

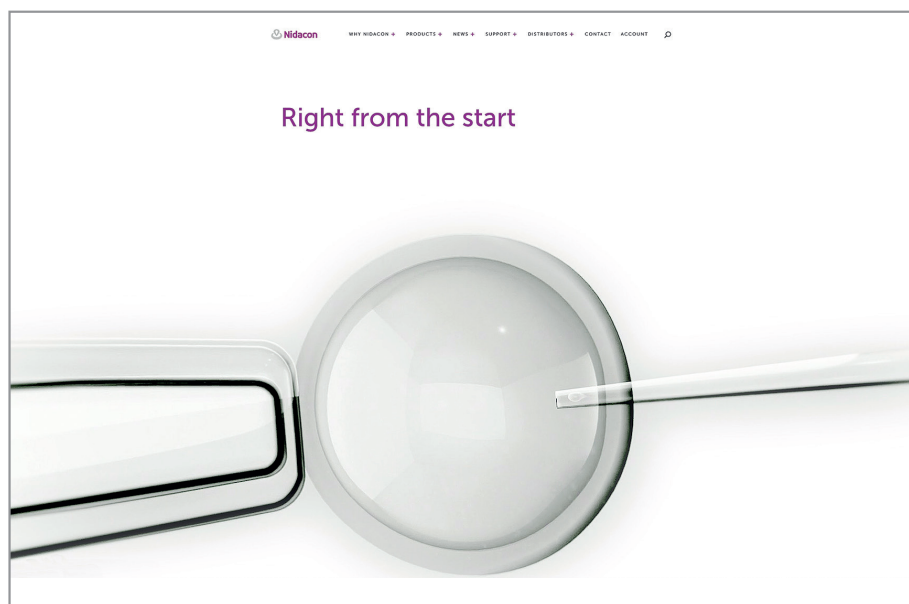
Nidacon News

The news letter from your ART supplier • No 2 • 2022

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New Website



We have had our old web page for many years now. It has been of great help for both us and our customers, but we realised the time had come for an update.

If you want to have a web page up to date with a modern design both technically and aesthetically you have to rework it from the ground up at least every 5 years. The new Nidacon website is therefore based on more modern techniques and is more structured. The design has the ambition to be cleaner and easier to navigate.

Nidacon News and Tips & Tricks

You will continue to find the same information as before, our news, tips and tricks, video tutorials and a lot of information that will be of great help to you. The news is located in the News section and tutorial videos and tips & Tricks can be found under the section Support.

The webshop

We have also added a webshop possibility for customers in markets without local representation by a Nidacon distributor. Just log in and place your orders online!

You can find a list of all distributors on our website. Just send us an email with your contact information and we will set up an account for you and then it is just to log in and do your ordering online!

When you are logged in to the website, there will be pricing and shopping possibilities in the regular product pages. When placing your order you will receive an order confirmation, but without transport cost added.

We will handle your order and calculate the most cost-efficient transport cost for you. You will then receive a separate confirmation complete with the cost of transport.

If you are curious about our line of veterinary products, please visit our separate web page; www.nidaconvet.com There is a short cut in the upper right corner of the web page.

We hope you like the new design and please let us know if you have any recommendation or comment about it; it will be a pleasure for us to take it into account to improve.



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Global figures suggest sperm concentration has halved in 40 years – and the rate of decline is accelerating

A systematic review published in human reproduction Levine et al 2017 analysed the recent trends in sperm counts as measured by sperm concentration and total sperm count.

The period 1981-2013 was searched and 7518 abstract and 2510 full articles of with data on men who provide semen samples in 1973-2011.

Sperm count is of considerable public health importance for several reasons.

First, sperm count is closely linked to male fecundity and is a crucial component of semen analysis, the first step to identify male factor infertility. The economic and societal burden of male infertility is high and increasing.

Second, reduced sperm count predicts increased all-cause mortality and morbidity.

chemicals, pesticides, heat and lifestyle factors, including diet, stress, smoking and BMI.

