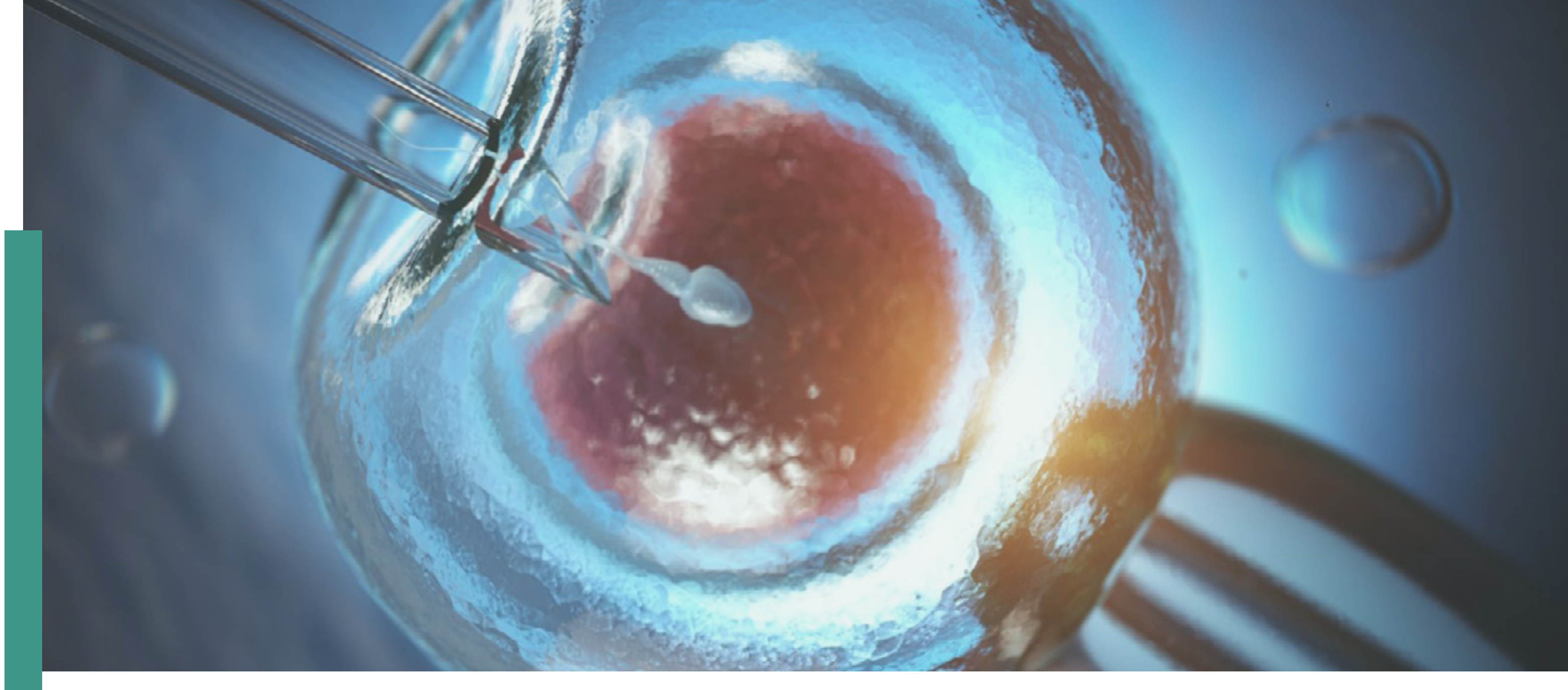


FEEL THE GENTLEST
OF JOURNEYS

THE GENTLEST OF JOURNEYS

we make
en route to
caress.



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FERTILITY SPECIALISTS

Gyn Care IVF Greece & Italy

At Gyn Care IVF Greece & Italy, Fertility Specialists each with their own expertise areas, Gynecologists, Clinical Embryologist, Therapist and Midwives, and extensive experience in fertility treatment in Greece and abroad, support you every step of the way.

