

Upcoming Events:

Bagel Day

January 7, 2004, 7:30am-12pm

Topic: Friends Program—
sponsored by Organon
Stop by in the morning to enjoy
complementary Starbucks coffee and bagels.

Embryology Lab Evening

January 13, 2004, 6pm

"Mystery Behind the Microscope"
sponsored by Arizona Apothecary
Shops

Free Group Injection Instructions On Monday Evenings

Call for more information and to RSVP.

Tip of the Month:

During flu and cold season, infertile patients take more vitamins to stay healthy. However, make sure your supplements do not contain Echinacea or St. John's Wort. These substances have been embryo toxic in mice and might have a similar impact on fertility patient's embryos. To avoid catching the flu or cold while undergoing fertility treatment, wash your hands often and take your vitamin C.

Quote of the Month:

"We were very anxious about undergoing IVF, but our fears were alleviated by the knowledge, experience and professionalism displayed by everyone we met. We want to thank you for making our dream of having children come true. We'll be back for #2!" Thank you note from an expecting SDFC patient

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 Patients Have More Fun With Multimedia Tools

In the Digital Age, there is rarely a patient who doesn't have access to a computer. That's why SDFC has expanded its multimedia education tools for the convenience of our patients. Instead of the IVF manual in paper form, patients can review the paperless version on our website. In addition, the manual will soon be available on a business card size mini CD to reduce the bulk of papers and forms IVF patients are burdened with.

The downloadable IVF Orientation Video is currently available on our website and is very popular. It is a great tool for couples who would like to review the instructions given to them during the IVF consult. Because of its popularity, SDFC's online video collection has just been expanded. Prospective patients can get a first impression of both Dr. Hummel and Dr. Kettel through their online welcome videos before coming in for a consultation. Another video shows embryologists Bill Venier and Kathy Smith giving an introduction of the embryology lab. Nurse Practitioner Chris O'Kane gives advice about IVF and Kim Babb talks about insurance and financial options. In addition, a 10 minute video is available that looks behind the scenes and show transvaginal oocyte collection, GIFT/ZIFT, IVF embryo transfer and ICSI. To make the increasingly popular fertility seminar available to couples nationwide and even worldwide, Dr. Kettel and Dr. Hummel have plans to organize the next seminar online. Participants then can enjoy the convenience of being at home, be it in Temecula, New York or Amsterdam, without the need to travel to SDFC. Attendees can follow the seminar live, print handouts and ask questions, simply by logging onto a website and calling an 800 number. Please see details in upcoming newsletters or on our website in April/May 2004. All these tools using the latest digital technology reflect the leadership of SDFC in infertility focusing on the best possible care for our patients.



SDFC's web site has a collection of educational videos in the Download Center.

Breast Cancer Patients Have Less To Worry About Infertility

Recent reports made by Dana-Faber Cancer Institute indicate that young breast cancer patients undergoing cancer treatment overestimate their risk of infertility problems. Infertility is one of the main concerns of breast cancer patients under the age of 40, who are still planning on having children. However, patients can worry less because the modern, advanced techniques used in chemotherapy are less risky than techniques used 20 years ago.

In addition, researchers are working on the technique of egg freezing (see 8/2002 Miracle News) which might be an option for cancer patients in order to preserve their fertility in the future. The latest technique called cryoloop vitrification uses a quick-freeze process that reduces the risk of ice crystal formation inside the egg and therefore increases the chances of survival of the egg. Current researchers at the Diamond Institute, NJ, are investigating the procedure and results will be available in 2004. Drs. Hummel and Kettel agree that more information needs to be made available for cancer patients to educate them about risks and solution options.

Researchers Are Developing a Pill Against Fibroids

Researchers at Loyola University Medical Center are conducting tests with an oral agent to shrink fibroids. The pill contains substances which block a woman's progesterone, thus preventing existing fibroids from growing. Many women suffer from uterine fibroids, causing severe menstrual bleeding, pain, anemia or even infertility. Currently, the only options women have are surgical removal of fibroids, uterine fibroid embolization, an invasive procedure that cuts the blood flow and shrinks fibroids and therefore not recommended for infertility patients, or hysterectomy, a major surgery to remove the uterus. If research proves the fibroid pill as a successful treatment, women will have this better option to reduce of fibroid size without giving up their wish of having children.



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