

## 臨床體會試管嬰兒（IVF-ET）的利弊

### The pros and cons of IVF

試管嬰兒（IVF-ET）的全名是IN VITRO FERTILIZATION，這技術已發展了三十多年，當中一般人所看到的都是其正面的資訊居多，更有崇洋的人認為IVF-ET是無敵，任何情況下，只要做IVF-ET，都可以立即生育，近日報導有年輕的亞洲婦女，二十餘歲便做IVF-ET。若你有這想法的話，那便大錯特錯了。首先我們要先認識二個專業名詞：懷孕率（Pregnancy Rate）及活產率（Live Birth Rate），據美國報導：年齡小於35歲的婦女，通過IVF已成功懷孕的約47%，活產率是40%，而41至42歲的，其成功懷孕率只有四分之一，活產率更低至五分之一。那麼，若你已是超過43歲的話，豈不是成功率更低。

IVF stands for IN VITRO FERTILIZATION, and has been developed for more than 30 years. It is generally perceived by people as a very positive thing. For some who worship the western culture it is even believed to be invincible. Once you have IVF, and if successful, giving birth can happen without any problems at all. There have been recent reports about young Asian women receiving IVF in their early 20s. If you also think that this is OK, you are absolutely wrong. Firstly, it is important to know two professional terms: Pregnancy Rate and Live Birth Rate. According to USA reports: For women aged under 35, the pregnancy rate through IVF is 47% and the live birth rate is 40%, whereas between the ages 41 and 42 the pregnancy rate is only a quarter and the live birth rate drops to one-fifth. If you are over 43, the success rate is lower.

當然，IVF-ET的確幫了很多不孕的夫妻，尤其是輸卵管有問題的患者或是男性畸形精子較多的患者，這點我們不可否定。但不能憑此而成功的夫妻，實際的情況又是怎樣？答案是不少失敗個案啊！而且其後遺症很多時是你意想不到的。這些都是西醫們不欲跟病人談的問題，有的更不欲告訴病人其弊處。有些機構由於利益驅使，不斷的勸患者做IVF-ET，當失敗後不足三個月，又催促病人進行第二第三次，甚至更多的IVF嘗試。筆者就曾有病人在年半內，做了4次IVF-ET，但4次都失敗，來診時腎脈虛，血報告更顯示其卵巢有早衰的跡象，這都是進行IVF-ET後的後遺症。就正如剛推出抗生素時，普遍人都認定那是仙丹，但現在呢？若非必要，歐美的醫生不會隨便開抗生素給病人。那麼，IVF有甚麼弊處？當中卵巢過度刺激綜合症（OHSS, Ovarian hyperstimulation syndrome）就是最常見的，而近年更有多篇報導指出：IVF-ET易出多胞胎，IVF-ET的嬰兒其畸胎率也比自然懷孕的高……。

IVF helps many infertile couples, especially those with problems for women in the oviduct or men who have deformed sperm, which is a fact we cannot deny. What is the actual situation of those

who are not successful? The answer is there is a multitude of failures and the consequences are little known? (sequelae are unexpected). Western doctors tend not to mention these issues to their patients; some do not even bother to tell patients about the drawbacks. They keep convincing their patients to receive IVF treatment in the interest of making money. The victims are encouraged to try a second, third time or even more within less than three months from their failure to get pregnant through IVF. I have a patient who had undergone four rounds of IVF in one and a half years and all failed. Her kidney pulse was weak during her first consultation. Blood tests even showed that her ovaries had OHSS (Ovarian hyperstimulation syndrome) which are a result of IVF. That's the same case when antibiotics first came to the market and people regarded them as elixir. What about now? Unless it is necessary, doctors in Europe and America will not prescribe antibiotics. So then what are the cons of IVF? OHSS should be the most common. There have been more recent reports which point out that IVF gives a higher possibility of multiple births and a deformity of infants.

IVF- ET最失敗之處是「一味催谷」，身體內的內分泌本來就不足或不平衡，越催谷，只會弄巧成拙，反而越使內分泌系統紊亂。可能有人會說，西醫不就是把你體內缺乏的，都加進去嗎？若你思想還是堅持在幼兒階段，筆者不會反對你的，但若你想知道真實的情況，筆者可以告訴你，外加入體內的東西，有時是會被身體誤認為敵人，它不接受之餘，有時更會排斥，這情況就像地基不穩的大廈，本來基礎不好，但工人反而越建越高，塌樓便是必然的結果。西醫有其厲害之處，亦有其不足之處，近年反而多了洋人明白此道理，在做IVF- ET前大半年，已來筆者診所作「鞏固地基」的治療，有的還未待IVF- ET來臨，已自然懷孕；有的則調好身體後便一擊即中。

It has been proved that pushing patients to do IVF has a negative influence on the results. With insufficient or imbalanced endocrine inside the body, hastening IVF produces a negative result and even leads to endocrine system disorder. While some may say that western doctors give supplements in what the body lacks, if you consider taking supplements during the infancy period I would not oppose you to do so, but if you want to know the actual situation, I can tell you that adding alien substances into your body would be regarded as enemy. Aside from the body not accepting them, it may exclude them. This case is like a building with a loose foundation. If workers keep building it higher, it will finally collapse. Western doctors have their strengths and weaknesses and more foreigners have come to understand this in recent years. Half a year prior to receiving IVF, they come to me to “strengthen their foundation”. Some of them get pregnant naturally before doing IVF, while some have strengthened and conditioned their body up and hit gold.

另一方面，一般人最關心的是活產率，IVF- ET是能幫你懷孕，但懷孕至BB出生的這段妊娠期，能否安全懷胎，就全憑你本身的身體質素，也就是我們之前所說的基礎，或地基。你問問自己，有沒有人只會享受懷孕，而不打算把BB生下來？筆者相信沒有吧，懷孕只是過程，健康地把寶寶生下來才是目的。那麼，活產率才是我們的重點。通過IVF- ET懷孕，一般西醫最擔心的，亦是保胎，因其流產率亦十分高，幾個月前某香港女歌星不就是在懷雙胞胎5個月便流產，她這次就是通過IVF- ET懷孕。綜合來說，還是離不開本質，若自身分泌平衡，成功率自然高。

On the other hand, Live birth rate should be our biggest concern. IVF can give you a fertilized embryo. Whether you can conceive safely from pregnancy to give birth, will depend on the quality of your body - that is the foundation we have been talking about. Ask yourself if there is anyone who enjoys only getting pregnant but doesn't plan to give birth? I believe nobody does. Pregnancy is only a process, giving birth to a healthy baby is the destination. To follow the same train of thought, Live birth rate is our main point. Western doctors' biggest worry about IVF is to be able to conceive safely, as the miscarriage rate is very high. Isn't there a female Hong Kong singer who miscarried her twins in her fifth month of pregnancy? Her babies were fertilized by IVF. All in all, it's just about the nature of your body. If you have balanced secretion, your rate of success will be high.

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