



Organised by the ESHRE Special Interest Groups “Reproductive Endocrinology” and “Safety and Quality in ART” and the ESHRE Task Force on “Mild IVF”

Supported by the University Clinical Centre Maribor and the “Slovene Society for Reproductive Medicine”

## **The patient friendly approach to ART** **From a natural cycle to minimal stimulation** **and single embryo transfer**

**ESHRE Campus 2009**  
**Maribor Slovenia, 27-28 February 2009**



ESHRE Campus workshop

## **The patient friendly approach to ART**

**From a natural cycle to minimal stimulation  
and single embryo transfer**

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# SYMPOSIUM DESCRIPTION

**Course description** This course aims to summarize and update the current knowledge and understanding of recent trends in ART. By focussing on patient friendly approaches to ART, the course should help participants to counsel infertile couples about the health aspects of infertility treatment. Furthermore, the course aims to present knowledge that can be translated into daily practice by identifying patients suitable for natural cycles, minimal stimulation and SET. The topics cover:

- Mild stimulation for ART
- Natural cycles
- In vitro maturation and vitrification: ready for use?
- Optimising the outcomes of mild stimulation
- How to do natural IVF/ICSI ?

The Saturday workshop on natural cycles, modified natural cycles and IVM will be organized by experienced groups coming from three university-based IVF centres in Maribor (SLO), Ljubljana (SLO) and Zagreb (CRO).

**Course objectives** At the conclusion of this course, the participants should be able to:

- Critically evaluate the value of new methods
- Counsel patients about the results of oocyte retrieval in natural cycles
- Evaluate the outcomes of IVF treatment after mild stimulation
- Evaluate the value of IVM
- Understand current practice and policies of elective single embryo transfer
- Counsel patients for natural cycles, minimal stimulation and single embryo transfer

**Target audience** Medics: All medical professions working with IVF patients, from ART professionals to endocrinologists, epidemiologists, paediatricians, obstetricians, primary care providers and those in training.  
Non-medics: Reproductive nurses, psychologists, and embryologists

# FACULTY & ORGANISATION

**Organising Committee** Adam Balen (United Kingdom)  
Christina Bergh (Sweden)  
Geeta Nargund (United Kingdom)  
Nicholas Macklon (The Netherlands)  
Veljko Vlaisavljevic (Slovenia)

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Eda Bokal Vrtačnik (Slovenia)  
Mojca Čížek Sajko (Slovenia)  
Paul Devroey (Belgium)  
Romana Dmitrović (Croatia)  
Humani Fatemi (Belgium)  
Bart Fauser (The Netherlands)  
René Frydman (France)  
Juan Garcia Velasco (Spain)  
Vida Gavrić Lovrec (Slovenia)  
Luca Gianaroli (Italy)  
Georg Griesinger (Germany)

Vilma Kovač (Slovenia) (TBC)  
Borut Kovačič (Slovenia)  
Nicholas Macklon (The Netherlands)  
Geeta Nargund (United Kingdom)  
Penelope Nayudu (Germany)  
Willem Ombelet (Belgium) (TBC)  
Marie-Jose Pelinck (The Netherlands) (TBC)  
Guido Pennings (Belgium)  
Nebojša Radunović (Serbia)  
Milan Reljič (Slovenia)  
Velimir Simunić (Croatia)  
Basil Tarlatzis (Greece)  
Tomaz Tomazevič (Slovenia)  
Veljko Vlaisavljevič (Slovenia)

**Organizing secretariat** ESHRE Central Office  
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E-mail [ivf.mb@ukc-mb.si](mailto:ivf.mb@ukc-mb.si)

# GENERAL INFORMATION

**Venue** Congress Centre Habakuk  
Hotel Habakuk  
Pohorska ulica 59  
2000 Maribor  
Slovenia

**Language** The official language of the course is English.

**About Maribor** For more information about Maribor see [http:// http://maribor.uni-mb.si/vodnik/angles/index.htm](http://http://maribor.uni-mb.si/vodnik/angles/index.htm)

**How to get there** There are frequent flights from many European cities to the two nearest airports.  
**Ljubljana Airport** (Slovenia) is 140 km from Maribor while **Graz Airport** (Austria) is about 40 km by highway.  
You can reach Slovenia and Maribor via major highways from Austria, Hungary, Croatia and Italy.



