

## Upcoming Events:

### Free Internet Seminar Online An educational seminar with our fertility specialists ONLINE!

More info is on our website or by  
email at [seminar@sdfertility.com](mailto:seminar@sdfertility.com)

### Free Group Injection Instructions On Thursday Evenings at SDFC

Call for more information and to RSVP.

## Tip of the Month:

Instead of charting your temperature to determine fertile days you can now wear the Ov-Watch. This device detects the chemical surge of chloride ions on the skin, which may be an indicator of women's fertility. The distributor of this patented watch states that its method is clinically proven and FDA-cleared. Go to [www.ovwatch.com](http://www.ovwatch.com) for more information.

## Quote of the Month:

"After years of trying to have a baby, my wife and I finally found success with Dr. Kettel and the San Diego Fertility Center. Both Dr. Kettel and Dr. Hummel are extremely professional with excellent bedside manners. The entire staff of SDFC has the right blend of caring optimism, but tempered with realism. Our experience there was great and we will always be reminded of SDFC every time we look at our beautiful little girl!"

Recently submitted patient testimonial via our website.

## Newsletter Subscription:

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

## The Basics About Surrogacy

Both Dr. Hummel and Dr. Kettel have extensive experience to help patients become parents through gestational surrogacy. Both Dr. Hummel and Dr. Kettel have extensive experience to help patients become parents through gestational surrogacy. A couple may decide on surrogacy for one or more of the following reasons:

1. Not having a uterus due to a hysterectomy or being born without a functional uterus.
2. Significant uterine abnormalities including uterine scarring (Asherman's Syndrome) or inability to develop a thick, supportive uterine lining.
3. Significant medical conditions that make carrying a pregnancy risky for a woman's health (such as hypertension).
4. Chronic reproductive loss (recurring miscarriage).

The surrogacy program at SDFC includes the following steps: First, the couple selects a surrogate; this could be a family member or friend or a surrogate recommended by a surrogate agency. Then, all parties involved undergo psychological counseling. This is an extremely important requirement as it gives everyone an opportunity to discuss a number of vital and sensitive issues. At the same time, a legal counsel prepares all necessary contracts. Once a legal clearance letter is sent to our office, the surrogate cycle begins. During a consultation with Dr. Hummel or Dr. Kettel the couple receives information concerning specific testing required for all parties. The couple and the surrogate meet with SDFC's surrogacy coordinator who is a resource to the patients and surrogate during their treatment at SDFC. She provides the education, coordination and support throughout the cycle of care. For more information about our surrogacy program, please go to [www.sdfertility.com](http://www.sdfertility.com).

## Pelvic Physical Therapy Improves IVF Outcome

There is a small number of physical therapists, that specialize in manual pelvic physical therapy, which has shown to improve natural and IVF success rates. Pelvic physical therapy works directly on the muscles, organs and support structures of the reproductive tract in the pelvis. The goal of the treatment is to reduce the development of adhesions that can develop after surgery, trauma, infections, or inflammations. The surgeries could be a laparoscopy, c-section, abortion, back surgery, etc. The cause of the infection or inflammation could be a simple bladder or yeast infection, endometriosis, pelvic inflammatory disease (PID), etc.

Adhesions are sometimes the reason for a woman's reduced fertility. Depending on the location where adhesions develop, they can cause a blockage in the fallopian tubes, impair the disrupt the function of the fimbriae at the ends of the fallopian tubes, or cause inflammation on the uterine wall, preventing the fertilized egg to implant in the uterine wall.

Physical therapists trained in this skill that is also known as the Wurn Technique®, first conduct a thorough evaluation, and look at your medical history. Once they completed the screening your abdomen for any tight or painful areas, they apply specific therapies and stretches to reduce the adhesions, spasms or stenosis (hardening).

Clinical studies done on the technique have shown that 67% of women undergoing IVF treatment successfully conceived when they received approximately 20 hours of pelvic physical therapy. The research also revealed that the technique had some good side effects: 96% of study participants reported decreased pain during intercourse, 91% reported increase in desire, arousal and orgasms. For more information about the treatment, please contact the Reproductive Wellness Center in San Diego ([www.reproductivewellness.com](http://www.reproductivewellness.com)).