

Upcoming Events:

Bagel Day

February 11, 2004, 7:30am-12pm

Topic: Get Rewarded by Referring A Friend—sponsored by Organon
Stop by in the morning to enjoy complimentary Starbucks coffee and bagels.

Embryology Lab Evening

February 24, 2004, 6pm

"Mystery Behind the Microscope" sponsored by IVP Care

Free Group Injection Instructions On Monday Evenings

Call for more information and to RSVP.

Tip of the Month:

Before undergoing infertility treatment, check if your immunizations are up to date. It is recommended to have vaccination of rubella & chicken pox at least 3 months before getting pregnant. In addition, you might want to be screened for Hepatitis B, Toxoplasmosis and sexually transmitted diseases, since these put your baby at risk once your treatment is successful.

Quote of the Month:

"Everyone does their job really well, I feel like they truly care about my personal situation. I also appreciate the time everyone takes to make sure I'm clear on what comes next." Patient's anonymous feedback on a recent satisfaction survey

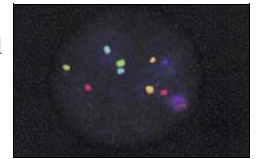
Newsletter Subscription:

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

SDFC Fulfills the Need for Education About PGD

Genetic abnormalities can be a common complication of reproduction. Preimplantation Genetic Diagnosis (PGD) is the technique used during IVF treatment to test embryos for genetic disorders. Drs. Kettel and Hummel educate couples considering fertility treatment about PGD during our semi-annual fertility seminars.

Besides couples struggling with infertility, PGD may be of benefit to couples who are at risk of having children with genetic disorders. These couples should consider PGD because of a family history of inherited disease or a history of unexplained miscarriage. That's why Drs. Hummel and Kettel have planned a special PGD seminar for genetic health care professionals in March. The agenda will cover topics of special interest for genetic counselors, social workers and their patients. For further details about the seminar, please go to our website or contact SDFC to request a PGD brochure.



A seminar in March will educate about the PGD technology.

The tools for PGD have become so sophisticated and advanced, that dozens of genetic abnormalities can be identified in the embryo's preimplantation stage. The test can detect both chromosomal abnormalities and gene disorders. The most common chromosomal disorders SDFC patients worry about are Down's syndrome, Turner's syndrome or Klinefelter's syndrome. Other common gene disorders that can be detected are cystic fibrosis, Tay-Sachs disease, or sickle cell anemia.

The Importance of Communication and A Game Plan

The fact that men handle infertility problems differently than women is no surprise. When struggling to conceive, couples often have difficulty communicating their feelings and concerns with one another. Many men prefer to think alone, whereas women commonly want to discuss it openly and often. In order to avoid frustration, it is important to understand each partners' different communication style. Settle on a way to communicate with each other that lessens the stress and frustration. Strike a deal on how often you want to discuss your situation so that each partners needs are met.

Most importantly, both need to realize that their fertility is caused by a physical condition shared by the two of you. While many women are ready to take it on as their own problem, lots of men prefer to wait and are hesitant to admit that there is a problem at all.

"As a woman gets older, it is important to avoid spending too much valuable time trying to conceive," says Dr. Hummel. Both Drs. Hummel and Kettel suggest that couples sit together and create a game plan with realistic timelines and backup plans. Choose a timeframe, somewhere between 6 and 12 months, to achieve a pregnancy. Dr. Kettel suggests that when women are less than 35 years old they try on their own for 1 year, but if the woman is older than 35 shorten this interval to only 6 months. Agree with your partner to explore fertility treatment if you are not successful within your timeline. Discuss how aggressive you want to be, but realize that your comfort zone may change as treatments are tried. It is important to exchange thoughts about treatment options available. Some couples will try anything to conceive, including sperm donation, egg donation or surrogacy. If you keep communication channels open in your partnership and your relationship with your fertility specialist, you'll have less stress and more success realizing your dreams of having children.

More Insights From the Male Fertility Front

We discussed in previous newsletters (Feb 03 & Nov 03) what it takes to make sure that lifestyle doesn't negatively effect efforts to start a family. If you want to make an extra effort, there are some supplements that might have a positive impact on sperm quality. It has been shown that extra doses of vitamin C, copper and zinc may help to increase sperm motility. A recent article in *Fertility & Sterility* (01/2004) explained that sperm motility can be improved thanks to a daily supplement of coenzyme Q10. Q10 is an antioxidant which is known to support cell formation. But it doesn't happen overnight. Research showed that you have to take a daily dose of 200mg coenzyme Q10 for 6 months to see improvement.



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