Therefore, sperm count may sensitively reflect the impacts of the modern environment on male health throughout the life course.

In this review a significant overall decline in both sperm counts (SC) and total sperm count (TSC) was found. Sperm

North America, Europe, Australia, and New Zealand over the last 4 decades, with no evidence of levelling off in recent years.

Moreover, the rate of decline appears to be increasing, when they looked only at data collected since the year 2000, the decline was 2.64% per year.

Declining mean SC implies that an increasing proportion men have

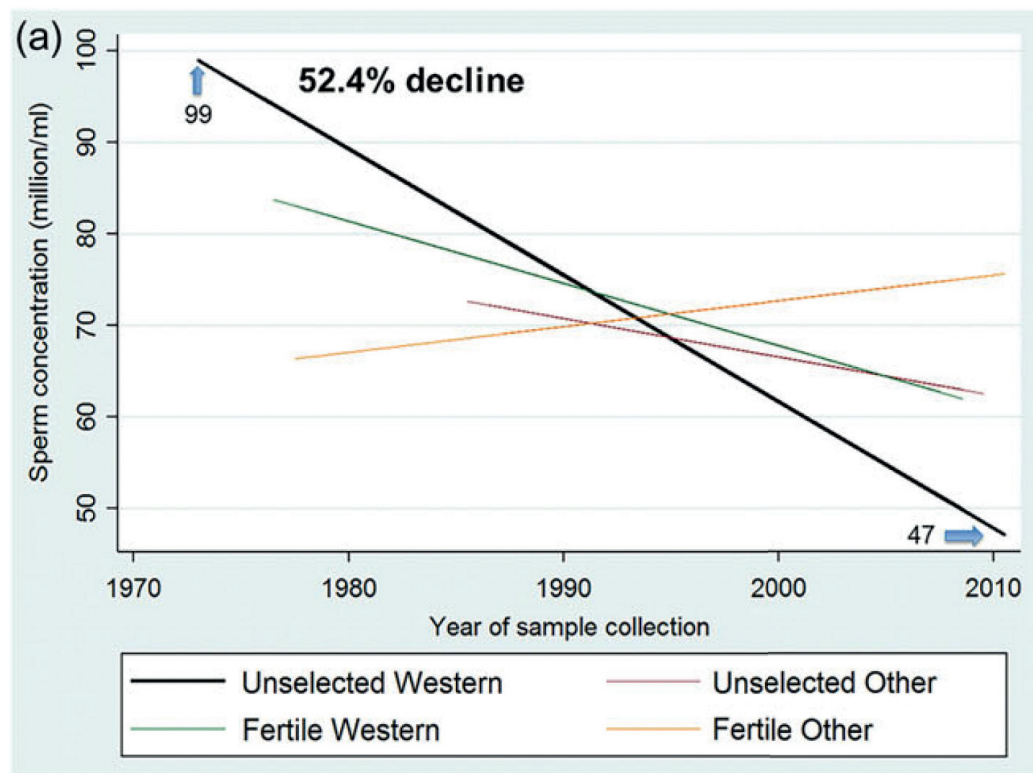
sperm counts below any given threshold for sub-fertility or infertility. declines in sperm count have implications beyond fertility and reproduction. The decline

reported is consistent with reported trends in other male reproductive health indicators, such as testicular tumors, cryptorchidism, onset of male puberty and total testosterone levels. The public health implications are even wider with multiple environmental and lifestyle influences, both prenatally and in adult life.

For example, endocrine disruption from chemical exposure can play a role.

The decline in sperm count might be considered "a canary in the coal mine" for male health. This report should trigger research into its causes, aiming for prevention.

Temporal trends in sperm count: a systematic review and meta-regression analysis. Levine H et al Human Reproduction Update Vol 23 No 6 2017



Third, reduced sperm count is associated with cryptorchidism, hypospadias and testicular cancer, suggesting a shared prenatal etiology.

