

Over
80
years

dedicated to
women's health





At Women's Health Dexeus we accompany our patients through the different stages of their lives – infancy, adolescence, youth, maternity, menopause and active ageing – by giving them comprehensive care in our Obstetrics, Gynaecology and Reproductive Medicine departments.

To do this, we have over 60 doctors specialised in women's health who share a common goal: to offer high quality medical treatments through team work and the use of the very latest medical technology.

Our hospital, located in Barcelona, is one of the largest and most specialised in Europe when it comes to women's health. It is a unique centre designed to cover needs our patients may have and to give them a **personal, efficient and adequate service.**

During the 1980s, scientific and technological progress allowed us to make significant advances in the field of women's health. We continue today and will continue to do so in the future.

In 1989, the Spanish Ministry for Health certified us as a teaching hospital so we are able to take in medical residents in Obstetrics and Gynaecology who wish to qualify under the official specialisation examination system. The Autonomous University of Barcelona has awarded us with the status of a University Hospital.

Located in Quirón University Hospital, Dexeus is able to offer patients **hospital facilities with first level medical care and surgery** in all specialisations. The hospital has a solid team of over 400 doctors, 150 bedrooms, 5 suites and 20 operating theatres, and has adopted the very latest medical technologies inherent to any leading hospital.



Dr Pedro N. Barri
Director of Women's Health Dexeus
Department of Obstetrics,
Gynaecology and Reproduction

2,500
deliveries per year



Obstetrics

At Women's Health **Dexeus** we strive to ensure that every pregnancy is controlled carefully and smoothly and with the final result that every woman wants: the delivery of a healthy baby.

We perform over
21,000
pregnancy ultrasound
scans per year

Follow up of more than
2,000
high risk pregnancies
per year

With almost 30,000 obstetric follow-ups and over 2,500 deliveries per year, Women's Health Dexeus is one of the private hospitals with the highest intake of mothers-to-be in Spain. As we are part of a first level university hospital, our team of obstetricians, paediatricians and anaesthetists are on call 24 hours a day, 365 days a year.

At Women's Health Dexeus we **are pioneers in prenatal diagnostic techniques, foetal medicine and the treatment of diseases** thanks to the latest generation ultrasound scan equipment and cutting-edge technology, as well as to our highly experienced team of experts. We perform over 21,000 pregnancy follow ups ultrasound scans per year.

As a leading hospital, we visit over 2,000 women at high risk during pregnancy every year. Thanks to our **neonatal ICU**, we are also able to detect complications such as premature birth and deliver premature babies with high success rates.

The **Section of Foetal Medicine**, together with associated laboratories, is able to conduct a prenatal diagnosis with different methodologies: cytogenetics, molecular cytogenetics (DNA studies), biochemistry, ultrasonography, Doppler scans, neurosonography, foetal echocardiography, 3D and 4D ultrasound scans, and magnetic resonance.

We have the latest technology in genomic medicine such as the **chromosome anomaly test**, which consists of a blood test performed in the mother to detect the most frequent chromosomal abnormalities such as Down's syndrome, Edwards' syndrome and Patau syndrome.

Moreover, we are the first hospital in Spain to have a **unit specialised in preconception genetic counselling including screening of the most prevalent diseases and we** can detect whether parents are carriers of genetic mutations that could affect their future baby.

A **committee of experts** (gynaecologists, paediatricians, geneticists) meets weekly **to evaluate difficult cases individually** and to establish the best treatment to follow.



Over
63,000
gynaecological
patients'
appointments
per year

Every year at Women's Health Dexeus we schedule over 63,000 gynaecological appointments, 25,450 gynaecological ultrasound scans, 18,261 mammographies, 6,762 breast ultrasound scans, 4,075 bone density scans, 9,100 minor surgery, 1,700 major surgery, 3,400 outpatient surgery, (we are a leading hospital in endoscopic surgery), and our menopause unit is visited by over 6,000 patients.

