

## Upcoming Events:

**Embryology Lab Presentation**  
Online at [www.sdfertility.com](http://www.sdfertility.com)  
"Mystery Behind the Microscope"  
sponsored by Ceres Fertility.  
Request login info by email at  
[seminar@sdfertility.com](mailto:seminar@sdfertility.com)

## Bagel Day

**August 12, 2004, 7:30am-12pm**  
Topic: Refer a Friend and  
Get Rewarded - sponsored by  
Organon  
Stop by in the morning to enjoy  
complementary Starbucks coffee and bagels.

**Free Group Injection Instructions**  
**On Monday Evenings at SDFC**  
Call for more information and to RSVP.

## Tip of the Month

Make sure you follow a balanced diet while undergoing fertility treatment. A study found that high-protein diets like Atkins might increase ammonium levels in women which can slow down embryo development and the embryo's ability to attach to the womb.

## Quote of the Month:

"We cannot express how thankful we are to you + your staff. We are so thrilled about our upcoming 'event', and we owe it all—'almost all' to you. You have always had my health and well being at the center of my treatment. Without your professionalism, medical expertise + compassion, I would not be the joyous expectant mom that I am. No words can ever thank you appropriately for the gift you have given us. You are amazing and your staff at SDFC is one of a kind!" Patients' Thank-you note.

## 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).

## New Digital Tools of the Next Generation at SDFC

Using modern technologies and state-of-the-art medical equipment are vital elements for Drs. Kettel and Hummel in providing excellent patient service. The new data management tool called Digital MD has been one of the latest implementations at SDFC. Digital MD is a leading-edge information technology tool, which allows the computation and visualization of patient data such as embryo development and grading, cryopreservation and assisted hatching. Doctors and embryologists can collaborate electronically about findings, diagnoses, and patients' progress.

The application's network capability and compatibility with the Center's patient management application MillBrook makes clinical case management easy. Right now, an electronic file and a patient folder with hard copies is kept for each patient. "We sometimes search to find a file because it's on somebody's desk", says Annette Gilliland, Dr. Kettel's medical assistant, "This won't happen with the electronic patient files".

Another tool of modern technology is the new laser equipment in SDFC's embryology lab. SDFC is one of the first clinics on the West Coast using laser equipment for procedures like zona laser biopsies for PGD and laser assisted hatching. The laser guarantees best care for embryos during those procedures and highest level of accuracy, which may result in higher embryo quality and ultimately higher pregnancy rates for SDFC patients.



*SDFC is one of the first clinics on the West Coast using this new laser equipment for assisted hatching and PGD biopsy.*

## SDFC Welcomes Caroline and David

With our nurse Tamara Tobias leaving to pursue her career in Seattle, Drs. Hummel and Kettel found an excellent addition to the team with Caroline Connor, CRN. She graduated from Vanderbilt University School of Nursing with a Masters of Science in Nursing, and a Women's Health Nurse Practitioner Certificate. She has been working in the field of Women's Health since 2002 and during her short time at SDFC, she has already become one of our patients' favorite nurse practitioners.

Another valuable addition to SDFC's team is David Pyatt. As the new Chief Operating Officer, he is in charge of clinical and administrative planning and management. He received a Masters in Health Administration from University of Colorado and joined SDFC after his position in Management Analysis at San Diego Children's Hospital.

## Unique Gonadotropin Pen Introduced to SDFC Patients

Last month, the Food and Drug Administration (FDA) has approved a new device developed for the delivery of follicle stimulating hormone (FSH) Gonadotropin, which is used during infertility treatment. Drs. Hummel and Kettel have found that the device, which is called Gonal-f® RFF Pen, make injections for patients much more tolerable. The pen is pre-filled and ready to use. The flexible multi-dose FSH is designed for infertility patients, who simply select their dosage on the pen's dial before injection.

"Our patients have been waiting for the FDA approval since they heard about it during the research studies", comments Dr. Kettel, who conducted one of the studies for Serono, "It is a relief for every patient, who is afraid of needles". Gonal-f RFF Pen is available in three sizes with single-dose and multi-dose vials of 300 IU, 450 IU or 900 IU.