Gyn Care IVF Greece & Italy clinics are based in Athens city center and four Italian cities, Rome, Milan, Bari and Orbetello.

We speak your language...
Ελληνικά, English, Italiano,
Français, Deutsch, Русский.

We are committed to respecting your individual needs and engaging our medical expertise in thorough consideration of your medical history.

Our clinical team guides you through proper tests and diagnosis to form a personalized fertility care protocol that works best for you.

High success rates.

A full spectrum of clinical experts who demonstrate significant experience in fertility treatment and engage in lifelong learning, utilize innovative IVF technologies (A.I.) to maximize success rates, while embracing a human-centered approach to medical ability.

Stay up-to-date and be part of decision-making throughout your entire treatment process!

Providing you with the knowledge and options to make collective decisions, is a vital step in patient engagement. We offer our services at an affordable cost as we invest in our fruitful cooperation and establish a relationship of trust and respect on a journey towards parenthood.

Our aim is to firmly assist both female and male patients who face infertility with bringing life into the world.

2. . THE GYN CARE IVF TEAM



EXPERTS YOU DESERVE.

Prof. Evangelos Sakkas

**PhD from the University of Athens.
Obstetrician - Gynecologist specializing in In Vitro Fertilization (IVF)
and gynecological endocrinology.**

Born and raised in Athens, Dr. Sakkas graduated from the Medical School of the National and Kapodistrian University of Athens (NKUA). He specialized in General Surgery at Elpis Hospital for one year to later continue specialty training in Obstetrics and Gynecology at Université Libre de Bruxelles (ULB).

He has completed the Female Reproduction Master's Programme offered by NKUA, further to his training in "In Vitro Fertilization" (IVF) at the most prestigious university hospital for IVF, Universitair Ziekenhuis Brussel (UZ Brussel). The Centre for Reproductive Medicine - UZ Brussel is known for numerous studies in fertilization, the most important being the discovery of the Intracytoplasmic Sperm Injection (ICSI) technique.

Dr. Sakkas has served as a resident doctor at the Brugmann ULB University Hospital (Université Libre de Bruxelles) for a total of four years.

What is more, he holds three other postgraduate diplomas (1) in Assisted Reproduction, Université Paris-Descartes (2) in Child and Adolescent Gynecology, Société Française de Pédiatrie (3) in Urogynecology, Université de Versailles Saint-Quentin-en-Yvelines (UVSQ).

Doctoral studies was the ultimate academic achievement in terms of his formal education.

Dr. Sakkas is an active member of major IVF sectoral communities, such as the: American Fertility Society, Hellenic Society of Obstetrics and Gynecology, the Society of Ultrasound Gynecology, and the Hellenic Society of Gynecological Oncology.

Embracing lifelong learning, he zealously participates in research & study programmes, while his articles have been published in credible international scientific journals.

He is the father of three children.

He values respect in regard to female and male dignity and demonstrates transparency

in clinical care. Being human-oriented, his integrity breeds patients' trust.

Dr. Sakkas is a partner of REA Maternity Hospital in Athens, Greece, UZ Brussel and Brugmann hospitals in Brussels.

He speaks Greek, English, French and Italian fluently.

Prof. Grigorios E. Sakkas

Obstetrician - Gynecologist

Dr. Grigorios Sakkas was born in Athens and graduated from the Medical School of the National and Kapodistrian University of Athens (NKUA).

He has completed specialty training in acute clinic settings; the Obstetrics and Gynaecology Clinic I and the NKUA Infertility/Fertility Clinic at the General Hospital of Athens Alexandra.

During his postgraduate training, Dr. Sakkas specializes in tubal microsurgery at the Edinburgh Royal Maternity Hospital and Simpson Centre for Reproductive Health in the UK.

He has been working in synergy with the University of Charité Clinic for Gynecology, located at Berlin Campus Virchow-Klinikum for the past ten years (Klinik für Gynäkologie und Geburtsmedizin Berlin).

