



Get & Stay Pregnant

You have anovulatory infertility due to PCOS.

Your objective is to become and stay pregnant until the end of the game.

You can choose among 3 treatments.



non-pregnant



pregnant

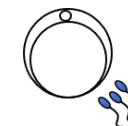
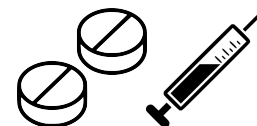
1 start as non-pregnant 

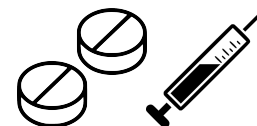
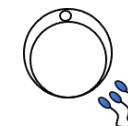
2 choose treatment 

3 draw event card  

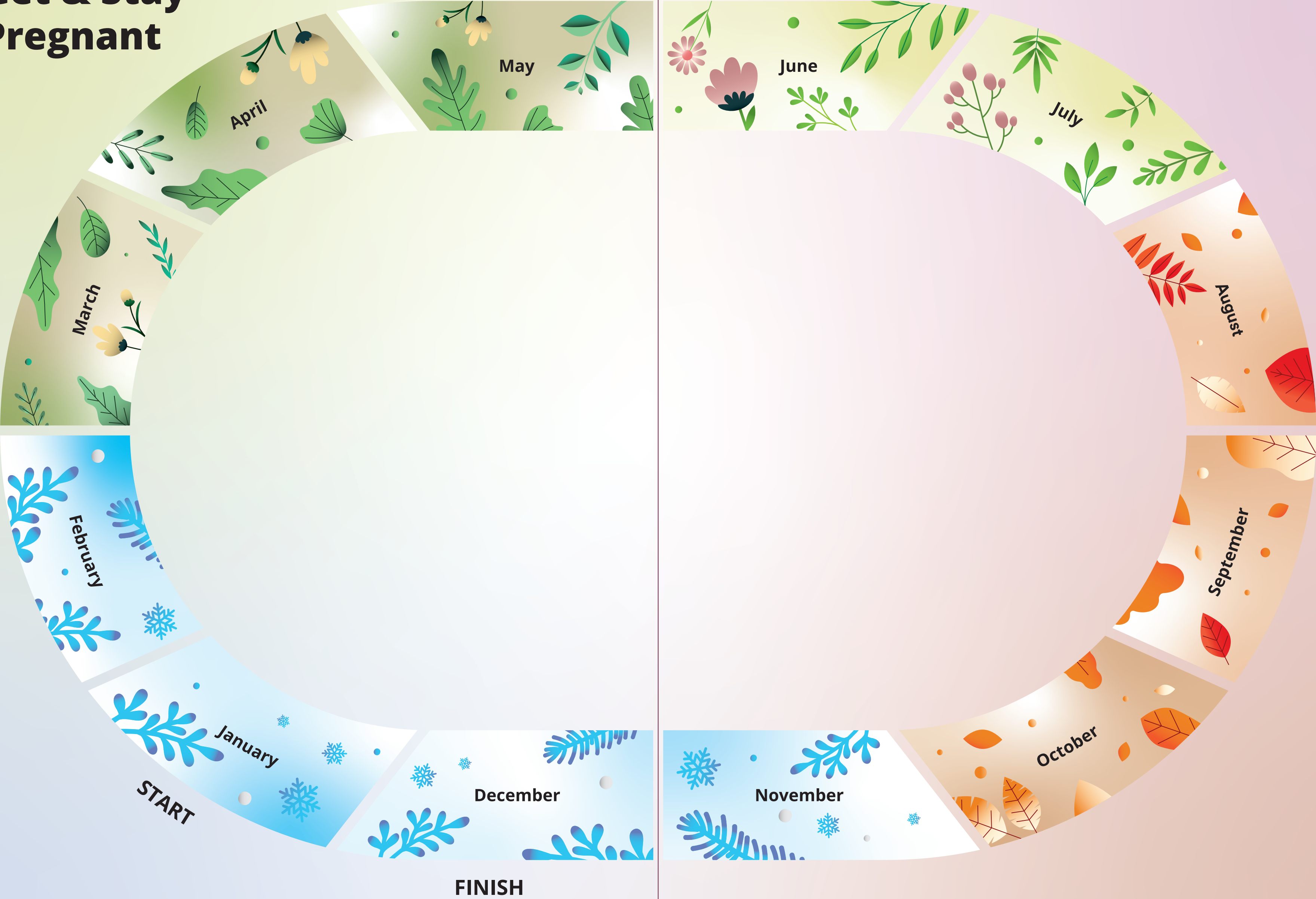
4 change to  if pregnant
revert to  if miscarried 

