

Upcoming Events:

Embryology Lab Evening

April 8, 2003, 6pm

"Mystery Behind the Microscope"
sponsored by Ferring Pharmaceu-
ticals. To RSVP call or email us.

Free Group Injection Instructions On Monday Evenings

Call for more information and to RSVP.

Bagel Day

April 9, 2003, 7:30am-12pm

Topic: Infertility Acupuncture
sponsored by Organon
Stop by in the morning to enjoy
complementary Starbucks coffee and bagels.

++ Telegram ++

► Is the fertility lifecycle a mystery to you? Serono's interactive web-site explains what happens to an egg starting on day 1 in the ovary to the final stage of implantation comparing a natural cycle to ovulation induction and ART. Go to www.seronocycle.com/lifecycle.

Tip of the Month:

When it comes to prescription renewals, the fastest, most efficient way is if you contact your pharmacy. They check that you have no more refills left on your current prescription and they fax us a request we can take care of immediately.

Quote of the Month:

"Newest procedures are standard, e.g. blastocyst transfer is not done everywhere. Surgery facility is excellent, great people, feels cozy." Patients' answer when asked what they like best about the care received at SDFC.

Newsletter Subscription:

Receive our monthly newsletter per email and stay informed about fertility issues! Subscribe by sending an email to newsletter@sdfertility.com and read missed issues in our archive at www.sdfertility.com/newsletterarchive.htm.

SDFC's Resource Listings Are Appreciated Among Patients

Over the past years, Drs. Hummel and Kettel identified supporting services in the San Diego area valuable to fertility patients as they complete their journey to parenthood. For the benefit of the patient, they created a simple listing of various professionals with whom they work closely. Much appreciated among patients, the listings include therapeutic services such as affiliated acupuncturists, massage therapists, and psychological counselors specialized in fertility.

In addition, listings of recommend pharmacies for fertility drugs, egg donor and surrogate agencies, attorneys specialized in reproductive law, urologists and adoption agencies are made available to patients.

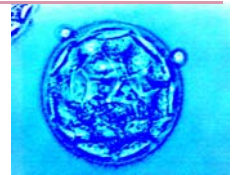
"The goal is to become a full-service fertility center serving our patients in all aspects of their fertility treatment", says Dr. Kettel, "Being familiar with these professionals we can be sure that our patients are in good hands."

The listings are given to every new patient in their new patient package and can also be accessed under "Patient Resources" on the Center's website at www.sdfertility.com. Additionally, educational events such as the monthly Bagel Days make patients aware about available services, e.g. this month's Bagel Day on April 9 will be about Acupuncture.

More Fertility Clinics Try Blastocyst Transfers

Recent reports show that more fertility clinics in the country implement the procedure of blastocyst transfers to decrease the risk of multiple births. The blastocyst transfer or "Day5 Transfer" allows fertilized eggs to grow for an additional 2 days past the standard three-day incubation to the point where it is ready to implant. Once the embryo reaches the blastocyst stage, the embryologist can better evaluate the quality of the embryo and to increase the chance of implanting successfully resulting in higher success rates.

Unlike other fertility clinics, the San Diego Fertility Center has been using the blastocyst transfer as one of the standard IVF techniques for years. Since its first case in 1998 in San Diego County, Drs. Hummel and Kettel have done close to 1,000 IVF cycles using this procedure. In order to use this technique, the lab has to have its separate air handling system and the latest model incubators to guarantee the best conditions for the embryos to develop. The reasons why other fertility clinics update their lab facilities to give the procedure a try are the rising concerns over the health risks and high medical costs associated with multiple births. More information about the blastocyst transfers at SDFC at www.sdfertility.com.



Blastocyst transfer is one of the standard techniques at SDFC since 1998.

Requests for Sperm and Egg Freezing on the Rise

The San Diego Fertility Center has received an increased number of inquiries about sperm freezing from servicemen considering cryopreservation before deploying. Some want to ensure that wives won't have to interrupt fertility treatment. Others are concerned about how vaccinations and medication or even biological or chemical weapons could affect their sperm. Most inquiries are about sperm banking and sperm gender selection which the Center refers to the Fertility Center of California (FCC, www.fertilityctr.com) in San Diego.

Sperm banking has a long history of serving men with cancer, many of whom preserve their sperm before undergoing chemotherapy that can leave them sterile. For women, egg freezing is still in research stages and only little information is available. Fertile Hope (www.fertilehope.org), an organization that raises awareness about cancer patients' fertility issues, offers resources and information about how women with cancer can freeze their eggs before chemotherapy.



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