Dr. Sakkas performs endoscopic (laparoscopy and hysteroscopy) and laser surgeries in

the case of HPV patients at REA Maternity Hospital.

Is an early supporter of raising awareness about HPV prevention with strong media presence.

Has published numerous journal articles and attended many international conferences.

He has more than 20 years of experience in fertility treatment and accomplished numerous challenging gynecological surgeries.

Over the course of his career, Dr. Sakkas has learned to focus on the tiniest detail as this can influence treatment outcomes.

He speaks Greek, English, German and French fluently.





Dr. Rafaella Votino

Obstetrician – Gynecologist specializing in Laparoscopic Surgery.

Dr. Votino graduated from the University of Naples Federico II (Università degli Studi di Napoli Federico II) Medical School.

She specialized in Obstetrics and Gynecology at the Université Catholique de Louvain (UCL) in Brussels under the auspices of professor Jacques Donnez — internationally renowned professor, known for ovarian tissue transplantation in patients with a prior history of cancer.

Dr. Votino was in charge of the Menopause Guidance Department at the Brussels Saint-Luc University Hospital (UCL) for three years.

She earned her master's degree in Urogynecology at the Université de Versailles Saint-Quentin-en-Yvelines (UVSQ) and in Gynecological Oncology at the Université Paris-Descartes.

She is an associate at REA Maternity Hospital in Athens, Greece and UCL in Brussels.

Her papers have been published in both Greek and international journals, while she has participated in numerous healthcare conferences worldwide.

Dimitris Papadopoulos

**Clinical Embryologist
Head of REA Fertility Unit Laboratory.**



Dimitris Papadopoulos, Senior Clinical Embryologist, was born in Russia and grew up in Giannitsa, Pella, Greece.

He is specialized in Clinical Embryology, field of Reproductive Medicine.

Papadopoulos earned his postgraduate diploma in Reproductive Biology from the University of Thessaly, Department of Medicine. He graduated from the Aristotle University of Thessaloniki and holds a Bachelor of Science in Biology.

Clinical Embryologist Papadopoulos is in charge of those embryological and andrological laboratory techniques that result in the optimal handling of human gametes and embryos. As he administers full cycles of IVF and PGD preimplantation testing, is capable of addressing any issues related to female and male infertility.

He keeps pace with constant innovations related to Assisted-reproduction Techniques.

Dimitris Papadopoulos is married and has two children.

In terms of doctor-patient communication, he maintains a scientific point of view and provides couples with truthful answers.

He speaks Greek, English and Russian.



Rozina Palaiologou

Psychologist – Cognitive Behavioral Psychotherapy & Mindfulness.

Rozina Palaiologou is a Psychology graduate of the University of Crete, Faculty of Social Sciences.

She is certified in Cognitive Behavioral Therapy (CBT) by the Hellenic Society for Behavior Research and the European Society for Cognitive Behavioral Therapies.

She is also a certified Mindfulness Based Stress Reduction (MBSR) instructor by the Center for Mindfulness in Medicine, Health Care & Society, Department of Medicine at Brown University & the University of Massachusetts in the US.

Her input on the Gyn Care IVF services is counseling with couples experiencing infertility.

Engaging MBSR in therapy reduces stress and influences physical health as well as the chance of pregnancy. Mindfulness helps in regulating emotions like, stress, anger and sorrow, while strengthening relationships with our loved ones.

In addition to couples therapy, she implements training sessions for resilience, stress relief and postpartum depression prevention during pregnancy.

Being thoroughly concerned with women's mental health, she is among the founding members of the Women's Mental Health Society in Greece; acts towards raising awareness about experiencing mental health conditions and all affective aspects.

She speaks Greek, English and French.

At **Gyn Care IVF**, the role of **midwifery** is valuable when it comes to promoting better health service for infertile couples. Their true sense has been consistently demonstrated as midwives reflect constant support to couples by using knowledge and empathy all through.

Stavroula Gkika

Midwife

Midwife Stavroula Gkika graduated as valedictorian of the Department of Obstetrics from the National and Kapodistrian University of Athens.