At Women's Health Dexeus we strive to save our patients' time and prevent them from having to travel long distances **by arranging consultations and tests on the same day.** We give a diagnosis for any **disease tested in less than 24 hours.**

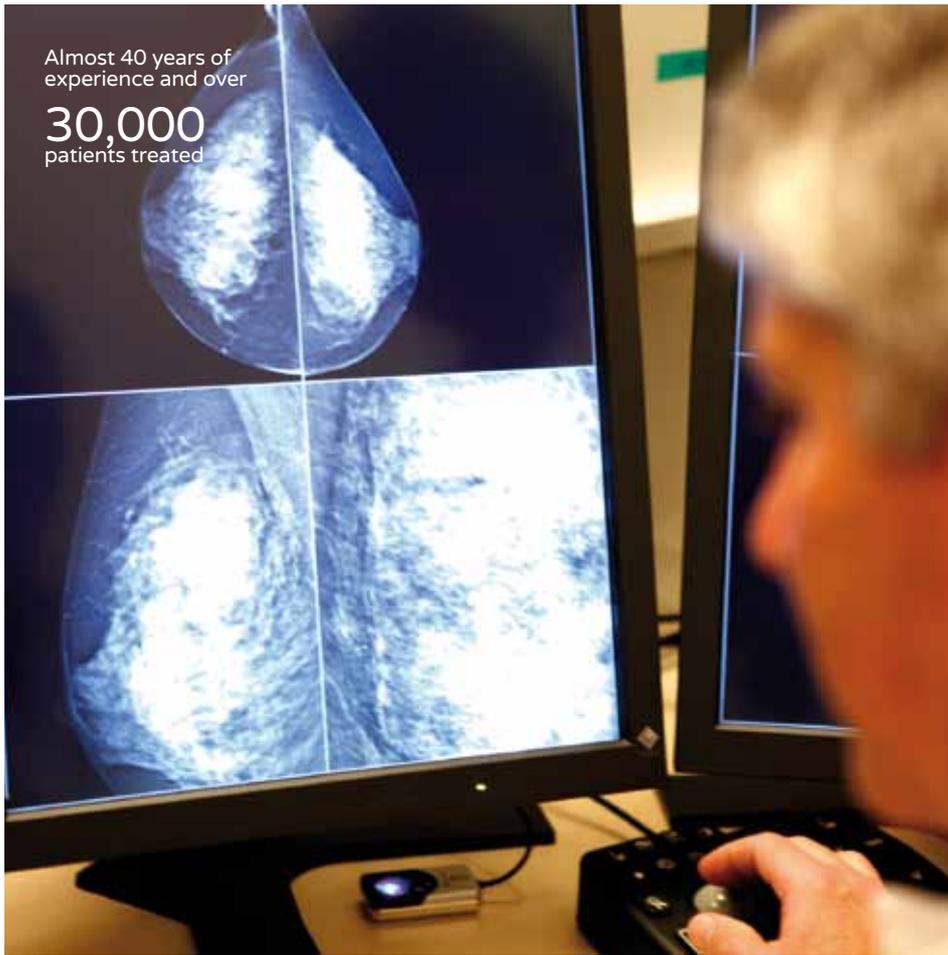
Gynaecology

As woman's needs change throughout life, at Women's Health Dexeus we have specific medical protocols in order to deliver specialised care at each stage and the best specialists to treat any disease that women might suffer from.

We perform
25,450
gynaecological ultrasound scans every year

We perform
1,700
major surgical procedures every year

Our Menopause unit follows
up over **6,000** patients



Our gynaecological oncology unit assesses over 1,200 cases every year.

At Women's Health Dexus we have **the best healthcare technology currently available**, such as latest generation ultrasound and low radiation mammography devices, which give reliable diagnostics without the risk of radiation.

We also have an **Oncology Risk Unit**, together with a special service for cancer patients, with all of the facilities and experts required to assess the risk of suffering from cancer that will help the patient to take the right decisions.

As some treatments against cancer can cause infertility, at Women's Health Dexus **we offer the possibility of preserving fertility free of charge for cancer patients** so that women can fulfil their child wish in the future.

Oncology

Women's Health Dexus is a **leading hospital in the fight against women's cancer**. Specialised units and a multidisciplinary committee made up of specialists in gynaecology, oncology, radiology, pathological anatomy, radiotherapy and plastic surgery work actively to give early diagnoses and treatments adapted to each situation.

Our gynaecological oncology unit follows up over

1,200 cases

Oncology
Risk Unit

Over
20,000
babies have been
born in our hospital
using Assisted
Reproductive
Techniques.



The reproductive medicine service at Women's Health Dexeus was founded in 1976 and throughout the years has proved to be a pioneering clinic for all assisted reproductive techniques.

