

Press release

According to a study carried out by Institut Marquès and presented at several European scientific congresses

Patients who monitor their embryos have higher success rates

- During the IVF treatment, women who follow the development of their embryos in real time have more possibilities to become pregnant
- The scientific study proves for the first time the positive impact that emotions have in the outcome of assisted reproduction treatments
- Institut Marquès offers their patients the possibility to watch the embryos in the incubator with their mobiles
- The *Société de Médecine de la Reproduction (SMR)* has chosen again the abstract from Institut Marquès among the best 3 of the year

Barcelona, May 31th, 2019. Watching images of the embryos while they are developing in the incubator increases up to an 11% the pregnancy rate of patients who have undergone an IVF cycle. Furthermore, the rates increase directly proportionally to the number of times that patients connect to be with them.

This is the revealing conclusion of the [scientific study](#) presented by [Institut Marquès](#) at several European congresses, including that of the *Società Italiana di Fertilità, Sterilità e Medicina della Riproduzione (SIFES)* and that of the *Société de Médecine de la Reproduction (SMR)*. The latter has chosen again the abstract from Institut Marquès among the best 3 of the year.

Nine hundred and thirty four women who had undergone an IVF cycle and an embryo transfer took part in this retrospective study. The participants, through an online app ([Embryomobile](#)), had access to real time images of their embryos, which were developing in the incubator, called [Embryoscope](#). They were able to monitor them for 5 days, which is the period that goes from the beginning of the IVF process until the embryo reaches the blastocyst stage and is then ready for its implantation in the mother's uterus. ***“For the first time we have discovered something that can help patients improve their pregnancy rates in IVF treatments”***, states Dr Marisa López-Teijón, Director of Institut Marquès.

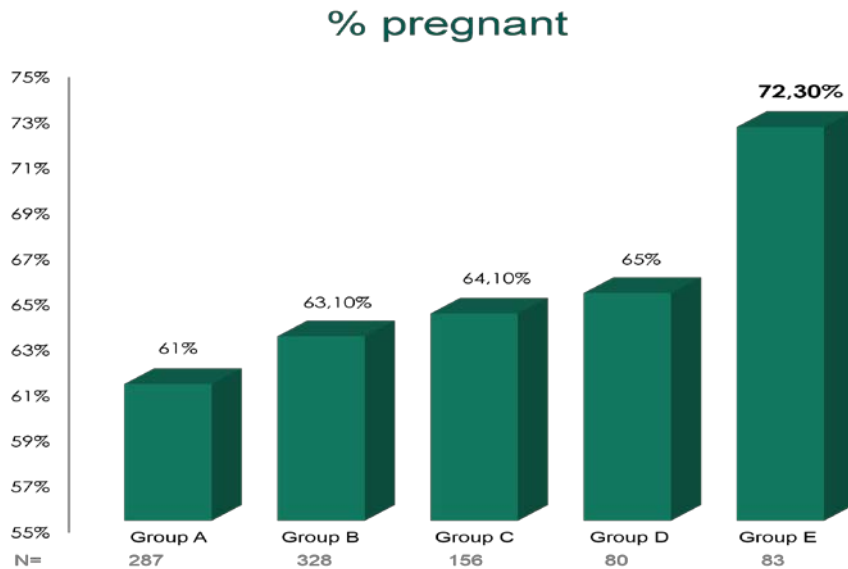
The emotional connection, key in the process

Thanks to this study, Institut Marquès has proved that the impact of the emotions on pregnancy rates is underestimated. The Psycho-Neuro-Endocrine-Immunology (P.N.E.I.) is the study of mind-body relationships and their clinical implications. According to this interdisciplinary scientific field, the improvement in the uterus receptivity could be explained by the emotional connection of a woman with her embryos if she can watch them daily before the implantation takes place.

The study analysed the results in 934 patients who underwent an IVF cycle with donor eggs and a transfer of a single embryo in fresh. They were distributed into five groups depending on the total number of visualisations (from 0 to over 30). The groups can be compared in terms of age of the donors, recipients and embryo quality.

It was observed, that as the amount of times that they watched their embryos increased, the pregnancy rates increased as well: 72.3% in those patients that exceeded 30 visualisations versus 61% among those who did not monitor their embryos. It is significant that the most notable increase occurs mainly when there are over 30 visualisations. The study also unveils that the rates increase directly in a proportional way to the number of times that patients were connected to be with the embryos.

| <i>Group</i> | <i>Number of online visualizations</i> |
|---------------------|---|
| Group A | 0 visualizations |
| Group B | 1-10 visualizations |
| Group C | 11-20 visualizations |
| Group D | 21-30 visualizations |
| Group E | >30 visualizations |



“Our hypothesis is that repeated visual stimulation of the images of their embryos induces a cascade of reactions in the woman that begins in the brain and generates an emotional connection with them, activates the immune and hormonal system, resulting in women having a better uterus receptivity”, explains the Director of Institut Marquès.

Institut Marquès has been offering their patients for many years the possibility to monitor their embryos in the incubator through their mobiles thanks to the Embryomobile. [In previous studies carried out by Institut Marquès](#) it has been proved that 91% of the patients who used it felt much more relaxed during the process, but they did not find any relationship between the degree of anxiety and pregnancy rates.

With this application, in a transparency exercise, the clinic aims to offer reassurance and peace of mind to parents during the days leading up to the embryo transfer. It is also an especially useful option for international patients. The new study now shows that Embryomobile helps also improving the results of the treatment.

About Institut Marquès

Institut Marquès is a Barcelona based centre of international standing in Gynaecology, Obstetrics and Assisted Reproduction with branches in Barcelona, London, Ireland (Dublin and Clane), Italy (Rome and Milan) and Kuwait.

In Italy, thanks to its centre in Milan and to the collaboration with the clinic Villa Salaria in Rome, Institut Marquès offers a comprehensive solution to people with sterility problems.

The centre, with a wealth of experience in particularly difficult cases, helps people in more than 50 countries achieve their dream of parenthood. Institut Marquès offers the highest pregnancy success rates, with 89% per cycle in IVF with egg donation.

Leader in innovation, it conducts an important line of research on the benefits of music in the early stages of life and foetal stimulation.

Links of interest:

<https://institutomarques.com/en/>

<https://institutomarques.com/en/observe-your-embryos-from-home/>

<https://institutomarques.com/it/procreazione-assistita/tecniche-speciali/embryoscope/>

<http://www.il-blog-della-fertilita.com/>

<https://babypod.net/en/>

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