She has attended numerous conferences on labour, postnatal care and breastfeeding to provide women with the necessary support and advice during pregnancy, labour and the postpartum period.

Gkika is a member of the Midwives Association of Athens (SEMMA).

She speaks Greek, English and German fluently.



Christina Gioulvanidou

Midwife

Midwife Christina Gioulvanidou is an Athens College alumna and graduated from the Department of Obstetrics, National and Kapodistrian University of Athens.

She has attended conferences and workshops about normal (natural) childbirth, pathology in pregnancy, fertility and infertility. Besides her thesis was on the Maternal-fetal attachment.

Gioulvanidou is a member of the Midwives Association of Athens (SEMMA).

She speaks Greek, English and Russian.



The miracle of life is the source of our enthusiasm and devotion.

3. VALUES

Without question, the Gyn Care IVF team embraces a human-centered approach to fertility treatment and care. Each of us will stand with you for a successful pregnancy.

OUR FERTILITY SUCCESS.

4. WHY WE ARE DIFFERENT – GYN CARE IVF

15 reasons why we are different:

1 Specialized Medical Staff

Gyn Care IVF fertility experts are specialized in assisted reproduction and particularly committed to infertility studies, research and practice in regard to causes and treatment. Our team has extensive clinical experience in treating infertility and access to advanced protocols and innovative technologies developed in Greece and abroad.

2 Quality & Safety Assurance

All treatment procedures are subject to a rigorous assurance process with reference to the World Health Organization (WHO) guidelines. Our aim is to provide our patients with appropriate treatment planning to minimize cases of side effects, such as ovarian hyper stimulation syndrome (OHSS).

3 Our Embryo Science

Gyn Care IVF clinic infrastructures guarantee proper conditions for embryo development.

- State-of-the-art technology, Artificial Intelligence (AI) and the scientific know-how of our Senior Clinical Embryologist increase success rates and reduce the total time it takes patients to achieve pregnancy.
- 24/7 laboratory environmental monitoring to ensure embryo quality.

4 Why are you experiencing infertility?

Proper diagnosis is the first step towards fertility success. Diagnostic testing provides important insights that help Fertility Specialists to evaluate your treatment options and prevent complications as endometritis. Moving forward, our team will then interpret any test results to determine the cause of any issues you may be experiencing.

5 Personalized Approach

We emphasize a customized model of patient care tailoring our treatments to your own unique circumstances and challenges

6 High IVF Success Rates

At Gyn Care IVF we are proud of our soulful accomplishments. Instead of assigning a numerical value to our successful efforts, we focus on giving the opportunity of parenting to those who trust us. We don't stop. We hope and we try in the face of challenging circumstances, where other clinics have failed or not taken on, like IVF fertilization in women over 45

7 Mental Health Care

The holistic approach of each couple is our priority, which is why we have included mindfulness (complementary) therapy to our support program. Effective support consider their physical, emotional and spiritual wellbeing. Your mental health is equally important to us.

8 We adapt to your needs

IVF procedures are tailored to your lifestyle. We adapt completely to your needs and scheduling, without forcing you to follow our availability. The treatment brings no burden to the couple's everyday life. Apart from medical monitoring, you will not have change to your daily routine.

9 Respect

We acknowledge the diverse needs of each individual, while focusing on transparency to earn and maintain patients' trust. Respect for the female body is ultimate. Likely, we approach male infertility with confidentiality and discretion.

10 Enhancing Communication to Improve Patient Care

Patients who described a positive experience of the support received from the clinic referred to the medical staff being available 24/7.

11 Affordable Treatment Options

The Gyn Care IVF team supports those couples who wish to overcome infertility by offering affordable treatment options with no hidden costs and/or charges.

The ability to create living beings is not subject to pricing. We help ease the financial stress of treatment and remove the barriers that prevent individuals from achieving their dream of becoming a parent.

