

Inability to conceive leads to ABCDEF



Continuing to G,H...



Giving Hope

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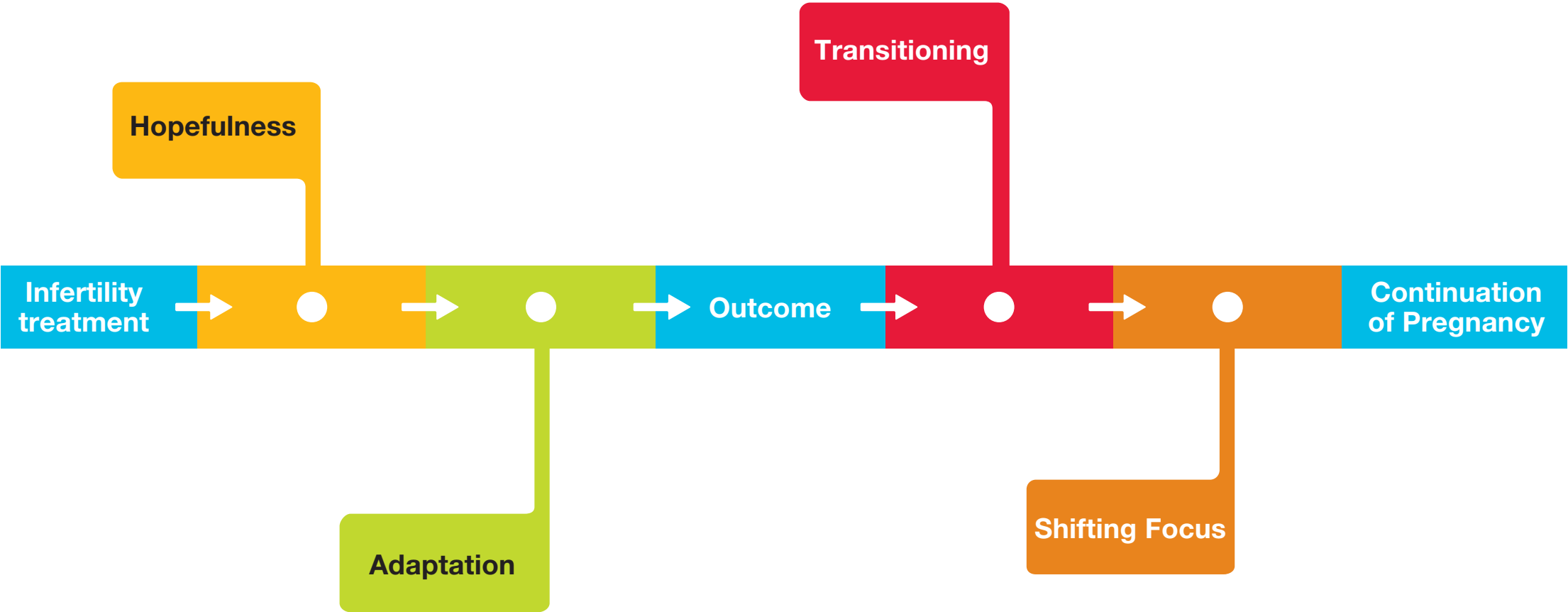
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Understanding a woman's emotional state and experience

The British Fertility Society, 2014

Lost in Transition: Women Experiencing Infertility



Adapted from "Cunningham N. Lost in transition: Women experiencing infertility. *Human infertility*. 2014;17(3):154-158."

- **Study Design:** A prospective, qualitative, observational, cross-sectional study with the help of patient diaries
- **Data Collection:** 6 out of 14 women (Age: 30 to 42 yrs.) maintained diary from 7 to 28 weeks

Hopefulness

The start of the treatment allows a **"degree of control"** and **"hopefulness"** in her life. However, it also raises certain **"doubts/uncertainties"** which leave her **"in limbo"**.



Adaptation

She feels like her life is **"On Hold"**. The outcome can shape her future but still it is uncertain. She can't move forward. She feels guilty with a sense of failure.

Adapted from "Cunningham N. Lost in transition: Women experiencing infertility. *Human infertility*. 2014;17(3):154-158."

Transitioning

She has become pregnant, but has not accepted the change completely. Now, she tries to move away from other women who are not able to conceive.

Outcome



Continuation of Pregnancy

Shifting Focus

The outcome of treatment doesn't guarantee effective adaptation and transition. A few women change their daily life and focus on new things while a few remain in stress and anxiety.

Adapted from "Cunningham N. Lost in transition: Women experiencing infertility. *Human infertility*. 2014;17(3):154-158."

Hopefulness

The start of the treatment allows a "**degree of control**" and "**hopefulness**" in her life. However, it also raises certain "**doubts/uncertainties**" which leave her "**in limbo**".

Hard to appear normal
in the outside world.
Hospital is like
private planet.

Time for the weekend
and more waiting.
Anyway I am still in limbo.

Loneliness and
isolation.

Difficulty moving between
the clinic and the outside world.



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Adaptation

She feels like her life is **"On Hold"**. The outcome can shape her future but still it is uncertain. She can't move forward. She feels guilty with a sense of failure.

I don't feel pregnant.
I still feel infertile.

Feel like you have lost control of your life again. I want control of my life again to see what might be ahead, but my future lies in the hands of others. I can't plan the next stage of my life.

Slight sense of relief but yet, feeling that I failed as a mother.

Struggle to adapt to her new status.



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Transition

She has become pregnant, but has not accepted the change completely. Now, she tries to move away from other women who are not able to conceive.

Realized it recently,
a part of me wants
to move on.

Feeling like
“I have hit a brick wall”
alongside the hope of
“living a treatment-
free life.”

Sensing the lack
of support from partner.

First sign of moving on.



Adapted from “Cunningham N. Lost in transition: Women experiencing infertility. *Human infertility*. 2014;17(3):154-158.”

Shifting focus

The outcome of treatment doesn't guarantee effective adaptation and transition. A few women change their daily life and focus on new things while a few remain in stress and anxiety.

She wants to move on and change.
“A relief moving to a new post with no history of me”..

Focus has shifted to new things.



Adapted from “Cunningham N. Lost in transition: Women experiencing infertility. *Human infertility*. 2014;17(3):154-158.”

Summary

Hence, the study underscores the importance of counselling when providing assisted reproductive services. It recognizes the challenging emotional state of patients irrespective of the outcome.

Adapted from "Cunningham N. Lost in transition: Women experiencing infertility. *Human infertility*. 2014;17(3):154-158."



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