Ovarian stimulation strategies: maximizing efficiency in ART

Overview
Success rates following IVF treatment have increased significantly since the early days, mainly contributed by the introduction and use of ovarian stimulation. Controlled ovarian stimulation (COS) has a vital role in IVF by allowing control of the various events and increasing the number of oocytes to optimise outcomes. The aim of COS is to achieve maximal success with minimal side effects. Other important aspects to be considered are cost-effectiveness and patient compliance. Progress in our understandings of ovarian physiology and new advances in ovarian stimulation strategies have made it possible to achieve the best outcomes with COS. The aim of this workshop is to lay out ideal outcomes desired by patients, embryologists, clinicians following ART and fine-tuned, individualised approaches towards attaining these goals.

Learning objectives
By attending this conference, participants will be able to:
• Define laboratory and clinical outcomes for defining success in ART
• Identify key factors influencing the success of ART
• Tailor the best stimulation protocol for patient undergoing ART
• Discuss and debate changing approaches to ART

Target audience
This programme is designed for clinicians and biologists working in assisted reproductive medicine, who want to acquire up-to-date information for improving their current practice.

CME Provider
EXCEMED is a non-profit foundation dedicated, since the last four decades, to the development of high-quality medical education programmes all over the world. EXCEMED adheres to the guidelines and standards of the European Accreditation Council for Continuing Medical Education (EACCME®) which states that continuing medical education must be balanced, independent, objective, and scientifically rigorous.

Continuing Medical Education
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The CME conference “Ovarian stimulation strategies: maximizing efficiency in ART”, 29-30 April, Bangkok, Thailand is designated for a maximum of 6 (six) hours of European CME credits (ECMEC). Each medical specialist should claim only those credits that he/she actually spent in the educational activity. EACCME® credits are recognized by the American Medical Association (AMA) towards the Physician’s Recognition Award (PRA). To convert EACCME® credits to AMA PRA category 1 credit, please contact the AMA.

EXCEMED adheres to the principles of the Good CME Practice group (gCMEp).
Venue
This educational workshop will take place at the:
**Novotel Bangkok Sukhumvit 20**
19/9 Soi Sukhumvit 20, Kwang Klongtoey,
Khet Klongtoey, 10110 Bangkok
Thailand

Language
The official language of this live educational workshop will be English.

CME Provider
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Our programme allows you to add your voice to the conversation. We wish you a unique learning experience.
Express your opinion, pose questions and engage with us. During this conference we offer feedback formats suited to all tastes: case studies, Q&A with the experts and question cards. Our objective is to help you get the most from your learning experience with us.

Any questions for the experts?
Please ask: use a question card.
Scientific committee

Klaus Bühler  
Centre for Reproductive Medicine & Gynaecological Endocrinology  
Stuttgart, Germany

Roungsin Choavaratana  
Faculty of Medicine Siriraj Hospital,  
Mahidol University  
Bangkok, Thailand

Robert Fischer  
Fertility Centre Hamburg  
Hamburg, Germany

Jean Noel Hugues  
Reproductive Medicine Unit, Jean Verdier Hospital,  
University Paris XIII  
Paris, France

Nikolaos Polyzos  
Clinical and Scientific Director of the Service of Reproductive Medicine  
Dexeus University Hospital  
Barcelona, Spain

Sesh Sunkara  
Queen’s Hospital  
Essex, UK

EXCEMED designed this programme in partnership with Omnia Education
Saturday, 29 April 2017

From 12.00  Registration
Welcome Lunch

14.00  Opening and introduction
R. Fischer (Germany) - R. Choavaratana (Thailand)

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<td>14.10  L1</td>
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<tr>
<td>What is success in ART?</td>
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<td>(Laboratory and clinical outcomes for defining success in ART)</td>
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<td>N. Polyzos (Spain)</td>
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<td>14.35  L2</td>
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<tr>
<td>Number of oocytes for optimising IVF outcomes</td>
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<td>S. Sunkara (UK)</td>
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<td>15.00  L3</td>
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<td>Female age, ovarian reserve and ovarian reserve tests: implications for ART</td>
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<td>N. Polyzos (Spain)</td>
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<td>15.25  Coffee break</td>
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<td>15.45  Interactive case studies session</td>
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<td>Chair: R. Fischer (Germany)</td>
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<td>16.45  Panel discussion</td>
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<td>17.45  End of the first day</td>
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Legend