**From Graz Airport (Austria):** The nearest airport is Graz International Airport (Austria), 45 km north of Maribor. It is connected with Maribor by highway (a 30-40 minute drive). Graz Airport has direct flights to most European cities, and several daily flights to Vienna. Shuttle transportation before the course can be arranged from Graz Airport to the Habakuk Hotel, based on interest and pre-reservation (price: approx. 65 Euro; for more information please contact Ms. Tjasa Lampe at the Habakuk Hotel: [tjasa.lampe@termemb.si](mailto:tjasa.lampe@termemb.si)). Taxi connections are permanent.

**Taxi** The taxi rank is right outside the airport's passenger terminal, next to the arrival area, for maximum convenience.

**Austrian company:** Phone 0043 316 878 ([office@878.at](mailto:office@878.at)). Please call or send e-mail before arrival. The price is between 100 and 130 EUR.

**Slovene company:** Phone 00386 2 2517 151 ([taxi.plus@siol.net](mailto:taxi.plus@siol.net)). Please call or send e-mail before arrival. The approximate taxi fare from Graz Airport to Maribor is 55 EUR .

**Public transport** Public buses operate between Graz main bus station / Jakominiplatz and Graz Airport. The bus stop is right outside the airport's passenger terminal, next to the arrival area. A one-way ticket is 1.80€.

**Train and bus time table:**

[http://www.flughafen-graz.at/home/an\\_abreise\\_uebersicht/bahn\\_bus\\_sommer\\_08.pdf](http://www.flughafen-graz.at/home/an_abreise_uebersicht/bahn_bus_sommer_08.pdf)

Timetable inquiries - phone: +43 316 / 2902-172

Timetable inquiries - Internet:

<http://www.verbundlinie.at/lang/en/bbb.php>

<http://www.oebb.at/pv/en/>

Other information can be found at: [www.flughafen-graz.at](http://www.flughafen-graz.at)

**Graz – Maribor**

Public train from Graz main railway station to Maribor. Time schedule: 6.55, 8.36, 10.36, 14.02, 16.50, 18.37.

A one-way ticket is 13 EUR.

**Maribor – Graz**

Public train from Maribor to Graz main railway station: Time schedule is: 10.20, 12.42, 14.14, 16.21, 18.19,

20.15. A one-way ticket is 13 EUR.

**From Ljubljana Airport  
(Slovenia)**

Ljubljana Airport at Brnik is 20 km from the centre of the city of Ljubljana, which can be reached by buses running at hourly intervals. The bus stops in front of the airport and its final stop is at the Ljubljana main railway and bus station (they are next to each other). The bus takes about 45 minutes. Tickets are obtained from the driver.

Arriving at Ljubljana City, the trip to Maribor may be continued by bus direct to Maribor (via highway) or by train (IC), which takes about one hour and 45 minutes.

**Hotel accommodation** Rooms can be booked directly at the following hotels, with the reference code ESHRE Campus Workshop:

Hotel Habakuk \*\*\*\*\*

Hotel Arena\*\*\*

Hotel Meran\*\*\*

The Course will take place at Hotel Habakuk, a congress centre also known as a wellness and spa centre on the foothills of Pohorje, a skiing resort close to the university city of Maribor. The hotel is situated close to ski lifts and only 6 km from the old centre of the city.

All suggested hotels are at walking distance from the Hotel Habakuk Congress Centre (50 m - 200 m)

If you prefer to use a local agency to assist you when booking a hotel room, please contact:

VENETUS TRAVEL AGENCY Ltd

Tyrševa 3

2000 Maribor

Slovenia

Tel: +386 2 235 26 23

Tel: +386 2 235 26 20

Mobile: + 386 41 624 393

Fax: +386 2 235 26 22

E-mail: [jana.hrescak@venetus.si](mailto:jana.hrescak@venetus.si)

# REGISTRATION

Registrations are limited to 200 participants. For availability of places, please check first with the ESHRE Central Office. The following fees apply:

1. Members of ESHRE = 150 Euro
2. Non-members of ESHRE = 200 Euro
3. Student members of ESHRE = 70 Euro
4. Student non-members of ESHRE\* = 100 Euro

\* “Student” applies to undergraduate medical students, residents, nurses, midwives, fellows and post-doctoral research trainees. A letter from the head of the department proving the participant’s student status must accompany each student registration.