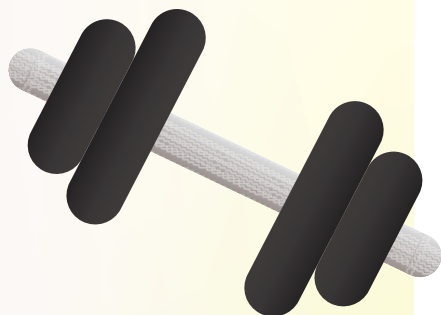
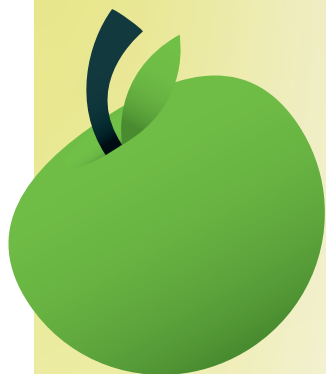
5 move



			
-	-	-	Roll 2 dice per turn.
Roll 1 dice per turn.	Roll 1 dice per turn.	-	-
Gym fee and dietary coaching 1 chip per turn.	Pharmacy bill 1 chip per turn.	Mandatory copayment for IVF 3 chips per turn.	-
16% pregnancy chance.	16% pregnancy chance.	30% pregnancy chance	-

Get & Stay Pregnant





**Lifestyle
changes**

Lifestyle changes

About 50% of women with PCOS are obese and/or insulin resistant.

Lifestyle management interventions focussing on diet, physical activity and healthy behaviour may bring about 5-10% weight loss, which improves insulin sensitivity, reduces serum insulin levels, and thereby ameliorates excessive intra-ovarian androgen production and allows resumption of normal follicle growth.

If adhered to lifestyle change, weight loss may normalise menstrual cycles and ovulation in obese women with PCOS, and the couple may conceive by timed intercourse.

Adherence to lifestyle interventions such as dietary advice or physical activity is variable, 40 - 80% depending on the program.

The insulin sensitising drug metformin can reduce serum insulin levels and augment the effect of lifestyle management interventions.

You don't adhere to diet and put on weight. Reduced pregnancy chances.



**Roll 6 twice
for pregnancy.**

Your get injured in the gym, co-payment at ER.