L: Lecture;  🗣️: Case studies;  🗣️🗣️: Panel discussion

Sunday, 30 April 2017

08.30  Wrap up
R. Fischer (Germany)

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<td>08.45  L4</td>
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<td>Ovarian response groups, suboptimal response and the POSEIDON concept</td>
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<td>09.10  L5</td>
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<td>What kind of gonadothropins to use?</td>
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<td>10.15  L7</td>
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<td>Is there a place for mild stimulation and modifying natural cycle in ICOS?</td>
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<td>J.N. Hugues (France)</td>
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<td>10.45  L8</td>
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<td>Is the time ready for all Freeze strategy for all patients?</td>
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<td>11.10  Interactive case studies session</td>
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<td>12.10  Panel discussion</td>
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<td>12.45  Concluding remarks</td>
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<td>13.00  End of the workshop</td>
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Closing lunch
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The following faculty provided information regarding significant commercial relationships and/or discussions of investigational or non-EMEA/FDA approved (off-label) uses of drugs:

**Klaus Bühler**
Declared receipt of consultation fees from Merck, Ferring, Stiftung Endometrioserforschung. Member of advisory board Merck.

**Roungsin Choavaratana**
Declared no potential conflict of interest

**Jean Noel Hugues**
Declared receipt of honoraria or consultation fees from Merck.

**Nikolaos Polyzos**
Declared receipt of grants and contracts from Besins, Roche, MSP, receipt of honoraria and consultation fees from Merck, MSP, Ferring. Member of a company advisory board, board of directors and other similar groups for Roche.

**Sesh Sunkara**
Declared receipt of honoraria or consultation fees from Merck and Ferring. Participation in a company sponsored speaker’s bureau Merck Europe, Ferring UK, MSD.

**Robert Fischer**
Declared no potential conflict of interest.
Klaus Bühler
Centre for Reproductive Medicine & Gynaecological Endocrinology
Stuttgart, Germany

Klaus Bühler is a specialist in reproductive medicine working in the Centre for Reproductive Medicine & Gynaecological Endocrinology in Stuttgart and for the Endometriosis-Centre of the University Hospitals of Saarland - Frauenärzte am Staden in Saarbrücken. He specialized in obstetrics & gynaecology at the University of Tübingen where he also worked as a Senior Assistant until 1986. He furthermore operated as Assistant medical director at the University of Essen with special field of engagement in gynaecological endocrinology and reproductive medicine. In addition to his clinical work, Dr. Buhler is Vice-Chairman of the German Scientific Endometriosis Research Foundation (SEF) and President of the German Dachverband for Biology & Medicine of Reproduction (peak organisation of all scientific societies engaged in the field of reproductive medicine in Germany). He is also a member of the board of the European Society of Obstetrics and Gynaecology of German-French languages. He has also participated in several national and international symposia and workshops in the field of Reproductive Medicine. He published more than 100 scientific papers and book contributions. He is honorary member of the “Società Italiana di Medicina Perinatale” and in 1989 he received the Research Award of the German Endometriosis Research Foundation.

Roungsin Choavaratana
Faculty of Medicine Siriraj Hospital, Mahidol University
Bangkok, Thailand

Roungsin Choavaratana is a Fertility specialist, an associate professor at Faculty of Medicine Siriraj Hospital, Mahidol University and also the head of Fertility Center, Faculty of Medicine Siriraj Hospital. He has long term experiences in ART and Fertility treatments. He completed postgraduate training at Faculty of Medicine Siriraj Hospital, Mahidol University in 1986 and postgraduate training (fellowship reproductive Biology) at the Royal women’s Hospital, University of Melbourne in 1990.
Robert Fischer is founder and Medical Director of the IVF unit at the Fertility Center Hamburg - one of Germany’s largest and leading IVF centres. In July 1998 the Fertility Center Hamburg was one of the first centres in Germany, and worldwide, to introduce certified quality management according to the ISO 9001. In 2002, the IVF laboratory became ISO 17025 certified. Prior to these developments, in 1983 he pioneered and was medical director of the first outpatient IVF unit in Hamburg. Author of numerous publications in national and international scientific journals and books, as well as lecturer at conferences worldwide, he is also an active member of the American Society of Reproductive Medicine, founding member of the European Society of Human Reproduction and past member of its advisory committee.