PLEASE NOTE! The preferred methods of payment are either by bank transfer or credit card. Cheques and bank drafts will not be accepted.

**Registration fees**  
**1, 2, 3, and 4 include:**

- Attendance to all sessions
- Symposium syllabus
- Lunch
- Coffee breaks
- Certificate of attendance

**Cancellation**  
**policy**

All cancellations should be made in writing. An administrative fee of 25 Euro will be charged for all cancellations. Cancellations received after 1 February 2009 will not be refunded.

# PROGRAMME – 27 FEBRUARY 2009

**Morning** 08.00 - 08.45 Registration

08.45 - 09.00 Welcome note and introduction

*V. Vlaisavljević (Slovenia)*

## **Session 1: Mild stimulation for ART**

*Chairmen: N. Macklon (The Netherlands) and G. Nargund (United Kingdom)*

09.00 – 09.30 A new approach to IVF

*B. Fauser (The Netherlands)*

09.30 – 10.00 Impact of mild ovarian stimulation on implantation

*J.G. Velasco (Spain)*

10.00 – 10.30 What role for clomiphene citrate in the mild stimulation cycle?

*V. Šimunić (Croatia)*

10.30 – 11.00 Personalizing ovarian stimulation for IVF

*A. Balen (United Kingdom)*

11.00 – 11.30 Ethical arguments for clinicians in favour of a patient friendly approach to ART

*G. Pennings (Belgium)*

11.30 – 12.00 Coffee break

# PROGRAMME – 27 FEBRUARY 2009

## Noon **Session 2: Natural cycle**

*Chairmen: R. Frydman (France) and T. Tomažević (Slovenia)*

12.00 – 12.30 Preovulatory follicle size and ultrasound monitoring in natural cycle

*V. Vlaisavljević (Slovenia)*

12.30 – 13.00 Is natural cycle IVF effective- and cost effective?

*G. Nargund (United Kingdom)*

13.00 – 13.30 Natural cycle as a means of increasing access to ART in developing countries

*W. Ombelet (Belgium) (TBC)*

13.30 – 14.00 Modified natural cycle: the best of both worlds?

*M. Pelinck (The Netherlands) (TBC)*

14.00 – 15.00 Lunch

# PROGRAMME – 27 FEBRUARY 2009

## **Afternoon** Session 3: In vitro maturation and vitrification: Ready for use?

*Chairmen: L. Gianaroli (Italy) and E. Bokal Vrtačnik (Slovenia)*

15.00 – 15.20 IVM in clinical practice?

*V. Kovač (Slovenia) (TBC)*

15.20 – 15.40 Is IVM safe?

*P. Nayudu (Germany)*

15.40 – 16.00 Natural cycle IVF with IVM

*R. Frydman (France)*

16.00 – 16.10 Discussion

16.10 – 16.30 Oocyte vitrification

*L. Gianaroli (Italy)*

16.30 – 16.50 Embryo vitrification and transfer in the natural cycle: redefining routine practice in IVF

*G. Griesinger (Germany)*

16.50 – 17.00 Discussion

17.00 – 17.30 Coffee break



# PROGRAMME – 27 FEBRUARY 2009

## **Late afternoon**    **Session 4: Optimising outcomes from mild stimulation**

*Chairmen: A. Balen (United Kingdom) and B. Kovačič (Slovenia)*

17.30 – 18.00 Elective single embryo transfer (eSET) from the Scandinavian perspective

