

Upcoming Events:

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

**Bagel Day February 10, 2005,
7:30am-12pm**
Topic: Refer a Friend and
Get Rewarded
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

When planning fertility treatment, make a dentist appointment for a dental exam prior to treatment start. This way, you will be sure that you are in good dental health prior your IVF cycle and reduce the risk of a dental emergency involving dental x-rays, which should be avoided during pregnancy.

Quote of the Month:

"Your doctors are amazing in their bed-side manner. The staff is so knowledgeable and kind. Also, the center is one of the most technologically advanced facilities in the Country from what we have seen!"
Patient's comments on what they like best about the care 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 helpful tips and articles in over 30 previous issues in our archive at www.sdfertility.com/newsletterarchive.htm.

Latest IVF Success Statistics Available Online

Every year in January, the Center for Disease Control (www.cdc.gov) publishes verified success rates for fertility clinics in the U.S. A total of 391 clinics are required to report their statistics, which are publicly available after a two-year delay due to generating the data of live births and an extensive verification process involving SART and ASRM.

Couples looking for a fertility clinic often use the most recent CDC report to decide on a clinic. Since patients are interested in the most current data, Dr. Hummel and Dr. Kettel also make the most recent reported success rates available on their website.

However, couples are cautioned not to choose a clinic solely on statistical success

rates. Success rates can be affected by many things, for example denying treatment to patients with a low chance of success in order to improve the center's statistics. "At the San Diego Fertility Center, we have an 'open door' policy," comments Dr. Hummel, "We will work with every couple who seeks treatment to reach their individual goals, using the latest and most effective technology. We have an honest, ethical approach with realistic expectations shared before treatment is initiated." For this reason, Drs. Kettel and Hummel are proud of their ART success rates, which are among the highest in the U.S.



Official ART success rates are based on live births and verified by SART and ASRM.

For CDC's report go to www.cdc.gov/reproductivehealth/art.htm, for SDFC's 2004 success rates go to www.sdfertility.com/statistics.htm and read Dr. Hummel and Dr. Kettel's article about statistics.

Hormone Leptin Influences A Woman's Fertility

The hormone Leptin is known to be released by the body's fat tissue into the bloodstream to control appetite and weight. Besides its influence on the body's complex energy regulation process, it also plays a major role in women's reproductive hormone levels. A recent study conducted by Massachusetts General Hospital observed the effects of Leptin given to women who had stopped menstruating and developed hypothalamic amenorrhea due to very low body fat. Results showed that women treated with Leptin resumed menstrual periods and reproductive hormone levels normalized. Current research is looking at treatments using Leptin for conditions such as eating disorders, bone-loss, and infertility.

Hope for Women with Polycystic Ovarian Syndrome (PCOS)

Stanford University Medical Center in Palo Alto is currently conducting a PCOS study with promising results. PCOS in women is characterized with high levels of testosterone and insulin, adversely affecting the woman's ovulation. In the study, the women are treated with a combination of the fertility drug Clomid and an insulin sensitizer called metformin. Once the effectiveness of a combination these drugs is determined, PCOS might be treatable with these combined medications.