
THE UTILISATION OF MINI MICROSCOPE "MAYBE BABY"
IN DETERMINING THE MOST FAVOURABLE TIME FOR CONCEPTION
IN INFERTILE MARRIAGES

Assistant Professor Ratomir Ganovic, MD., PhD

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Sterility of married couples is referred to in cases where after a year of regular sexual intercourses without a contraceptive the pregnancy does not occur (1).

About 15% of married couples of fertile age is sterile (2).

Though a certain success has been achieved in treatment of sterility of lately, sterility remains as a very serious and grave medical and social problem. For many reasons, despite the greater success in treatment, an upward trend of sterility is evident. This is particularly true of certain regions in our country where the fall in natality has such dimensions that it is called "white plague".

For that reason, there is a great interest in any new method or product that may facilitate for married couples family planning and raise natality.

Thus, at the end of last year, a completely new product appeared in our country - mini microscope "MAYBE BABY" that easily and quickly, on the basis of the crystallization test of saliva determines fertile and infertile days in women. It is designed in the form of a lipstick and is very simple for use. It helps to establish the existence of ovulation and its exact date .

Otherwise, health institutions use many methods for prediction and detection of ovulation, such as: measurement of basal body temperature, cytohormonal examination of vaginal secrete, examination of cervical mucus, test of crystallization of cervical mucus - FERN TEST, endometrial biopsy, hormonal blood analyses, celioscopy, etc.

The most frequently used method today is ultrasound examination as a direct, non-invasive and quick method. However, this method is not a simple one, it requires the most modern ultrasound devices, great experience and expertise of doctors as well as a daily health institution attendance by the woman in the periovulatory period.

Investigations presented at the Eleventh Yugoslav Symposium on Fertility and Sterility , held at the Centre Sava in Belgrade, in September 1994 (3), indicating that the approximate time of ovulation may be determined by mini microscope "MAYBE BABY" using the saliva crystallization test, has aroused great interest, both of gynaecologists and women.

The investigations were carried out at the Sterility Department of the Clinic of Gynaecology and Obstetrics "Narodni Front" in the period June-September 1994.

The investigation covered 71 women of generative age.

Every woman was examined at three points of time in the course of her menstrual cycle, the following been carried out parallel:

- ultrasound folliculometry and sonoendometry ;
- the test of crystallization of cervical mucus - FERN TEST;
- the test of crystallization of saliva using "MAYBE BABY".

The total of 213 examinations was carried out .

The statistical processing of results showed that the saliva crystallization test was as valid and sensitive as the FERN test, while correlative values of both tests in relation to ultrasound folliculometry were high.

Thus, a new method and a new product have been developed that, with the assistance of instructions , may be used by every woman. In this way, women do not have any more the obligation to attend a health institution every day for the purpose of determination of fertile days; it is a well known fact that such visits are very often unpleasant for them, stress-prone and connected with the loss of time and absence from work. Such every day emotional problems may cause infertility bearing upon the frequency of sexual intercourses and ovulation.

In order to investigate to what extent this new product can contribute to the improvement of results in the sterility treatment, a team of eminent experts dealing with the problem of sterility, headed by Assistant Professor Ratomir Ganovic, MD., PhD., has examined 50 women who used only mini microscope "MAYBE BABY" for detrmination of fertile days.

The examination was carried out from 1 October 1994 to 1 August 1995.

The youngest woman covered by this investigation was 21 years of age while the oldest one was 43. The majority of women was between 30 and 35 years of age.

The average duration of marriage amounted to 4 years.

The majority of women (18) that used mini microscope "MAYBE BABY" had higher education, but a considerable number (10) had completed only 8-year elementary school.

In the greatest number of woman (31) secondary sterility was in question.

The first step was to examine husbands and the majority of them had normal spermogram (33) while 10 of them had reduced fecundity. Seven men refused to be examined.

The examined women mainly had regular menstrual cycles. Hysterosalpingography was first performed in all women confirming that they all had unobstructed tubes. In 5 women with the sterility of several years this finding was also reconfirmed by laparoscopy.

Thirty-two of these women had previously visited a gynaecologist several times to determine fertile days. The ovulation was established most frequently by ultrasound but other methods were also used (measurement of basal temperature, analyses of hormones, etc.). The remaining 18 women did not have their ovulation established but planned their sexual intercourses in the middle of the cycle.

After the examinations had been completed, women were advised to use mini microscope "MAYBE BABY", the product of the firm OPTIX - Belgrade, in the next 6 months for determination of the approximate date of ovulation and to plan sexual intercourses with their husbands during fertile days. Three or four days of abstinence was recommended beforehand.

They used mini microscope "MAYBE BABY" according to the instruction they received, with ease and without problems.

Ten of them required additional information.

Out of 50 examined women, 16 of them became pregnant thanks to determination of fertile days using mini microscope "MAYBE BABY"; they accounted for 32%.

Nine women dropped out of records because they stopped coming. It was considered that they did not become pregnant. However, it may be presumed from

experience that some of these 9 women became pregnant but, as they achieved their objective, i.e. wanted pregnancy, they interrupted contacts.

It is generally known that women who were treated for sterility very often, after having cured it, choose another doctor to follow-up their pregnancy and delivery.

Out of 16 pregnancies, 5 were completed by delivery of healthy children while one woman, K.S., living at the outskirts of the town of Pozarevac, gave birth to twins, two sweet girls.

Two pregnancies ended in spontaneous miscarriages in the second and third months respectively, while the pregnancy of 9 women had normal course.

It is particularly interesting to note that pregnancy of L.D. from Belgrade occurred after 15 years of marriage and sterility treatment; of B.M. from Indjija after the operation performed and of K.M. from Belgrade when she was 43 and with the history of 9 years of sterility treatment.

Conclusions

The number of pregnancies (16, i.e. 32%) in women who had been in infertile marriage for years and who determined their fertile days only with the use of mini microscope "MAYBE BABY", testifies that the new product that has appeared will lead, in given circumstances, to significant improvement of natality.

It may be concluded from obtained results that in the course of sterility treatment, the first thing to be done is to establish fecundity capacity of husbands by examination of spermogram. In so far as findings of spermogram are normal, it is necessary to check whether there is an obstruction of tubes, the best way being by hysterosalpingography.

The women whose passage of uterine tubes was established, should be advised to use mini microscope "MAYBE BABY" in the forthcoming months for the establishment of fertile days. Sexual intercourses should be planned for established fertile days. In this way, women could easily, at home, without any need to attend a health institution every day, plan their posterity.

Should the mini microscope "MAYBE BABY" show in certain women that the ovulation does not happen, they would have to be subjected to additional examinations and possible stimulation of ovulation.

Accordingly, along with economies, considerably better results of sterility treatment would be achieved.

References

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Assistant Professor Ratomir Ganovic, MD, PhD.