*C. Bergh (Sweden)*

18.00 – 18.20 Advantage of single vs. double blastocyst transfer

*B. Tarlatzis (Greece)*

18.20 – 18.35 Luteal supplementation in mildly stimulated and natural cycles

*H. Fatemi (Belgium)*

18.35 – 18.45 Echographic assessment of endometrial receptivity after embryo transfer

*R. Dmitrović (Croatia)*

18.45 – 19.00 The role of adjuvant medical therapies

*N. Macklon (The Netherlands)*

# PROGRAMME – 28 FEBRUARY 2009

## **Morning** Session 5: How to do natural cycle IVF /ICSI?

*Chairmen: P. Devroey (Belgium) – M. Reljič (Slovenia)*

09.00-09.20 What did we learn from the review of 1000 natural cycles for IVF/ICSI?

*M. Reljič (Slovenia)*

09.20-09.40 Serum and follicular hormonal profile in natural IVF cycles

*E. Bokal Vrtačnik (Slovenia)*

09.40-10.00 Natural IVF cycle with and without HCG administration

*R. Bauman (Croatia) (TBC)*

10.00-10.20 Natural IVF cycles in poor responders on conventional stimulation protocols

*T. Tomažević (Slovenia)*

10.20-10.40 Has natural cycle IVF a place in infertility treatment in low resource countries?

*N. Radunović (Serbia) (TBC)*

10.40-11.00 Discussion

11.00-11.30 Coffee break

# PROGRAMME – 28 FEBRUARY 2009

11.30 – 13.00 **Workshop (Round-table talks)**

*Moderators: G. Nargund (United Kingdom) – V. Gavrić Lovrec (Slovenia) - M. Čížek Sajko (Slovenia)*

- Patient selection and counselling
- Indications for natural and modified natural cycles
- Cycles monitoring and hCG administration
- Follicular puncture and embryo transfer
- Luteal support and outcome
- Video

13.00                      Chair summary and closing remarks





The patient friendly approach to ART

27-28 FEBRUARY 2009 – MARIBOR, SLOVENIA

REGISTRATION FORM - ESHRE CAMPUS 2009

1. PARTICIPANT'S DETAILS

☐ Prof. ☐ Prof. Dr. ☐ Dr. ☐ Mr. ☐ Mrs. ☐ Ms

ESHRE member ref. n°:.....

First name: ..... Family name: .....

Department: .....

Institute: .....

Postal address: .....

Postcode: ..... City: ..... Country: .....

Telephone: ..... Fax: .....

E-mail: .....

2. REGISTRATION (please tick the appropriate box)

☐ Members of ESHRE = 150 Euro

☐ Non-members = 200 Euro

☐ Student members of ESHRE = 70 Euro

☐ Student non-members of ESHRE\* = 100 Euro

\* "Student" applies to undergraduate medical students, residents, nurses, midwives, fellows and post-doctoral research trainees.

A letter from the Head of Department proving the participant's student status must accompany each student registration.

3. PAYMENT (please clearly indicate method of payment)

**PLEASE NOTE! The preferred methods of payment are credit cards or bank transfers. Cheques and bank drafts will not be accepted.**

☐ I have made a bank transfer of ..... Euro to Dexia Private Banking - PA 10 5, Pachecolaan 44, 1000 Brussels, Belgium on ESHRE account number 552-2520902-17 (IBAN BE61 5522 5209 0217 - BIC GKCCBEBB) - please send a copy of the bank statement by fax.

☐ I would like to pay ..... Euro with credit card. Please complete the following information:

☐ American Express ☐ Eurocard/Mastercard ☐ Visa

If private card: Name: ..... Initials: .....

If company card: Company name: .....

Card number: .....

Expiry date: ..... (month) ..... (year)

**Cancellations:** All cancellations should be made in writing. An administrative fee of 25 Euro will be charged for all cancellations. Cancellations received after 1 February 2009 will not be refunded.

Signature: ..... Date: .....

RETURN TO:

ESHRE Central Office, Meerstraat 60, 1852 Grimbergen, BELGIUM  
Tel: + 32 2 269 09 69 — Fax: +32 2 269 56 00 - E-mail: info@eshre.com







Find out more about ESHRE at

[www.eshre.com](http://www.eshre.com)