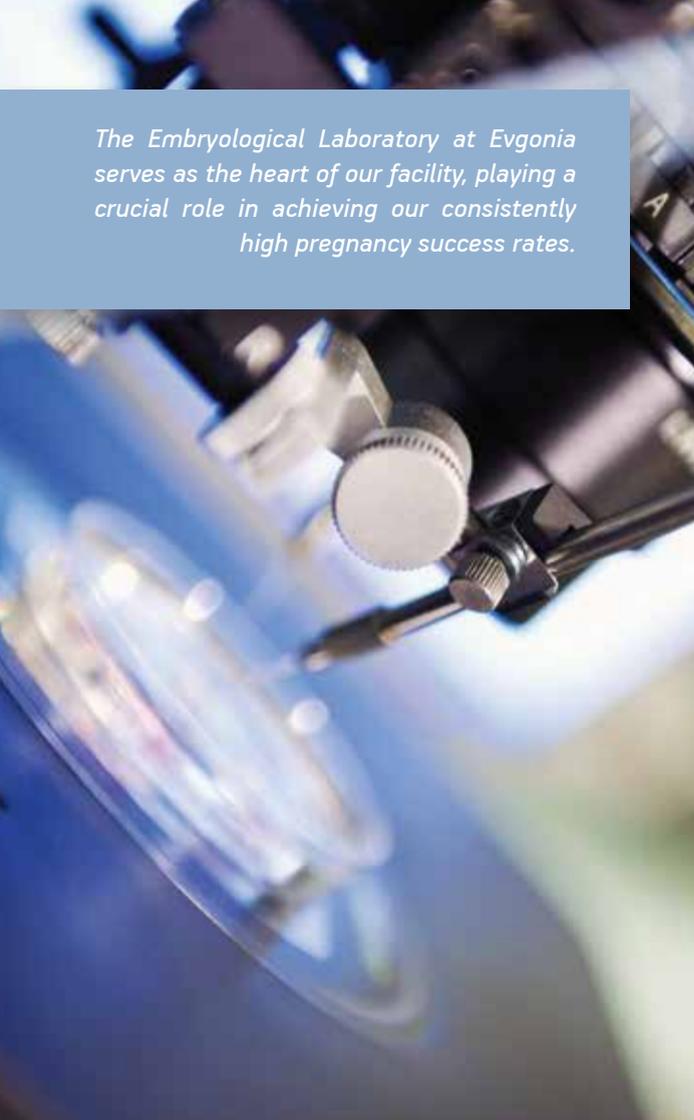
Egg donation may be the only solution for many women who have been unable to conceive, but who wish to experience motherhood. It is a highly successful process of treating women who struggle with infertility whereby eggs from a donor are combined with sperm from either the recipient couple or a donor.

Egg donation can be recommended in cases of:

- Advanced maternal age
- Difficulty in achieving a pregnancy or multiple failed fertility treatments with your own eggs
- Premature ovarian failure due to chemo- or radio-therapy or other medical reasons
- Diminished ovarian reserve
- Diseases that can be genetically transmitted to your offspring
- Surgical removal of the ovaries



- Egg donors are **below 35 years of age**, of proven fertility & undergo extensive screening
- All donors are **anonymous** in accordance with the Greek -legislation
- **No waiting lists**
- All embryo transfers are performed at the blastocyst stage at no extra cost



The Embryological Laboratory at Evgonia serves as the heart of our facility, playing a crucial role in achieving our consistently high pregnancy success rates.

Our Advanced Embryology Laboratory

The Eugenics Scientific Team has dedicated significant time and resources to create an advanced embryology laboratory that aims to simulate the in vivo environment of the human body during IVF procedures. Our primary goal is to provide embryos with optimal conditions for their development.

We achieve this through:

- Precise manipulations performed by our skilled Embryologists.
- Utilization of specialized cultivation fluids.
- Utilization of high-standard equipment.
- Implementation of quality indicators (KPIs).
- Implementing rigorous witnessing and tracking procedures.
- Following SOP (Standard Operating Procedure) protocols.