Reproductive medicine

- **1978:** Birth of the first baby after artificial insemination with donor sperm in Spain.
- **July 1984:** Birth of the first IVF baby in Spain.
- **July 1987:** Birth of the first baby in Spain as a result of embryo freezing.
- **November 1988:** Birth of the first baby in Spain as a result of egg donation.
- **December 1990:** Birth of the first baby in Spain as a result of micro-injection (PZD: partial zone dissection).
- **March 1994:** First birth in Spain achieved as a result of PGD after sex selection.
- **August 1994:** First baby in Spain after ICSI
- **1997:** Birth of the first baby to an HIV serodiscordant couple.
- **July 2006:** Birth of the first baby in Spain conceived as a result of the in vitro oocyte maturation technique.
- **2012:** Birth of the first baby as a result of the oocytes vitrification in a case of fertility preservation in a patient with ovarian cancer.



Since 1976, over 20,000 babies have been born in our hospital using reproduction techniques.

At Women's Health Dexus we make every effort to solve our patients' fertility problems individually by giving different treatment options and developing lines of research aimed at increasing the chances of pregnancy both for National and International couples. **As a leading hospital in assisted reproduction, we have one of the most modern laboratories in Europe.**

Available techniques:

- In vitro fertilisation
- Egg donation
- Embryo donation
- Transfer of frozen embryos
- Artificial insemination
- Preimplantation genetic diagnosis
- Treatments for HIV serodiscordant couples
- Women without male partner
- Age related fertility preservation for non medical reasons

We work to reduce the complications of some assisted reproduction techniques, such as ovarian hyperstimulation syndrome or multiple pregnancies. Our aim is to provide simple and concise information about diagnosis and treatment, adapting them to the individual needs and characteristics of every woman or couple.

We perform a genetic carrier test in oocyte and sperm donors to identify the presence of **200** diseases



Egg donation at Women's Health Dexeus

Women's Health Dexeus' egg donation program began in 1988, when **we achieved the first birth in Spain using this technique.**

Our egg donation program is **subject to a very strict donor selection process.** In order to strongly reduce the risk of a genetic disease transmission, all donors undergo the most thorough health and genetic screening in Europe. We perform the strictest screening on the market: gynaecological check-ups with a Pap smear, ultrasound scan, detailed serology and karyotype tests, HIV detection by PCR, psychological tests and an electrocardiogram.

We also perform a **genetic carrier test on all our donors**, which allows us to identify the presence of genes causing up to 200 diseases (cystic fibrosis, fragile-X syndrome, spinal muscular atrophy, etc.), in order to ensure that they are compatible with the partner of the recipient.

We guarantee a minimum of 7 mature oocytes from each donor.

Our pregnancy rate is around 60% at the first attempt and over 80% for the cumulative pregnancy rate.

There is a helpline for recipients, which the patients can call free if they have any queries at any time throughout the process.

A minimum of **7 mature oocytes** are allocated to each recipient patient

Over **80%** in cumulative pregnancy rate



Advances are continually being made in cryopreservation techniques with the aim of improving survival and viability rates after thawing. Nowadays, at Women's Health Dexeus, we only use the ultra rapid cryopreservation technique vitrification which gives similar results to the ones obtained with fresh oocytes.

At Women's Health Dexeus we have created the **Fertility Preservation Unit** which offers the option of preserving, gametes (oocytes and spermatozoa) and embryos and germinal tissue (testicular and ovarian tissue). Since 2011 we offer to **oncological patients of Women's Health Dexeus and Hospital Quirón Dexeus the option of preserving their fertility for free. Patients from external hospitals are also considered for free of charge treatment.**

Age related Fertility preservation to postpone maternity is also offered to young patients as delaying childbirth is becoming a frequent event in developed countries.

Cryopreservation

Since 2011,
200 women preserved
their fertility in our hospital

More than **70**
of them for oncological reasons

Frozen embryo survival
rate around **95%**



PGD at Women's Health Dexeus

Women's Health Dexeus is a **pioneer in preimplantation genetic diagnosis (PGD)**. In 1994, the first PGD pregnancy in Spain was achieved in our hospital in partnership with the Autonomous University of Barcelona (UAB) to prevent a mother giving birth to a child with haemophilia as she was a carrier of the disease. Since then, many couples have benefited from this technique at our hospital. Over the past 20 years, we have achieved births of children free from genetic disorders. In addition, our techniques and experience allow us to continue adding to the number of diagnosable genetic diseases.

Our success rate using this technique is over 70% with a miscarriage rate below 5%.