Through the National Organization for the Provision of Health Services (EOPYY) you will be able to finance a substantial part of your fertility treatment cost. We will assist you with the application procedures for granting medicines and examinations to be covered by insurance funds.

We also guide our patients in preparing a complete medical report to be submitted to the Committee for Reproductive Medicine of EOPYY.

The treatment is affordable because...

- 1. You are only charged for the services you actually need*
- 2. All processes are clear-cut as we implement innovative methods and techniques*
- 3. We aim at a successful IVF cycle from the very beginning of your treatment*
- 4. We let nothing stand in your way to parenthood*

12 Direct Egg, Sperm and Embryo Donation Program

There is no waiting list. To facilitate you with the selection process, we offer a list of donors who meet all the requirements and have passed rigorous screening. Such checks include a complete history (medical, social and family), as well as clinical examinations, psychological assessment, tests for infectious diseases, immunological and genetic hereditary diseases.

The procedures are performed with a specific donor, based on the characteristics of the couple and the use of recent eggs, sperm or embryos. In all cases the donation, according to Greek Legislation, is anonymous and all parties involved are required to sign specific consent documents.

13 Applied Research Project

We engage in lifelong learning and post-secondary education to keep up with new developments and actively participate in the scientific progress of IVF by publishing our own clinical work and papers. To maximize success rates, we have adopted innovative technologies.

14 Informational Material

We have curated valuable informational material in different languages (print and digital), developed an up-to-date and easy to use website and inspiring social media communities.

15 Surrogacy Program

In surrogacy, a woman conceives and gives birth, after in vitro fertilization, using a fertilized egg (unknown to her), on behalf of another woman who wishes to have a child, but struggles infertility.

Surrogacy in Greece requires a court order in place for contract to allow the process prior to the transfer of the fertilized egg. The role of the surrogate mother is clearly procedural, with no biological connection.

5. WHO CHOOSE GYN CARE IVF



IT ALWAYS SEEMS IMPOSSIBLE
UNTIL IT'S DONE.

Gyn Care IVG Greece & Italy have realized the dream of parenthood for hundreds of couples from all over the world. We welcome locals and couples from abroad and stand by you all through.

Our clinic cooperates with well reputed travel agencies to bring you in contact with medical tourism managers.

You may go for a complete package tailored to your needs during your stay, choose between numerous

accommodations, dining options and venues for entertainment close to the partner hospital. Our medical services could be combined with an opportunity for recreation and relaxation.

6. HIGHEST LEVEL OF MEDICAL CARE

Considering pregnancy & parenthood?
If nature cannot help, we are here for you.

Fertility Tests

- Male testing
- Female testing
- Endometrial (Platelet Rich Plasma) PRP
- Laparoscopic ovarian rejuvenation PRP
- Ovarian Rejuvenation PRP

Assisted Reproduction Techniques

- Insemination (IUI)
- In Vitro Fertilization (IVF)
- IVF with natural cycle
- Egg donation program
- In Vitro Fertilization with sperm donation
- In Vitro Fertilization with embryo donation
- Pre-implantation Diagnosis
- Artificial Egg Maturation
- Time Lapse – emvryoscope – AI
- Micro fertilization – ICSI – IMSI – PICSI
- Embryo transfer of blastocysts
- Endometrial scratching
- Cryopreservation of oocytes



7. METHODS & TECHNIQUES



There isn't just one way to become a parent.
Scientific Solutions to every problem.

Ovulation Induction with clomiphene citrate – femara

During regular menstrual period, an egg initially matures within an ovary and is then released (ovulated). The administration of clomiphene citrate or femara, recruits more eggs and therefore successfully achieves pregnancy.

It is used in women who are likely to have ovulation disorders.

Insemination IUI

Intrauterine insemination (IUI) involves a laboratory procedure to separate fast moving sperm from slower or non-moving sperm. The fast moving sperm is then placed into the woman's womb during the ovulation period when the egg is released from the ovary in the middle of the monthly cycle.