At Evgonia, our Embryological Laboratory is equipped with state-of-the-art technology and staffed by highly trained and experienced Embryologists. Some of the notable equipment in our laboratory includes:

- Modern incubation ovens featuring "time-lapse" technology for continuous monitoring of embryo development.
- Cutting-edge microfertilization system (Integra 3).
- Laser system for precise embryo biopsy and assisted hatching.
- Octax 24-hour continuous monitoring system to ensure optimal conditions, such as temperature control in ovens and refrigerators, pH of culture liquids, levels of CO₂ and N₂ gases, and liquid nitrogen levels in the Cryopreservation Bank storage containers.
- A design philosophy following the principles of a "clean room" environment to maintain absolute air purity.

Embryo culture with time lapse technology

EMBRYOSCOPE 8

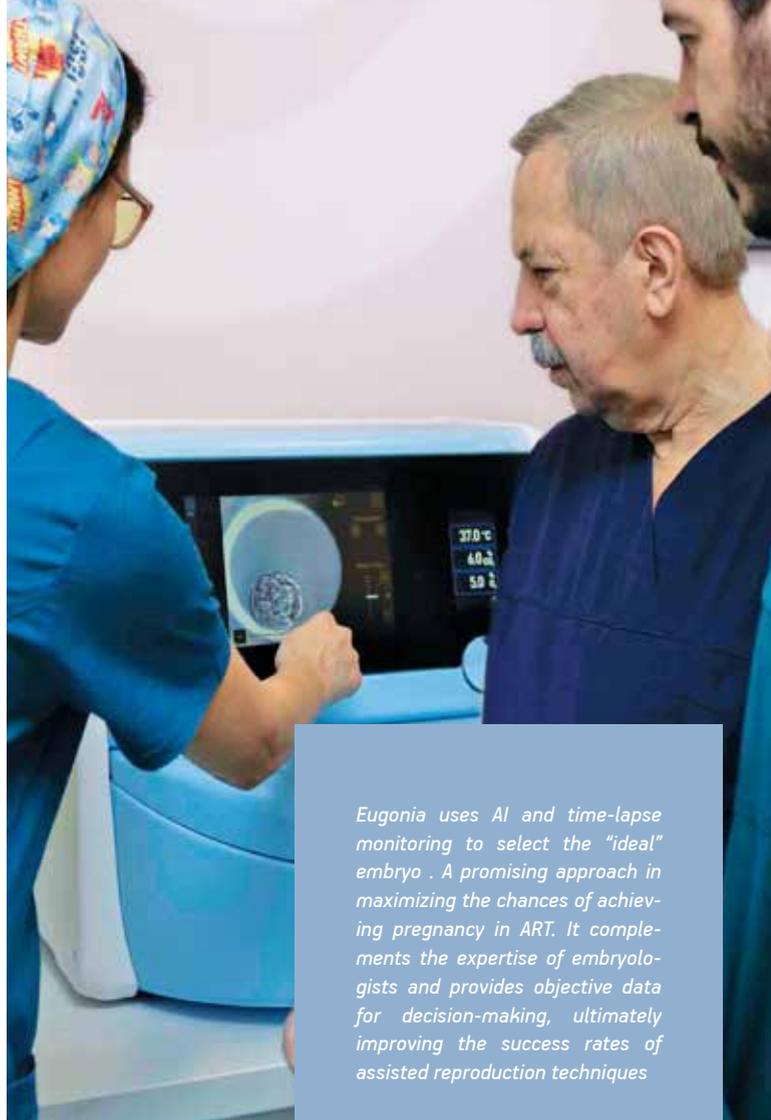
Embryoscope 8 is a specialized incubator that has an integrating a camera and uses dedicated software to obtain a continuous recordings of embryo development, allowing for a detailed analysis of the embryo's progression.