Women's Health Dexeus has its own PGD laboratory, in which we have the latest technology and highly qualified expert professionals.

We are the first hospital in Spain to offer a unit specialised in preconception genetic advice to detect whether parents are carriers of a genetic mutation in genes that can cause recessive disorders. Sixty per cent of people have genetic mutations and the carrier detection test is often the only way of knowing if these mutations could cause diseases in their children. It allows us to identify the presence of genes in the future parents that can cause up to 200 diseases, such as cystic fibrosis, spinal muscular atrophy, thalassemias, neonatal diabetes and fragile X syndrome.

Our team of professionals will be **at the patients side at all times** to give advice during each stage of the treatment.

We have a team of geneticists who advise on any pregnancies that require more comprehensive genetic monitoring.

Our success rate using PGD and PGS is over **70%**



Why trust in Women's Health Dexeus?

Our success rates speak for themselves: Overall success rates above European average, irrespective of the fact that about 25% of our patients come from previous failed attempts in other centres.

Experience gives the best results: With nearly 40 years' experience, we are pioneers in reproductive medicine in Spain. Our well equipped IVF laboratory performs more than 3000 IVF cycles per year.

The only surprise will be a pregnancy: When comparing alternatives, it is important to check what these include or not. At Women's Health Dexeus we quote a fixed price, which includes the donor's medication in the case of oocyte donation and whatever is required in the treatment.

The safety of our patients is our goal: The patient will be in good hands in a first level hospital setting that delivers the best medical care and a 24/7 emergency service.

Donor screening: Our oocyte donation programme is subject to very strict donor selection: they undergo the most thorough health and genetic screening on the market, in order to reduce the risk of the transmission of genetic diseases.

The best technology for improving results: We offer the very latest technological advances, such as Embryoscope culture and aCGH for PGD/PGS.

Saving time: As well as the patients' safety, their time and comfort are really important to us. That's why we perform the entire process of consultation, diagnosis and treatment, at a single centre

When faced with sterility, fast intervention is of the utmost importance: At Women's Health Dexeus there are no waiting lists.

We feel with the patient and take care of them throughout the process: We have several additional services, such as acupuncture treatment, which can help them throughout the process.

We understand the patients and help them in their language: We understand how important fluent communication with the medical staff is to the patients, so we will deal with them in the language they feel more comfortable with. They can speak to us in Spanish, Catalan, English, French, Italian, German and Russian.

At Women's Health Dexeus we make things easy for patients. We know that for some patients it may be difficult to get to our hospital for the first consultation. This is why we have an online helpline for patients, which has the highest level of confidentiality and is very easy to use.

We have our own research, development and innovation (R&D+i) department: under the supervision of its directors, Dr Anna Veiga and Dr Francisca Martinez, the research conducted by the department has placed it at the forefront of numerous reproductive medicine techniques.



Always looking towards the future, we make the very latest technological advances in genomic medicine available to our patients as **we have set up a unit specialised in genetics**, which works daily with our physicians and biologists in order to give personalised advice tailored to the patient's every need (before assisted reproduction treatment, during pregnancy, in a cancer risk consultation, etc.).

Genomic medicine allows personalised prevention through early and accurate techniques based on the analysis of our patients' genetic profiles. Our goal is to adopt a genomic science approach to our clinical practices. In order to do so we work with laboratories and technology centres to provide genomic testing to deliver targeted medicine.

Genomic medicine

We have set up a unit
specialised
in genetics

Genomic medicine allows personalised
prevention



Women's Health Dexeus Foundation

Through our Foundation, at Women's Health Dexeus we support the development of medical science and its subsequent use in different social fields. To do so, we promote various scientific and research activities with special emphasis on the training of professionals and the dissemination of know-how.

In addition, we work daily in compliance with the following Corporate Social Responsibility programmes:

- Preservation of fertility in cancer patients.
- Post-ablation reconstruction.
- Gynaecological care to women with physical disabilities.
- Special care to patients diagnosed with gynaecological and breast cancer.
- Training of health personnel in the fields of obstetrics and gynaecology.

Quality guarantees

At Women's Health Dexeus, we comply with the strictest quality controls in every single service that we offer to our patients. Proof of this are the quality certificates that various organisations have awarded us.



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COMPREHENSIVE CARE IN OBSTETRICS, GYNAECOLOGY
AND REPRODUCTIVE MEDICINE

Women's Health Dexeus

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