

## Events This Month:

**Embryology Lab Presentation  
Online at [www.sdfertility.com](http://www.sdfertility.com)**  
"Mystery Behind the Microscope"  
Request login info by email at  
[seminar@sdfertility.com](mailto: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](mailto:seminar@sdfertility.com)

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

**Education Topic of the Month:  
Refer a Friend and Get Rewarded!**  
Visit our display in our patient education room  
or ask about the program at the front desk.

## Tip of the Month

Take a look at our new list of helpful websites on our main website! Find useful fertility related information on IVF, chiropractic care, acupuncture, stress reduction, pregnancy and more. Go to [www.sdfertility.com/resources/fertility\\_resources.html](http://www.sdfertility.com/resources/fertility_resources.html)

## Quote of the Month:

"I wish there was a rating higher than excellent. I am so grateful for the care you all provided and your amazing program and expertise."  
Patient's comment on a recent anonymous survey.

## 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).

## How Many Fertility Treatment Cycles are "Enough"?

When undergoing fertility treatment such as intrauterine insemination (IUI) or in-vitro fertilization (IVF), it is important to view each treatment cycle as an independent event. This means that if the first cycle fails, the next cycle has an equal chance of working! Drs. Hummel and Kettel tell their patients that this cycle independence holds true for each type of treatment for at least three treatment cycles. Examining the clinical efficacy of a given treatment protocol, the cumulative pregnancy should be viewed as the likelihood of conception within a reasonable time frame, approximately 3-4 cycles, and NOT after only one attempt.

When deciding when to move from one treatment protocol to another, our physicians review what has been learned from the preceding treatments. Did the ovaries respond appropriately? Is sperm quality as expected? Did the endometrium reach a target thickness? Is egg quality good? Were the hormone levels appropriate? By examining the response to a treatment cycle, the couple and their fertility doctor can decide when it is appropriate to move from one treatment protocol to another.

By and large, if a treatment is going to work, it will be effective within three cycles. The majority of success occurs during the first three attempts and this presents a reasonable interval in which to schedule a consultation with Dr. Hummel or Dr. Kettel.

## Fertile Hope's Special Mission

According to Fertile Hope, 90% of men and women diagnosed with cancer in or before their reproductive years are at risk of losing their fertility permanently due to cancer treatment. Unfortunately, oncologists who prescribe the patients' cancer treatment such as chemotherapy, radiation therapy or surgery rarely educate the patients about the infertility risks involved. The non-profit organization Fertile Hope was founded five years ago to raise awareness about cancer patients' fertility issues and to provide information and support to cancer patients.

Drs. Hummel and Kettel are proud to be part of Fertile Hope's "Sharing Hope Centers", offering their services to women and couples facing this life-altering challenge in their life. With Fertile Hope's financial assistance program, treatment programs such as embryo freezing and egg freezing with Dr. Hummel and Dr. Kettel prior to cancer treatment are made possible.

For more information about Fertile Hope's financial assistance program, which is also an affiliation of the Lance Armstrong Foundation, please go to [www.fertilehope.org](http://www.fertilehope.org).



*For many years, FertileHope has served as a great information resource for cancer patients.*