

## Report to the NFOG Board 2016

### Single embryo transfer in Finland and the U.S.A.: blastocyst vs. cleavage-stage: May-June 2016

This was my third trip to the vast centre of knowledge that is the Centers for Disease Control and Prevention (CDC) in Atlanta. Together, we are trying to find out whether cumulative term live birth rate after fresh and frozen-thawed embryo transfer is affected by the length of embryo culture. Due to CDC's regulations, the analyses can be performed only in Atlanta and because of my other job as resident in Obstetrics and Gynecology, work has had to be done in short research periods. My visit in May was the third one-month study period.

It almost felt like coming back home as everyone and everything was already familiar. As always, I enjoyed the calm atmosphere at the CDC and the professionalism and working ethics of my colleagues. The visits to the CDC always mark a great leap in my understanding of ovarian physiology and of the many different ways in vitro fertilisation (IVF) can be performed. Conversation on almost any topic reveals the great differences in the approach to infertile patients and their treatments between Europe and the U.S. During my month in Atlanta, I also presented my study at the monthly meeting of the host research group.

The month in Atlanta was very productive as I continued developing the statistical methods required to compare data coming from two different patient populations that seemingly have nothing in common. The visit was rewarding in many other ways – gastronomical, musical (it is wonderful to go jogging in the city park during the jazz festival) and touristic, but the accent this time was on getting the work done.

I would like to thank wholeheartedly the NFOG for supporting this trip. I hope the results from the study will be useful for the treatment of infertility patients worldwide.

Zdravka Veleva

Zdravka Veleva, MD, PhD  
Department of Obstetrics and Gynecology  
Helsinki University and Helsinki University Central Hospital  
PO Box 140, 00029 HUS, Finland  
Phone: +358 44 557 6213  
e-mail: [zdravka.veleva@helsinki.fi](mailto:zdravka.veleva@helsinki.fi)