

Upcoming Events:

Embryology Lab Presentation
Online at www.sdfertility.com
"Mystery Behind the Microscope"
sponsored by Organon.
Request login info by email at
seminar@sdfertility.com

Bagel Day December 8, 2004,
7:30am-12pm

Topic: Acupuncture supporting
fertility treatment 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:

Fertility LifeLines' hotline is very helpful answering questions every step of your fertility treatment. A trained nurse can give you information about general infertility, assist in verifying insurance coverage, answer questions about injections, or give you emotional support when nobody else is available. Fertility LifeLines are available Mo-Fri 5am-9pm and weekends 5am-3pm PST. Call toll-free 1-866-538-7879 and give it a try.

Quote of the Month:

"I can't thank you enough for all that you do. You are all so patient with my questions. You are always smiling and encouraging and that means so much to us. No matter what our outcome is, you have helped to make this process bearable, both emotionally and physically. For that we are eternally grateful." Comment on a recent patient 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 and read missed issues in our archive at www.sdfertility.com/newsletterarchive.htm.

Dr. Kettel & Dr. Hummel & Staff Wish You Happy Holidays!

First Look at Plans for 2005: Embryo Donation Program



Pregnancy success rates for infertility treatment at SDFC are increasing each year! Therefore, it is no surprise that the number of unused, frozen embryos stored in our lab increases as well. This is one reason why Drs. Kettel and Hummel are working to develop an Embryo Donation Program for their patients in 2005.

One focus of this exciting program will be an embryo donation process for couples desiring to help another couple to become parents. "We are the first clinic in San Diego offering this program," comments Lisa Souza, CEO and Patient Advocate at SDFC, "And we are working hard to develop a quality donation program." There are an estimated 54,000 frozen embryos in 430 clinics in the U.S., which are not being used. It is policy at SDFC to inform patients about their options to make a decision about unused embryos once they have completed infertility treatment. Existing patients will be able to give a gift with our Embryo Donation Program—a priceless gift for couples who are not able to become pregnant with their own embryos—the gift of parenthood.



Explanations for Unexplained Infertility Cases

Couples who are struggling with becoming pregnant are familiar with the routine diagnostic tests that are helpful in determining the cause of their infertility. However, if testing and diagnostic procedures cannot determine the reason why their pregnancy is a challenge, their diagnosis becomes "unexplained infertility". Despite the fact that 15% of infertility cases are due to "unexplained infertility", and an additional 3% cope with recurrent pregnancy loss, new tests can give answers to these diagnoses. Drs. Hummel and Kettel are actively involved in research to develop such successful therapies.

An Inhibin B test can assess if ovarian stimulation may be impaired during an IVF cycle. Patients with low inhibin B hormone levels may have more success with IVF by a simple adjustment in the fertility drug protocol.

Further, researchers have found that higher levels of anti-ovarian antibodies (AOA) have a negative effect on the ovulation induction process during IVF. Testing for elevated levels of AOA can also help to evaluate cases of early menopause (premature ovarian failure).

Also, a new test for thrombophilia can explain 10% of cases due to recurrent pregnancy loss. Thrombophilia is a condition in which women tend to form blood clots during pregnancy. Blood clots can endanger oxygen supply and nourishment for the growing fetus.

Women with recurrent pregnancy loss can also be tested for natural killer (NK) blood cells. Elevated levels of NK cells show that the body doesn't appropriately adjust to a pregnancy and that an immune system directed treatment plan may be beneficial. Infertility research is continuously working on uncovering the mystery behind "unexplained fertility" cases, giving hope to more couples struggling with infertility.



New: Fertility Retreats

More and more patients are taking advantage of acupuncture during infertility treatment and acupuncturists serve the increasing demand for infertility related services. New on the list of services are fertility enhancing retreats, which outline a program for 1 or more days. The program usually takes place in a luxurious spa and may incorporate acupuncture, yoga, massage and other energy balancing, relaxing treatments. Contact local acupuncturists for more information. A list of acupuncturists can be found on our website.