The camera takes photographs of the embryos at regular intervals, such as every 10 minutes, creating a video that shows the entire course of their development. This continuous recording allows for a more accurate assessment of embryo quality and morphology, as well as the identification of embryos with the correct growth rate. By observing the development process in detail, embryologists can better evaluate the embryos' potential for successful implantation and pregnancy.

Advantages of Embryoscope 8

- Continuous monitoring of embryos without the need to remove them from the incubator is an important aspect of assisted reproductive technology (ART) in order to maintain the most ideal culture environment.
- Observation of parameters involve specific embryonic events which would remain unknown with the traditional monitoring method.
- Grading of embryos according to the implantation potential resulting from automated analysis of the developmental course of the embryos through integrated software (KIDScore D3/D5) and analysis of embryological data (images, videos), through an artificial intelligence algorithm (iDAScore)

*Eugonia is one of the first units with **Embryoscope 8** to its premises*



Eugonia uses AI and time-lapse monitoring to select the "ideal" embryo . A promising approach in maximizing the chances of achieving pregnancy in ART. It complements the expertise of embryologists and provides objective data for decision-making, ultimately improving the success rates of assisted reproduction techniques

Preimplantation Genetic Testing (PGT)

What is PGT?

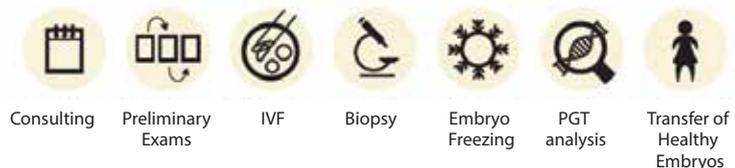
Preimplantation Genetic Testing, also known as PGT, is a process that involves the detection of structural or genetic chromosomal abnormalities in embryos. This testing is performed by examining a few cells from the blastocyst before it is implanted into the uterus.

With a deep understanding of the latest advancements, extensive expertise, and cutting-edge technology, Evgonia collaborates with renowned Genetics Centers to offer couples the opportunity to have healthy children through preimplantation genetic testing.

PGT is categorized into the following types:

- PGT-M (PGT for monogenic or single-gene defects): This type is used to identify single gene mutations responsible for known congenital and hereditary diseases. Examples of such diseases include β -mediterranean anemia, cystic fibrosis, neurofibromatosis, BRCA1, BRCA2, hemophilia, Huntington's disease, and more.
- PGT-A (PGT for aneuploidies): PGT-A is used to identify numerical chromosomal abnormalities (such as monosomies or trisomies) associated with syndromes like Down's syndrome (trisomy 21) or miscarriages occurring in the first trimester of pregnancy. It is particularly applicable in cases of advanced maternal age, repeated implantation failures, or recurrent miscarriages. PGT-A allows for the transfer of euploid (chromosomally normal) embryos, thereby increasing the chances of a healthy child.
- PGT-SR (PGT for structural rearrangements): This type is used to identify structural changes in chromosomes, including translocations, inversions, unbalanced rearrangements, and others. It helps detect known syndromes or miscarriages associated with these structural rearrangements.

Preimplantation Genetic Testing Program (PGT)



WHAT MAKES US DIFFERENT

We are a team of distinguished fertility specialists standing by your side throughout this journey with sincerity, professionalism and respect to your dream, giving you all the reasons to trust us:

- Our success rates are among the highest internationally
- Excellent quality of services and outstanding patient care
- State-of-the-art embryology laboratory, with advanced technological equipment
- Highly experienced fertility specialists with solid knowledge and expertise due to continuous scientific update and following the principles of evidence-based medicine
- Optimal, Patient–Friendly, Mild Stimulation Protocols (poor - normal - high responders)
- Licenced clinic with a European Code for transporting genetic material
- Individualised treatment plans
- Contribution to the international scientific developments, through our research activity and through publishing original studies in high-impact scientific journals
- Dedicated International Patient Department
- Quality Management System (Certification EN 15224), which ensures your safety and our continuous improvement
- Performance under Standard Operating Procedures (SOP's)
- Licenced by the Greek National Authority of Assisted Reproduction both for the IVF unit & the cryopreservation facilities (eggs, sperm & embryos)

