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Dr. Ester Polak de Fried



Dr. Ester Polak de Fried is currently the chair of the Department of Reproductive Medicine at CER Medical Institute, affiliated with the School of Medicine at the Universidad de Buenos Aires (UBA), Argentina. She is also a professor of gynecology and endocrinology at Buenos Aires University (UBA). She is vice-president of the Ibero-american Eco-Bioethics Network for Education, Science and Technology, UNESCO Chair in Bioethics and also a researcher at the Science and Technology Department of UBA.

Dr. Polak de Fried graduated from the School of Medicine at UBA in 1971 after completing her undergraduate degree at the former Clínicas Hospital, Hospital Escuela Jose de San Martin. In 1978, she received her MGE (specialization in gynecology) from the National Public Health Department. In 1979, she received the MEE (specialization in endocrinology) from the School of Medicine at UBA. From 1984 to 1986, she did a fellowship in endocrinology research in Basel, Switzerland. Afterwards, she was invited to complete her clinical practice in New Reproductive Technologies at the University of Western Australia, in Perth, and at several centers in the United States.

In 1981, she started work on her medical teaching degree at UBA and after six years working as an assistant professor in gynecology, she became a full professor of gynecology and then the chair of the School of Medicine at UBA in 1987. In her career in teaching, she has supervised 67 national and international training courses on women's primary preventative health and reproductive endocrinology. She has also organized and chaired national and international congresses. In addition, Dr. Polak has been invited to speak at scientific meetings both within Argentina and abroad.

As a researcher, Dr. Polak de Fried was in charge of the Research Program of Hormone Pulsatility and New Developments in RIA from 1974 until 1977 (chair in gynecology, Rivadavia Hospital and the Albert Einstein Center of Medical Investigations). From 1979 to 1983, she was in charge of the Research Protocol of synthetic GnRH at the Endocrinology Department of Alvarez Hospital in conjunction with the Nobel Prize recipient in medicine, Professor Andrew Schally. She is one of the pioneers in Argentina in the area of Hypothalamic Pulsatility.

Together with her colleagues, Dr. Polak de Fried was responsible for ovulation induction in a patient with primary amenorrhea with hypogonadotropic hypogonadism, using the pulsatile LH-RH portable pump administration in 1984. A year later, Dr. Polak de Fried and her colleagues from the Alvarez Hospital in Buenos Aires, Argentina and Frauenspital from Basel, Switzerland demonstrated for the first time the way clomiphene citrate acts on gonadotropin liberation in human beings.

In 1987, Dr. Polak de Fried founded the Center of Reproductive Health (CER). Together with her colleagues, she was a pioneer in Argentina and all of Latin America in the use of GnRH analogues in controlled ovarian hyperstimulation protocols, ultrasound guided transvaginal oocyte recovery and ultra-rapid freezing for pre-embryos cryopreservation. Dr. Polak de Fried was the first to create an oocyte donation program in Latin America, achieving the first birth by oocyte donation in the region. As a professional always interested in fertility preservation, the CER founder and her colleagues achieved the first birth in a premature ovarian failure patient using cryopreserved oocytes in the world. She is also in charge of the world's first oocyte cryopreservation bank. In addition, Dr. Polak de Fried performed the first ovarian tissue transplant in the region. The CER has a continuous training program in ART and Reproductive Endocrinology for post-graduates specializing in human reproduction; students come from the post-graduate course of the Argentine Society for Reproductive Medicine. The CER Fellowship Program receives doctors from Uruguay, Chile, Peru, Ecuador, Colombia, Brazil, El Salvador, Nicaragua, Costa Rica, Mexico, Venezuela, Guatemala and Paraguay.

Together with her colleagues, Dr. Polak de Fried was also responsible for generating the world's first parthenogenic human blastocysts derived from non-inseminated cryopreserved oocytes; she also continues investigating different ways to achieve human stem cells.

Dr. Polak de Fried has served as a regular advisor on New Reproductive Technologies, Women Health, Bioethics and Stem Cell Research to the different Health Commissions of the Argentine House of Representatives and Senate since 1991. She is an internationally renowned expert in these areas as well.

Through her position as the Vice-President of the Iberoamerican Eco-Bioethics Network and the UNESCO Chair in Bioethics, Dr. Polak de Fried continues to work with collaborators from various disciplines on the question of bioethical aspects and the influence of the social environment, with an eye to the wellbeing of the generations to come. She also chairs the New Reproductive Technologies in Eco-Bioethics.

Since 1982, Dr. Polak de Fried is member of the former Argentine Society for Sterility and Fertility, now known as the Argentine Society for Reproductive Medicine (SAMeR). She participated on the steering committee since 1993 and was elected treasurer to the society. Later, she became vice-president and finally became the first woman president of the Argentine Society from 2001 to 2003. Afterwards, she served as president of the Scientific Committee.

In the Year 2001, Dr. Polak de Fried was elected as the IFFS Treasurer at the 17th World Congress of the International Federation of Fertility Societies (IFFS). In 2004, she was re-elected as treasurer until May 2007.

Dr. Polak de Fried also takes part in the Fertility Preservation Special Interest Group (FPSIG) of the American Society for Reproductive Medicine (ASRM) and serves as a Latin American rep to the IFFS Standard and Practice Committee.