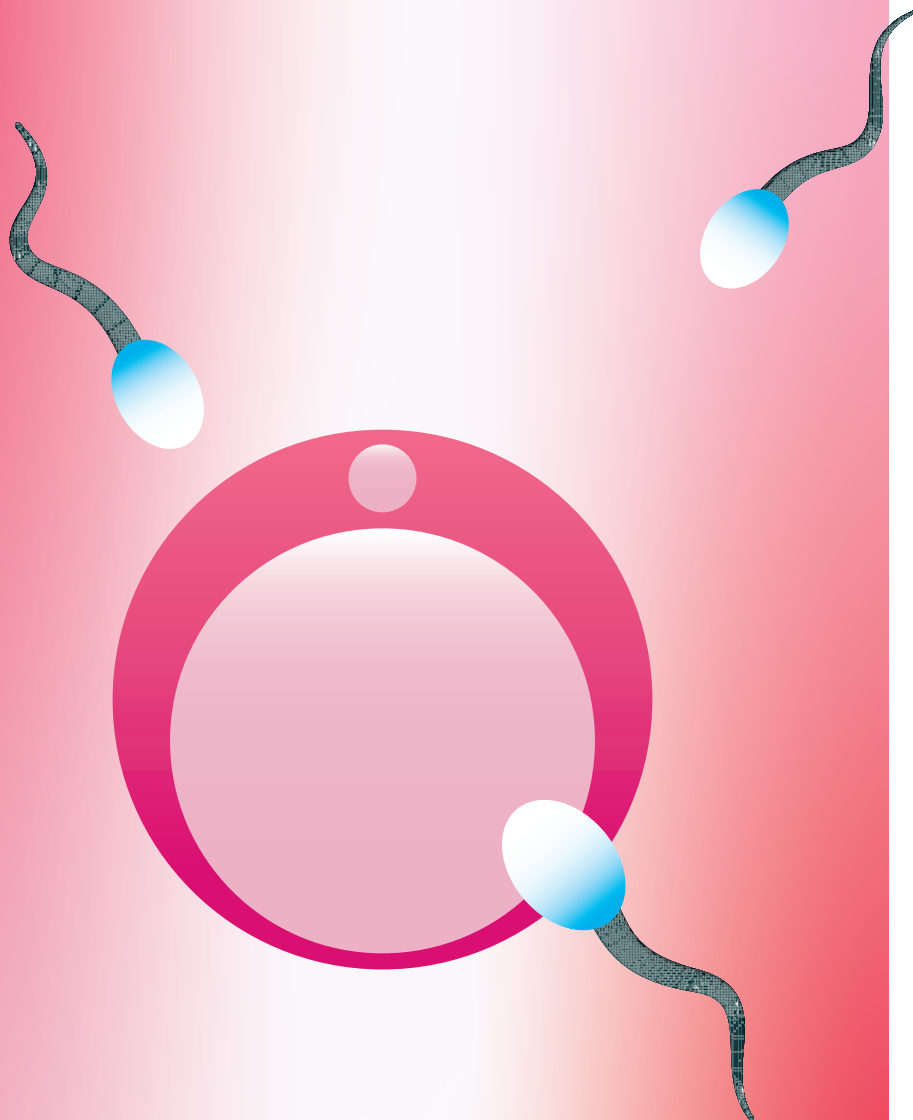


**Pay 2 chips. Roll 6
for pregnancy.**

This is your lucky month.



**Roll 3 or more
for pregnancy.**



**Assisted
reproduction
treatment**

Assisted reproduction treatment

Also called in vitro fertilisation (IVF), this method is rather effective in treating PCOS-related anovulatory infertility, with pregnancy rate per treatment approaching 30%.

During IVF, women receive controlled ovarian stimulation using a combination of high-dose FSH that stimulates growth of several follicles and GnRH-analogues that suppress endogenous LH release and prevent untimely spontaneous ovulation.

The oocytes are collected before spontaneous ovulation would occur and fertilised with isolated spermatozoa in vitro.

After fertilisation, the zygotes are cultured in the lab and one suitable embryo is replaced to the uterus (embryo transfer).

Although efficacious, IVF treatment is risky for women with PCOS. In particular, there is increased incidence of ovarian hyperstimulation syndrome, a condition characterised by ascites due to increased peritoneal permeability, caused by sustained release of VEGF from the multiple corpora lutea.

Your partner is out of town on oocyte retrieval day.



Skip this month.

You get a parking ticket at the IVF clinic.

