

Upcoming Events:

Embryology Lab Evening

February 4, 2003, 6pm

"Mystery Behind the Microscope"
sponsored by Arizona Apothecary
Shop. To RSVP call or email us.

Free Group Injection Instructions

February 10, 2003, 6pm

Call to RSVP.

February 17, 2003, 6pm

Call to RSVP.

February 24, 2003, 6pm

Call to RSVP.

Bagel Day

February 12, 2003, 7:30am-12pm

Friends Program sponsored by
Organon

++ Telegram ++

► Patients looking for an egg donor can now access our database of donor candidates on a password protected site on the Internet. For more information contact Chris O'Kane, our Egg Donor Program Coordinator.

► The Food and Drug Administration (FDA) recently approved a new watch-like device called *Fertilité*. It is a fertility monitor that predicts ovulation by measuring perspiration ion changes on the surface of the skin, identifying the six days of maximum fertility. For more information, visit www.fertiliteOV.com.

Quote of the Month:

"Your office has a genuine interest in each patient, which is displayed in each person in the office referring to me by my first name."
Patient's answer when asked what they like best about the care received at SDFC.

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.

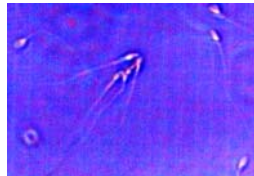
San Diego Fertility Center Publishes 2002 ART Success Rates

The Center for Disease Control (CDC) recently published officially verified ART success rates for 383 clinics in 2000 and can be looked up on their Web site sorted by US State at <http://apps.nccd.cdc.gov/art00/clinics00.asp>. The two-year delay in publishing the data is caused by the fact that the CDC success rates are based on live births reported by each clinic the following year's end and the CDC's thorough verification process taking 11 months. Since current statistics are always of great interest, Drs. Hummel and Kettel published 2002 success rates in terms of clinical pregnancies per transfer shown on their Web site at www.sdfertility.com/statistics.htm:

Age	under 35	35-37	38-40	over 40
Initial Pregnancy Rate/ET	45.2	44.8	38.2	24.0

Drs. Hummel and Kettel are proud of their success rates. At the same time, they point out that their statistics should not be the main reason for coming to SDFC.

Lifestyle Changes Men Can Make When Trying to Conceive



Lifestyle factors such as smoking and drinking affect reproductive health in men.

Some men are not aware that certain lifestyle factors affect their reproductive health. Fertility Specialists Hummel and Kettel advise men trying to conceive to follow a few recommendations for optimal health of their sperm.

1. Eat healthy. Healthy food contains vitamins that are essential for the synthesis and development of normal sperm and that reduce the risk of sperm agglutination (clumping). Taking a multivitamin that supplies 400µg of folic acid and 60mg of vitamin C every day promotes healthy sperm and therefore healthier babies.
2. Quit smoking. The toxins in cigarettes have adverse effects on sperm quality. Especially when smoking marijuana sperm quality is severely impacted.
3. Limit alcohol consumption. Excessive alcohol drinking decreases sperm production and affects male potency.
4. Halt the heat. Sperm thrive at moderate temperatures. A little bit of heat for a short time won't decrease sperm counts, but prolonged heat will. Men should avoid wearing tight briefs or other restrictive underwear or workout gear that may increase the overall scrotal temperature. In addition, men should avoid the sauna and hot tub when trying to conceive. After making changes for the better, wait a while before trying for a baby. High quality sperm take up to 12 weeks to produce.

Viagra May be the Solution for Some Infertile Women

Viagra, used for its increasing blood flow effect in reproductive organs in men, was topic of a recent study with women seeking IVF treatment due to problems with their uterine lining (endometrium). The results showed that Viagra appears to increase blood flow to the uterus and therefore the thickness of the uterine lining.

In the US, 5% of women who need IVF treatment cannot get pregnant because their uterine lining is too thin. In the study, 70% of the women taking Viagra in a vaginal suppository form experienced "enhanced endometrial development" which lead to increased rates of implantation and ongoing pregnancy (29% and 45%) compared to the control group that did not receive the drug (2% and 0%). Drs. Hummel and Kettel share the opinion that there might be a chance that Viagra suppositories will be part of IVF treatment in the future.



Viagra may be prescribed to women in the future.