Fourth, sperm count, and other semen parameters have been plausibly associated with multiple environmental influences, including endocrine disrupting

count declined 52.4% (1.4% per year and TSC 59.3% (1.6% per year) over the study period. The data was controlled for covarities like age, abstinence time, method of semen collection, method of counting etc. and the data remained substantially unchanged.

Indicating a decline in SC and TSC in



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Basic Semen Workshop

It is a fact that the proper handling of sperm contributes to improved fertilization rates.

We have therefore started with basic semen workshops again after the pandemic. Two were held in September Nidacon, both exclusive for Swedish customers but our aim is to have on a regular basis for all customers. Presentation of our products, hands-on of all methods and lecture regarding relevant topics, all during one day.

The workshop include:

- How to select the adequate gradient and implement a proper preparation
- Freezing and thawing of sperm to optimize survival and motility
- Proper technique for using the ProInsert
- Technique for handling of viscous samples and how to easily assess sperm vitality with SpermVitalStain

Smaller groups, only 10 people at each workshop, this makes it easier to get to know everybody and not only get information from us, but also from colleagues. We have usually a lot of discussions and we at Nidacon learn a lot as well.

Next workshop that is planned in April 2023 is exclusively for Finnish customers but as soon as we have the date for next open workshop, we will let you know.



Not easy being famous and infertile?!

Jennifer Aniston has spoken about trying to get pregnant through IVF but says that "the ship has sailed".

The actress, 53, best known for playing Rachel Green in Friends, said she privately went through a difficult time in her late 30s and 40s, while under media scrutiny.

"It was a challenging road for me, the baby-making road," she added.

"All the years and years of speculation... It was really hard. I was going through IVF, drinking Chinese teas, you name it. But she told the magazine that she had 'zero regrets'."

She added: "I would've given anything if someone had said to me, 'Freeze your eggs. Do yourself a favour.' You just

don't think it. So here I am today," she said. "The ship has sailed."

She suggested the media can be cruel towards women in the industry who do not have children and created a "narrative that I was just selfish" and "just cared about my career".



"And God forbid a woman is successful and doesn't have a child," she said.

Addressing her marriage to Brad Pitt, she said: "And the reason my husband left

me, why we broke up and ended our marriage, was because I wouldn't give him a kid. It was absolute lies. I don't have anything to hide at this point."

The star, who is appearing in the Apple TV+ series The Morning Show, went on to say she felt "a little relief now" about being older and found it "liberating", because "there is no more, 'Can I? Maybe. Maybe. Maybe'. I don't have to think about that anymore", she explained.

"I've spent so many years protecting my story about IVF. I'm so protective of these parts because I feel like there's so little that I get to keep to myself," she continued.

"The [world] creates narratives that aren't true, so I might as well tell the truth. I feel like I'm coming out of hibernation. I don't have anything to hide," Aniston added.

The effect of the pandemic on NidOil

The pandemic in the world affected the production at Nidacon, as for many companies, and it still does.

Specific filters are needed for the production of NidOil and these are still very difficult to order, they can be backordered up to 12 months. This delays our productions.

Nidacon usually has a very steady supply of products, a lot due to our long shelf lives, but for NidOil it has been a bit unstable due to the shortage of filters used in production.

Even if the pandemic situation has improved, the supply of the filters is still unstable. If you use NidOil (an excellent product by the way) be patient.

The situation is slowly starting to get better but it is still difficult to plan productions and the demand for NidOil is increasing.



New Products!

Our socks and caps have been very popular. If you would like to have them for everybody in the clinic or maybe as a gift for patients you can now order in our webshop.

www.nidacon.com/products/#spermcollection



BLUE/YELLOW SPERM STOCKINGS

BLUE/PINK SPERM STOCKINGS

Coming up

■ SSRM Swedish Society for Reproductive Medicine

April 27-28, 2023, Annual meeting in Örebro, Sweden



Svenska Sällskapet för Reproduktionsmedicin
Swedish Society for Reproductive Medicine

■ ESHRE 39th Annual Meeting

June 25-28, 2023, Copenhagen, Denmark



European Society of Human Reproduction and Embryology

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