Jean Noel Hugues is a specialist in reproductive medicine and works as Head of the Reproductive Medicine Unit at the Jean Verdier Hospital - University Paris XIII in Paris, where he also teaches as Professor in Biology & Medicine of Development and Reproduction. Apart from his clinical practice he is also a member of the French, European and American societies of Reproductive Medicine and participated at a variety of international conferences and symposiums.

Jean Noel Hugues
Reproductive Medicine Unit, Jean Verdier Hospital, University Paris XIII
Paris, France

Robert Fischer
Fertility Centre Hamburg
Hamburg, Germany
Sesh Sunkara is a Consultant Gynaecologist and Subspecialist in Reproductive Medicine and Surgery. She specialised in the field of Obstetrics and Gynaecology and is a Member of the Royal College of Obstetricians and Gynaecologists (MRCOG), UK. She undertook translational research in Reproductive Medicine at the Assisted Conception Unit, Guy’s and St Thomas’ NHS Foundation Trust and King’s College London which formed the basis for her Research degree in Reproductive Medicine; Doctor of Medicine (MD) awarded by King’s College London. She has dual accreditation with the UK General Medical Council as a specialist in Obstetrics and Gynaecology as well as Reproductive Medicine. She worked as a Consultant gynaecologist and Subspecialist in Reproductive Medicine at the Aberdeen Fertility Centre, University of Aberdeen before moving to Queens Hospital, Barking Havering and Redbridge University Hospitals, Essex UK to set up a new IVF service. She runs the IVF Unit between Queens and Guy’s Hospitals NHS Trust.

Nikolaos Polyzos is the Clinical and Scientific Director of the Service of Reproductive Medicine at Dexeus University Hospital in Barcelona Spain. He is a Professor of Gynecology in the Faculty of Medicine and Pharmacy in Free University of Brussels in Belgium and a Professor of Reproductive Endocrinology in the Department of Clinical Medicine in the University of Aarhus in Denmark. Professor Polyzos is the principal investigator in several large multicenter multinational randomized trials and a key opinion leader in the field of Reproductive Medicine with more than 100 invited lectures in international congresses. He is a member of the ESHRE guideline development group for ovarian stimulation and an Associate Editor in Global Reproductive Health, the new International Federation of Fertility Societies (IFFS) journal. In addition he has served as an Editorial Consultant for the PIER (Physician’s Information and Education Resource) of the American College of Physicians (ACP). Professor Polyzos has published more than 120 publications in peer reviewed journals indexed in Pubmed with more than 1500 citations and an h index of 23 in ISI web of Science. His research interests include reproductive endocrinology, ovarian reserve markers, poor ovarian response to stimulation and genetics of premature ovarian ageing.
Learning objectives:

- Define success of IVF in terms of preclinical (Fert rate, IR etc) and clinical outcomes (LBR, multiple births, OHSS etc).
- Discuss cumulative live birth as an outcome measure
- Introduce the concept of time to pregnancy as an outcome

Learning objectives:

- Address the relationship between number of oocytes and pre-clinical IVF outcome
- Address the relationship between number of oocytes and clinical IVF outcome
- Discuss optimal number of oocytes with stimulation protocols to achieve for best outcomes
Learning objectives:
- Address the effect of female age on ART success
- Address the effect of ovarian reserve on IVF outcomes
- Define the application of ovarian reserve tests in current practice
- Appraise the accuracy of currently used ORTs

Learning objectives:
- Describe what ovarian response groups are
- Define ovarian response group features
- Define the suboptimal response groups
- Elaborate the POSEIDON criteria
Learning objectives:

• Define different types of gonadotropins
• Identify available gonadotrophins
• Determine circumstances when the choice of gonadotrophin matters specifically, especially for individualised COS

What kind of gonadotropins to use?
K. Bühler (Germany)

Learning objectives:

• Identify stimulation strategies for the poor responder
• Determine stimulation strategies for older women
• Identify stimulation strategies for the suboptimal and hypo responder
• Discuss strategies for PCOS

Stimulation strategies for overcoming impaired response
J.N. Hugues (France)
Learning objectives:
• Define iCOS
• Define mild stimulation
• Define natural cycle and MNC
• Debate whether mild stimulation or iCOS offer better success with regard to live birth and cumulative live birth

Is there a place for mild stimulation and modifying natural cycle in ICOS?
J. N. Hugues (France)

Learning objectives:
• Why Freeze all is being proposed?
• What are the likely advantages, disadvantages in adopting such a strategy
• What does current evidence suggest?

Is the time ready for all Freeze strategy for all patients?
S. Sunkara (UK)
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