In Vitro Maturation (IVM)

In Vitro Maturation is an alternative to IVF with the main difference being that there is little or no ovarian stimulation. The eggs obtained have not completed their growth and final maturation. They do so under laboratory conditions before they are fertilized with semen.

In IVM the pregnancy rate is lower than conventional IVF, thus it is reserved for carefully selected patients who present high risk for Ovarian Hyperstimulation Syndrome (OHSS) and for those who exhibit problems with hormone administration.

Micro-fertilization ICSI

Intra-Cytoplasmic Sperm Injection is a method that has been developed to treat cases of severe male infertility. The ICSI technique attempts to achieve fertilization by the injection of a single sperm into the cytoplasm (interior) of the egg. Mature eggs are freed of surrounding cells with the help of enzyme processing. By using special micromanipulation equipment, the eggs are individually fertilized with a single sperm. They are then returned to the laboratory incubator and left there to fully develop.

In Vitro Fertilization IVF

In Vitro Fertilization (IVF) refers to the fertilization of a woman's egg outside of her body. The procedure involves ovarian stimulation, obtaining a mature egg or eggs from the woman's ovary, fertilizing it with semen, incubating the embryos in the laboratory and then transferring them during the third-day-stage or the blastocyst period to the woman's womb. The fertilization of the eggs can be carried out by means of the conventional IVF process or by Intracytoplasmic Sperm Injection (ICSI).

Intracytoplasmic Morphologically-Selected Sperm Injection- IMSI

Intracytoplasmic Morphologically-Selected Sperm Injection (IMSI) technique is used during ICSI but the selection criteria of the single viable sperm to be microinjected into the egg is made with a technique called Motile Sperm Organelle Morphology Examination (MSOME), which includes the use of an ultra-high magnification microscope with digital imaging capabilities.

The use of IMSI for sperm selection significantly improves fertilization rates and embryo quality and thus the entire IVF outcome.

Physiological Intracytoplasmic Sperm Injection PICS

Physiological Intracytoplasmic Sperm Injection (PICS) is similar to ICSI but differs in the criteria used to select the single viable sperm to be microinjected into the extracted egg. While in ICSI the sperm's selection is based on visual observation through the microscope, in PICS the selection is made with the use of a tile containing hyaluronan acid (hyaluronan hydrogel). This substance acts like a magnet and attracts the most powerful and healthy sperm sample.

During the PICS process, sperm is placed on a tablet containing samples of Hyaluronan enzyme. The competent, mature, biochemically active sperm binds to it and is eventually selected to be used for ICSI.

Time Lapse – Embryoscope – Artificial Intelligence

The time-lapse technology allows monitoring of the embryo development in the special incubators without disturbing them or exposing them to outside-of-lab conditions.

Endometrial or ovarian rejuvenation (PRP) & Laparoscopic method of rejuvenation according to Dr. Sakkas

PRP (Platelet Rich Plasma) is an innovative and contemporary treatment. It is safe because it consists of the patient's blood, without any addition of synthetic chemical substances.

The classic PRP method uses the patient's own blood, which is centrifuged and then processed in order to isolate the contained growth factors. This cocktail of growth factors is then injected into the ovaries through the needle used in ovulation which in turn leads to a brief, but adequate revascularization of the ovarian tissue and uterus.

Our team, in addition to the classic method of ovarian rejuvenation, offers the option of an innovative method developed by Dr. Sakkas.

In this pioneering method, the ovary is initially prepared by using suitable laparoscopic incisions that allow the PRP to reach the targeted ovarian circulation with great precision. The incisions cause a local activation of the growth factors that prepare the ground for the reception of the PRP.

Egg / embryo vitrification (freezing)

Vitrification involves the transformation of a liquid to a glassy solid (without the formation of crystals during the cooling process). Vitrification is an advanced cell-freezing method, which allows for a higher survival rate after thawing, due to the fact that high concentrations of cryoprotectors are used along with reduced volumes and timings.

This obstructs the formation of intracellular ice crystals, which are responsible in most cases for causing irreparable cell damage.

