

Events This Month:

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

Free Internet Seminar Online
**An educational seminar with our
fertility specialists ONLINE!**
More info on our website or by
email at seminar@sdfertility.com

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

Education Topic of the Month:
**Acupuncture during Fertility
Treatment**

Visit our display in our patient education room

+++ Telegram +++

Brooke Shields and *Fertility Lifelines* are launching a national infertility awareness campaign this month. Brooke Shields, who struggled with infertility for many years, had several failed IVF attempts before the birth of her daughter. Together with Fertility Lifelines, a fertility education tool, the hope is to improve couples awareness and couples to learn about infertility and seek help early if problems arise. Call Fertility Lifelines at 1-866-LETS-TRY or on the Internet www.fertilitylifelines.com.

Quote of the Month:

"Very organized staff and procedures. The staff took time to answer any questions we had. We liked the consistency of seeing the same personnel for each visit—it made it more personal." Patient's comment on a recent, anonymous survey.

Newsletter Subscription:

Receive our monthly email newsletter! Subscribe by sending an email to newsletter@sdfertility.com and read helpful tips and articles in over past 40 issues in our archive at www.sdfertility.com/newsletterarchive.htm.

*Dr. Kettel & Dr. Hummel & Staff Wish You Happy Holidays
and a Healthy New Year 2006!*



*The new website will serve our
infertility community even
better.*

New Website at www.sdfertility.com

With the focus on our cyberspace visitor's interests, navigation on the recently launched, new-look website is designed to lead the visitor to the point of interest faster. Whether you are just browsing for general information about infertility or looking for specific information about our center, you will get to the correct page right away. The home page gives you an overview of the most important content. If you are completely lost, you can check out the "Site Center", where we created easy to follow instructions on "How to use this site".

The original site has been active since October 2001 and the new site will serve our infertility community even better. "The new website with its state-of-the-art Internet features reflect the excellence of

patient care couples receive at the San Diego Fertility Center," comments Constanze Scherer, Director of Marketing and developer of the new site.



One of the key features of the site is a new interactive character. The virtual tour of the Center, the fertility self-test, and the interactive web seminars make the site one of the most attractive medical websites on the Web.

Another highlight of the new site is the site-wide search feature. Type in any keyword in the search window on the upper right corner of the page and click on the arrow. Results will be displayed instantly sorted by relevance.

Besides extensive content and optimal navigation, the site complies with the American Society for Reproductive Medicine's 'Guidelines for Advertising by ART Programs'. It also follows the American Medical Association's "Guidelines for medical and health information sites on the Internet", and carries the quality seal of the Health On the Net Foundation (HON). The contact forms are transferred via Secure Socket Layer (SSL). Using cascading style sheet (CSS) design and XHTML valid code, the site is Section 508 compliant, which is helpful for physically disabled visitors and for visitors accessing the site via handheld devices.

San Diego Fertility Center has received great feedback about our previous website over the past years. With the new site, the Center hopes to raise the bar for quality of patient care on the Internet for the benefit of infertility patients worldwide.

Over-the-Counter FSH Tests

There are a number of FSH self-test kits available on the market. These are offered to women who experience infertility or are approaching menopause. These tests are not appropriate for a woman of reproductive age trying to conceive, who wishes to accurately determine fertility potential. These tests only give a result of a certain threshold of FSH level, like 30 mIU/ml, which might be an indicator of early menopause. Drs. Hummel and Kettel recommend appropriately testing FSH levels in combination with estradiol (E2) via a more precise blood test on Day 3 of a woman's cycle. The blood test provides a specific level of FSH between 5-15 mIU/ml, which is a better indicator of fertility. If you are interested in getting tested for FSH, please ask your OB/Gyn.

