

## Upcoming Events:

**August 8-10, 2003**

**SDFC offices will be closed.**

A local fertility specialist will be on call for patient emergencies.

**Free Group Injection Instructions On Monday Evenings**

Call for more information and to RSVP.

**Embryology Lab Evening**

**August 19, 2003, 6pm**

"Mystery Behind the Microscope"

sponsored by Organon

To RSVP call or email us.

**Bagel Day**

**August 20, 2003, 7:30am-12pm**

Topic: Yoga & Massage Therapy & Infertility —sponsored by Organon

Stop by in the morning to enjoy complimentary Starbucks coffee and bagels.

## Tip of the Month:

►When undergoing in vitro fertilization, stop drinking alcohol one month prior to an IVF cycle. Researchers found that alcohol can have a negative effect on IVF treatment.

## Quote of the Month:

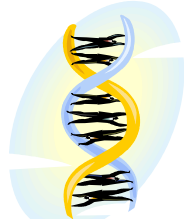
"Consultations are not rushed and we are given ample time to ask questions. The doctors were patient, caring and took all the time to explain the treatment & options for us. Job well done!"

Patient's anonymous feedback on a recent satisfaction survey.

## Newsletter Subscription:

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

## Cystic Fibrosis Testing Now Offered to All SDFC Patients



*The genetic disorder of most frequent CF mutations can be identified with a simple blood test.*

Since the American College of Obstetricians and Gynecologists (ACOG) now recommends DNA screening for cystic fibrosis (CF) to all couples trying to conceive, Drs. Kettel and Hummel offer the testing to their patients.

The test, previously only recommended to couples with a family history of carrying the CF gene, is a laboratory test done on a sample of the woman's blood. The test screens for the most frequent of the 900 known mutations of the gene. If the test shows that the woman is a carrier, the next step is to test the baby's father. If both are carriers, there will be a 25% chance that the baby will suffer from CF.

CF, first discovered in 1989, is a genetic disorder which causes life-long problems with digestion and breathing for the child. "What is good for the natural conceiving couples is good for couples undergoing fertility treatment", explains Dr. Kettel, "We take these recommendations seriously and want our couples to give birth to a healthy baby!"

## Only 40% of Infertility Cases are Due to Female Infertility

Before infertility treatment was available, women were exclusively responsible for a couple's progeny. Historically, most scientific research on infertility has focused on female factors. However, scientists have now proven that only 40% of infertility is due to female infertility. Of the remaining 60%, two thirds is due to male factor infertility and one third is due for a combination of factors, involving both partners.

Recent research shows that a man's biological clock starts ticking at age 45, ten years later than a woman's. However, this isn't a reason for a couple in their 30's to concentrate solely on female causes of infertility. It has been observed that some couples seeking fertility treatment easily agree to a series of complicated tests and even laparoscopy for the female partner before the male partner will agree to give a simple sperm sample, which ends up being evidence for their struggle.

Further, the number of fertility specialists who focus on male infertility is only 10% to 15% of the experts who focus on female infertility. "Infertility is a couple's issue," says Dr. Hummel, "This is shown by an equal percentage of infertility diagnoses traced to women and men. It's time to let go of the old stigma".

For more information about male infertility visit our web site at [www.sdfertility.com](http://www.sdfertility.com).

## Research Discovers Gene Responsible for Release of Eggs

Researchers recently identified a gene that plays an important role in a woman's monthly release of eggs for fertilization. The gene, called FoXo3a, is responsible for transforming one follicle in the ovary from a resting to an active stage, in which an egg matures and is released for fertilization.

The study found that in females who miss this gene, ovulation and egg depletion both occurred at a much earlier age. This early failure of follicular function is observed in about 1 percent of women who are diagnosed infertile.

These findings are promising. Researchers will continue to investigate FoXo3a gene and possibly develop a contraceptive to prevent early activation and depletion of eggs.



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