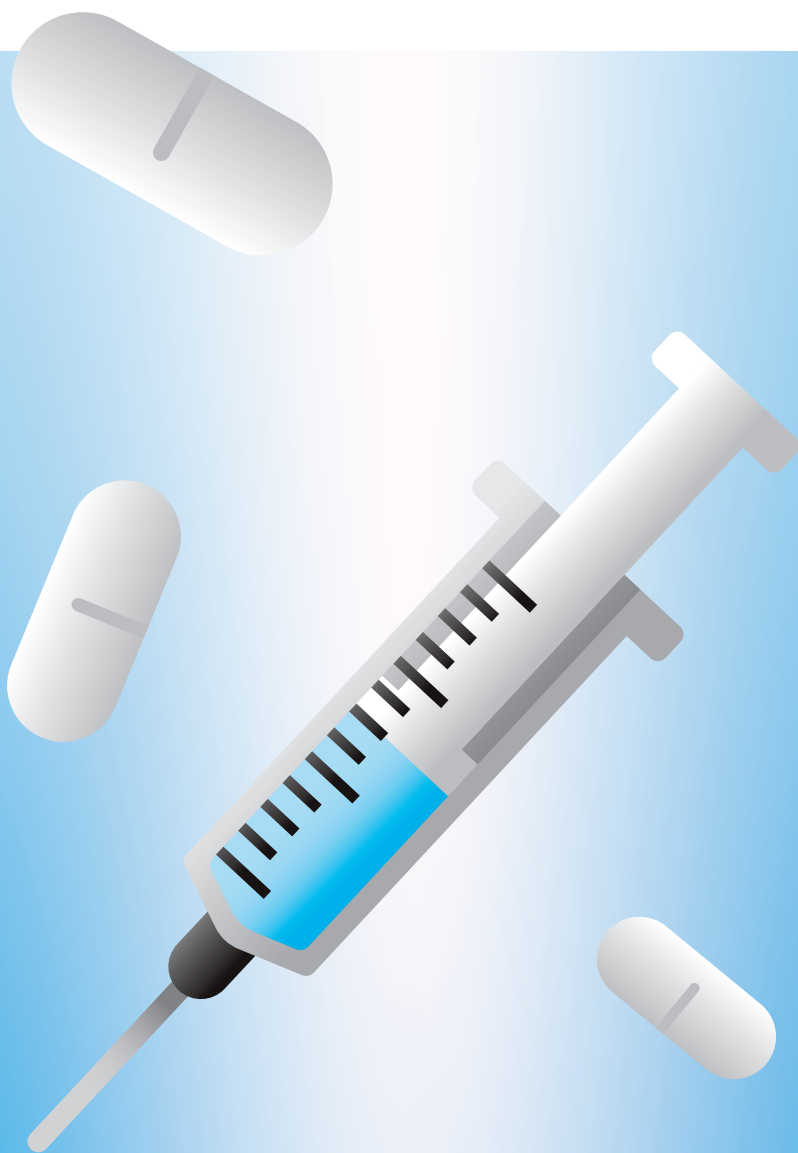


Pay 1 chip. Roll 8 or more for pregnancy.

This is your lucky month.



Roll 6 or more for pregnancy.



**Ovulation
induction**

Ovulation induction

In PCOS, antral follicles often fail to get selected and mature to ovulation due to increased intra-ovarian androgen levels. However, small increase of serum FSH, stimulating follicle growth, may overcome this arrest.

An effective strategy to induce a transient increase of FSH release by the pituitary is reduction of negative feed-back by oestradiol, which can be achieved by inhibition of oestradiol synthesis by the aromatase inhibitor letrozol. Alternatively, drugs blocking the oestrogen receptor (clomiphene or tamoxifen) can be used.

Anti-oestrogens are administered during the early follicular phase for ~ 5 days, and can effectively induce ovulation in ~ 2/3 of the patients. The insulin sensitiser drug metformin has similar efficacy to anti-oestrogens to induce ovulation.

The couple monitors ovulation with home test and attempts timed intercourse to conceive.

If ovulation is not achieved with anti-oestrogens, low-dose FSH injections can be given daily, and when a single follicle is selected for growth, final follicle maturation and ovulation can be induced by injection of bolus hCG followed. The couple would attempt pregnancy by timed intercourse.

Women undergoing ovulation induction with FSH must be frequently scanned with ultrasound to detect simultaneous growth of many follicles, in which case the treatment must be abandoned to prevent multiple pregnancy.

The pharmacy is closed for the weekend, you run out of drugs. Untimed ovulation.



**Roll 6 twice
for pregnancy.**

You get a parking ticket at the clinic.