Research partnerships

We have developed permanent research partnerships with exceptional Greek and foreign Educational Institutions, to perform original research studies that can improve the safety and the effectiveness of IVF treatment:

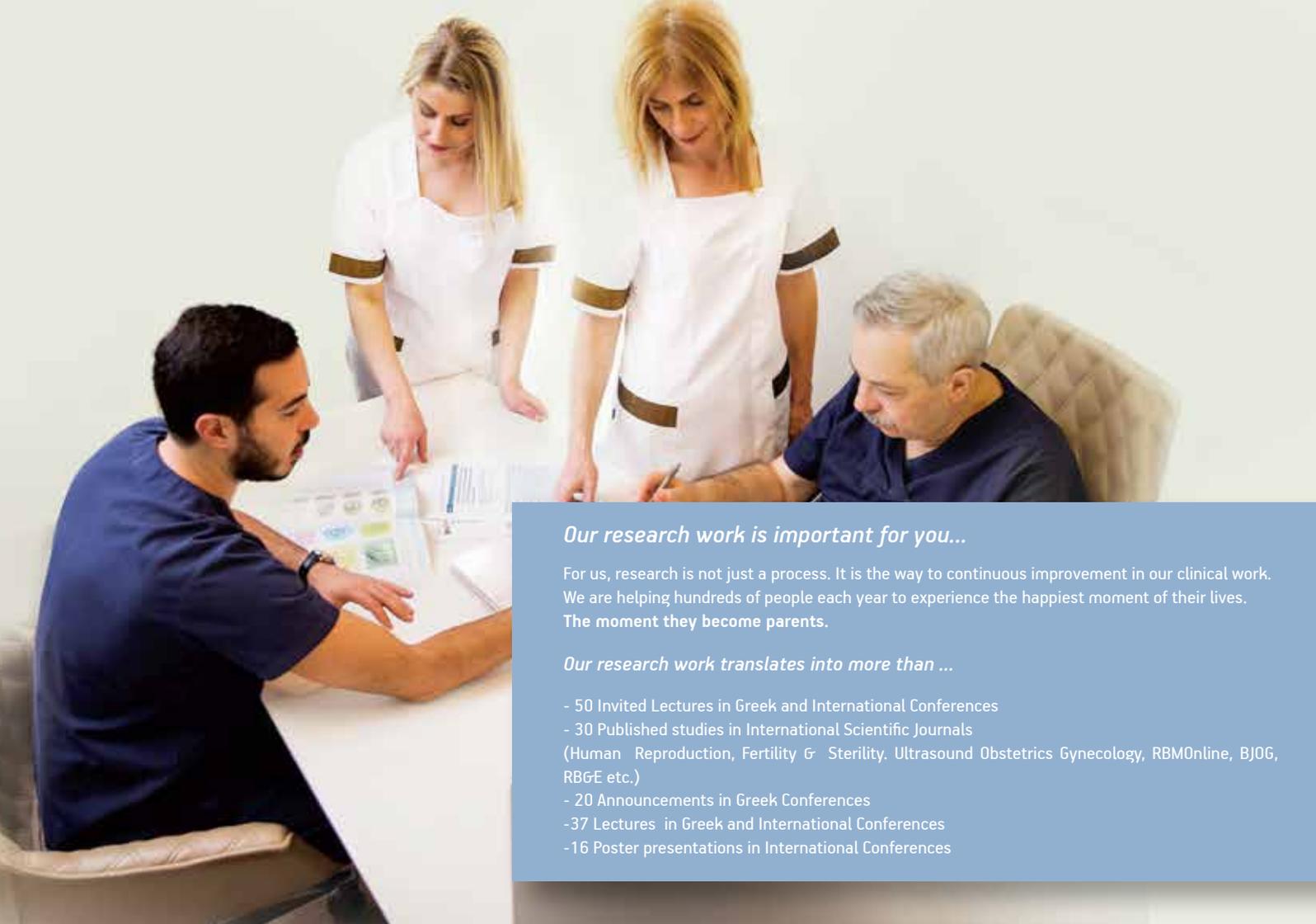
- Aristotle University of Thessaloniki
- Barts & Royal London University Hospital
- University of New South Wales



Award winning innovation & research programs by the European Union:

•Artificial Intelligence (AI) in embryo evaluation was awarded with the Seal of Excellence from the Horizon 2020 program.