The vitrification process is used to freeze oocytes or embryos and it guarantees a survival rate of more than 80%. This method enables the vitrified oocytes, which have survived the thawing process, to have similar attributes to fresh eggs. They can then be fertilized by the spermatozoa. The generated embryos can then be implanted and developed into healthy children. Although the implantation rate is lower than that of fresh embryos, frozen embryos once thawed, can achieve a normal pregnancy.

Endometrial Scratching

The endometrium is a thin layer of cells that covers the inside of the uterus. When the fetus is created and becomes a blastocyst, it is implanted in the endometrium. Artificial endometrial injury (endometrial scratching) is a procedure in which we injure the endometrium locally. It has proven that this technique vastly improves the chances of successful implantation, especially in cases of repeated failures.

The technique is based on the use of a soft, plastic catheter which is mainly used for endometrial biopsies. This catheter enters the uterus from the cervix and with careful and gentle movements we scrape the endometrium.

GENETIC TESTING

PGD (Pre-implantation Genetic Diagnosis)

PGD (Pre-implantation Genetic Diagnosis) is a genetic test that can be performed during the assisted reproduction treatment in order to check for embryos that have a high risk of developing a serious genetic disorder due to some random gene anomaly. PGD is executed on the biopsy of the embryo and identifies which embryos are not susceptible to developing the disorder. Some genetic diseases only affect one gender. In these cases, the embryo is tested to find out its gender and only embryos of the non-affected gender are transferred to the mother's womb. PGD is recommended for couples:

- that are at risk of transmitting chromosomal alterations or monogenic diseases,
- with a medical history of repeated miscarriages,
- that have attempted several cycles of IVF but have not achieved pregnancy,
- that have experienced abnormalities in spermatozoa maturation,
- where the woman is of advanced age

Pre-implantation Genetic Screening 24 (PGS24)

Pre-implantation Genetic Screening 24 (PGS24) is a genetic test that can be performed on embryos during IVF treatment to check for chromosomal abnormalities. It offers a complete analysis of all 24 chromosome types. PGS24 relies on the embryo biopsy which is performed prior to the transfer and identifies which embryos have normal chromosome structure. PGS24 is recommended for couples that have experienced chromosome abnormalities in previous pregnancies, couples who have had several spontaneous miscarriages of unknown cause, couples that have attempted several cycles of IVF but have not achieved pregnancy, men with low sperm concentration and for women over 35 years of age.

8. ASSOCIATES

Associates:

Obstetrics and Gynecology Clinic «REA»
Fertility & In Vitro Fertilization Unit of the REA Clinic

Certifications:



Quality Management System of Assisted Reproduction Medical Units & Cryopreservation Bank ,
TEMOS – for quality in international reproductive care,
ISO 9001: 2015,
BS EN 15224: 2016 – for the provision of its services

8000
BIRTHS

8000
HUGS

5
DOCTORS' PRACTICES

15
REASONS WE STAND OUT

74%
SUCCESSFUL PREGNANCIES
WITH IN VITRO FERTILIZATION

85%
SUCCESSFUL PREGNANCIES
WITH EGG DONATION



POWERFUL TEAM.

The Gyn Care IVF team of experts are
by your side every step of the way.



ACCESS & INFO

Gyn Care IVF Athens:
Michalakopoulou 169, 115 27, Athens
Mobile (GR): **(+30) 694 081 3132**
Mobile (IT): **(+39) 324 747 4717**
Email: **info@gyn-care.gr**
Website: **www.gyn-care.gr**

The Clinic is located in downtown Athens and is easily accessible by car and public transport.

All medical procedures are performed at REA Maternity Hospital (Siggrou Avenue, Paleo Faliro, Athens).

4.5 km from the Historic Center of Athens

8 km from the Port of Piraeus

40 km from the Airport

A large, stylized illustration of a plant with several light green leaves and a single pink flower bud, positioned in the upper right quadrant of the page.

Gyn
iVfCare