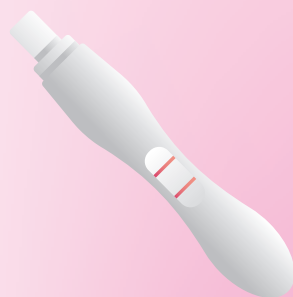
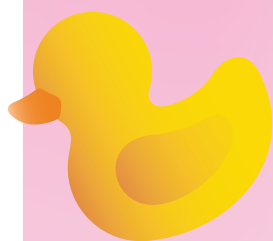


**Pay 1 chip. Roll 6
for pregnancy.**

This is your lucky month.



**Roll 3 or more
for pregnancy.**



Pregnancy

Pregnancy

Anovulatory infertility in PCOS has a fair prognosis. If ovulatory cycles are restored by ovulation induction or patients undergo assisted reproductive treatment, the chance of getting pregnant is comparable to patients with other infertility diagnoses.

Upon conception, however, women with PCOS are at risk to pregnancy complications, including

- miscarriage;
- gestational diabetes;
- preeclampsia;
- operative deliveries.

Increased risk of pregnancy complications in PCOS is partly attributable to co-existing obesity and insulin resistance.

In general, complaints in early pregnancy are common, including vaginal bleeding that may affect 20 – 40% of conceptions.

Vaginal bleeding could be a presenting symptom of miscarriage, which occurs in 10 – 20% of gestations.

Ectopic pregnancy, which may present with subacute pain and vaginal bleeding, is less frequent (2%).

Patients with suspected complications in early pregnancy should be examined closely, including vitals; gynecological exam; serum hCG and hemoglobin; transvaginal and/or transabdominal ultrasonography.

Management of miscarriage or ectopic pregnancy may be expectant, medical or surgical, depending on the clinical presentation and, if possible, patient preference. Patients may also require counselling due to the psychological impact of distress.

Pain and spotting in early pregnancy.



Roll a dice:
miscarriage if 3 or more.

You get a gift from in-laws.

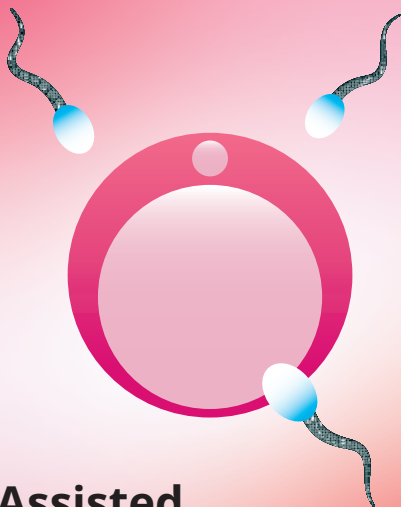


Collect 5 chips.
Proceed to next month.

You have the 8-week scan.



Roll 2 dice:
no fetal heartbeat and miscarriage if sum is 2.



**Assisted
reproduction
treatment**

Your partner is out
of town on oocyte
retrieval day.



Skip this month.

This is your
lucky month.



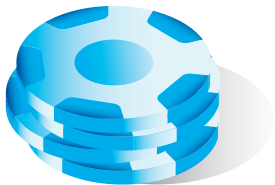
**Roll 6 or more
for pregnancy.**

FSH dose was set low, few
follicles respond during
ovarian stimulation.



**Roll 12 for
pregnancy.**

You get a parking ticket
at the IVF clinic.



**Pay 1 chip. Roll 8 or
more for pregnancy.**

Excessive ovarian
response, all embryos
are cryopreserved.



Skip this month.

The pharmacy is closed for the weekend, you run out of your GnRH analogue. Risk of spontaneous ovulation.



**Roll 10 or more
for pregnancy.**

This is your lucky month.



**Roll 6 or more
for pregnancy.**

The IVF clinic is closed for
holidays, your treatment
is cancelled.



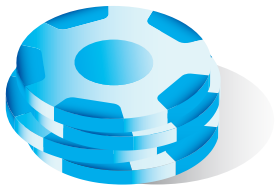
Skip this month.