•Predict OHSS by EIT Health InnoStars 2019 (European Institute of Innovation and Technology).



Our research work is important for you...

For us, research is not just a process. It is the way to continuous improvement in our clinical work. We are helping hundreds of people each year to experience the happiest moment of their lives. **The moment they become parents.**

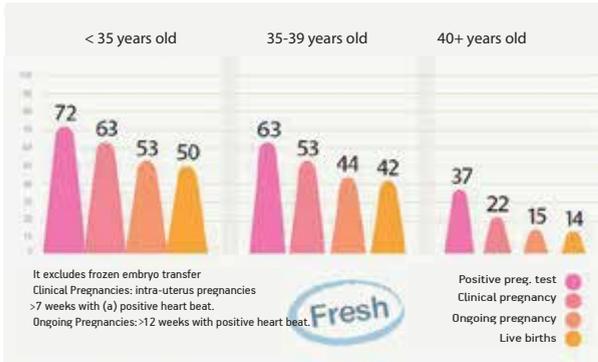
Our research work translates into more than ...

- 50 Invited Lectures in Greek and International Conferences
- 30 Published studies in International Scientific Journals (Human Reproduction, Fertility & Sterility, Ultrasound Obstetrics Gynecology, RBMOnline, BJOG, RBGE etc.)
- 20 Announcements in Greek Conferences
- 37 Lectures in Greek and International Conferences
- 16 Poster presentations in International Conferences

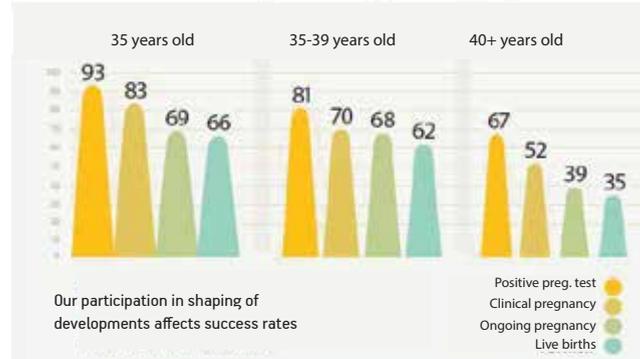
OUR SUCCESS RATES

Our continuous high success rates reflect our quality of services and our effort.

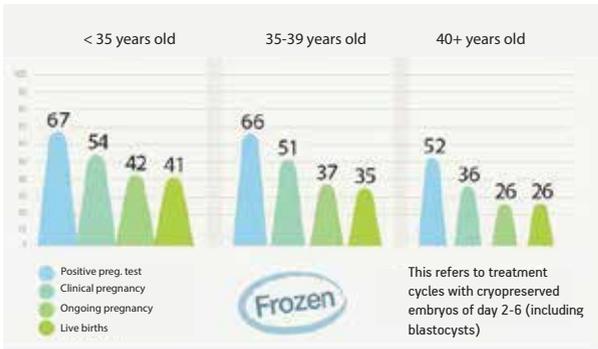
Pregnancy rates in fresh cycles 2019-2021



Pregnancy rates in fresh blastocysts 2019-2021



Pregnancy rates in frozen cycles 2019-2021



On the top of IVF clinics internationally

Our success rates rank us among the top IVF clinics in the world, both in live births per embryo transfer, as well as ongoing, clinical pregnancies & positive pregnancy tests.





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Unit

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