You put on weight and
respond poorly to ovarian
stimulation.



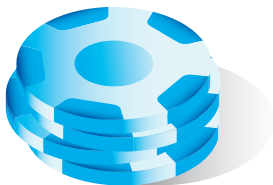
Roll 12 for pregnancy.

You are hospitalised for
ovarian hyperstimulation
syndrome.



**Pay 5 chips. Roll 4 or
more for pregnancy.**

Your drug costs are
reimbursed.



**Collect 3 chips. Roll 8
or more for pregnancy.**

You forget to set
GnRH analogue daily.
Spontaneous ovulation.



Skip this month.

Excessive ovarian
response, all embryos
are cryopreserved.



Skip this month.

Pelvic abcess after
oocyte collection, you
are hospitalized.



**Pay 5 chips. Roll 8 or
more for pregnancy.**

None of your oocytes
got fertilized.



Skip this month.

You completed the
treatment without
complication.



**Roll 8 or more
for pregnancy.**

You completed the
treatment without
complication.



**Roll 8 or more
for pregnancy.**

You completed the
treatment without
complication.



**Roll 8 or more
for pregnancy.**

You completed the
treatment without
complication.



**Roll 8 or more
for pregnancy.**

You completed the
treatment without
complication.



**Roll 8 or more
for pregnancy.**





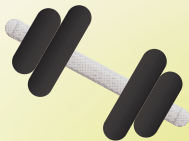








**Lifestyle
changes**

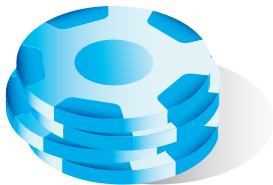


You don't adhere to diet
and put on weight. Reduced
pregnancy chances.



**Roll 6 twice
for pregnancy.**

Your get injured in the gym,
co-payment at ER.



**Pay 2 chips. Roll 6
for pregnancy.**

The ovulation test
is negative.



**Roll 6 thrice
for pregnancy.**

The ovulation test
is negative.



**Roll 6 thrice
for pregnancy.**

The ovulation test
is negative.



**Roll 6 thrice
for pregnancy.**

The ovulation test
is negative.



**Roll 6 thrice
for pregnancy.**

Your partner is out of town
on your fertile days.



**Roll 6 thrice
for pregnancy.**

This is your lucky month.



**Roll 3 or more
for pregnancy.**

You miss gym
classes. Reduced
pregnancy chances.



**Roll 6 twice
for pregnancy.**

You miss gym
classes. Reduced
pregnancy chances.



**Roll 6 twice
for pregnancy.**

You don't adhere to diet
and put on weight. Reduced
pregnancy chances.



**Roll 6 twice
for pregnancy.**

You ride bike to work and
save commuting costs.



**Collect 2 chips. Roll 6
for pregnancy.**

You prefer fish & chips to Mediterranean diet. Reduced pregnancy chances.



**Roll 6 twice
for pregnancy.**

You completed the
treatment without
complication.



Roll 6 for pregnancy.

You completed the
treatment without
complication.



Roll 6 for pregnancy.

You completed the
treatment without
complication.



Roll 6 for pregnancy.

You completed the
treatment without
complication.



Roll 6 for pregnancy.

You completed the
treatment without
complication.



Roll 6 for pregnancy.

You completed the
treatment without
complication.



Roll 6 for pregnancy.

You completed the
treatment without
complication.



Roll 6 for pregnancy.













**Ovulation
induction**

The pharmacy is closed for the weekend, you run out of drugs. Untimed ovulation.



**Roll 6 twice
for pregnancy.**

More than 3 preovulatory
follicles, the treatment is
cancelled.



Skip this month.

No mature follicles
in response to ovulation
induction.



**Roll 6 twice
for pregnancy.**

The clinic is closed for
vacation. Unconfirmed
ovulation.



**Roll 6 twice
for pregnancy.**

More than 3 preovulatory
follicles, the treatment is
cancelled.



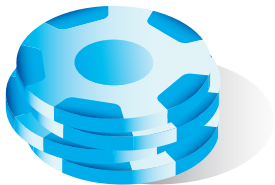
Skip this month.

No mature follicles in
response to ovulation
induction.



**Roll 6 twice
for pregnancy.**

You get a parking ticket
at the clinic.



**Pay 1 chip. Roll 6
for pregnancy.**

You put on weight and
respond poorly to ovulation
induction. Reduced
pregnancy chances.



**Roll 6 twice
for pregnancy.**

Your partner is out of town
after ovulation induction.



**Roll 6 thrice
for pregnancy.**

This is your lucky month.



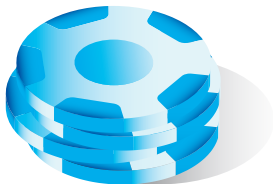
**Roll 3 or more
for pregnancy.**

This is your lucky month.



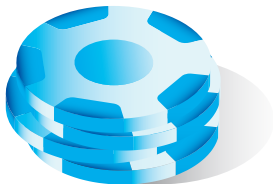
**Roll 3 or more
for pregnancy.**

Your drug costs are
reimbursed.



**Collect 2 chips. Roll
6 for pregnancy.**

Your drug costs are
reimbursed.



**Collect 2 chips. Roll
6 for pregnancy.**

You completed the
treatment without
complication.



Roll 6 for pregnancy.

You completed the
treatment without
complication.



Roll 6 for pregnancy.

You completed the
treatment without
complication.



Roll 6 for pregnancy.

You completed the
treatment without
complication.



Roll 6 for pregnancy.

You completed the
treatment without
complication.



Roll 6 for pregnancy.

You completed the
treatment without
complication.



Roll 6 for pregnancy.

You completed the
treatment without
complication.



Roll 6 for pregnancy.













Pregnancy

Pain and spotting
in early pregnancy.



**Roll a dice:
miscarriage if 3 or more.**

You have the 8-week scan.



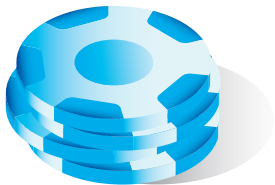
**Roll 2 dice:
no fetal heartbeat and
miscarriage if sum is 2.**

You receive metotrexate
for ectopic pregnancy.



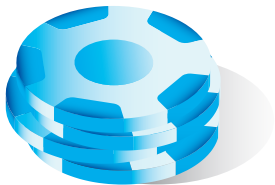
Skip 3 months.

You are shopping
baby gear.



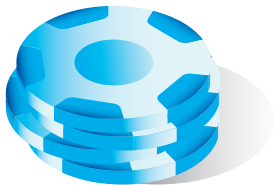
Pay 5 chips.
Proceed to next month.

You get a gift
from in-laws.



**Collect 5 chips.
Proceed to next month.**

You are expecting twins.



**Pay 5 chips for
extra baby gear.**

Pain and spotting
in early pregnancy.



**Roll a dice:
miscarriage if 3 or more.**

Pain and spotting
in early pregnancy.



**Roll a dice:
miscarriage if 3 or more.**

Pain and spotting
in early pregnancy.



**Roll a dice:
miscarriage if 3 or more.**

You have the 8-week scan.



**Roll 2 dice:
empty gestational
sac if sum is 2.**

You have the 8-week scan.



**Roll 2 dice:
no fetal heartbeat and
miscarriage if sum is 2.**

You have the 8-week scan.



**Roll 2 dice:
abnormal low CRL and
miscarriage if sum is 2.**

Uneventful month.



**Proceed to
next month.**

Uneventful month.



**Proceed to
next month.**

Uneventful month.



**Proceed to
next month.**

Uneventful month.



**Proceed to
next month.**

Uneventful month.



**Proceed to
next month.**

Uneventful month.



**Proceed to
next month.**

Uneventful month.



**Proceed to
next month.**

Uneventful month.



**Proceed to
next month.**

Uneventful month.



**Proceed to
next month.**







