

Happy New Year
2003!

From Drs. Hummel and
Kettel and their staff

Upcoming Events:

January 7, 2002, 6pm
Embryology Lab Evening
"Mystery Behind the Microscope"
sponsored by Ferring Pharmaceu-
ticals. To RSVP call or email us.

January 22, 2002, 7:30am-12pm
Bagel Day: "Available pharma-
cies for prescription refills" spon-
sored by Organon

Tip of the Month:

Don't smoke when you are trying
to conceive. A study indicated that
up to 13% of female infertility is
caused by cigarette smoking.
Sperm quality suffers in male
smokers and results in 20%
increased risk that their children
develop brain cancer, lymphoma
or leukemia later on.

Quote of the Month:

"I have never received better
treatment." Patient's answer when asked
what they like best about the care received at
SDFC.

Coming Soon:

Giving injections is the hardest
part of fertility treatments for our
patients. Monthly group injection
classes will give new and existing
patients the opportunity to receive
instructions at a lower fee and feel
more comfortable about the diffi-
cult task.

Newsletter Subscription:

Receive our monthly newsletter
per email and stay informed about
fertility issues! Subscribe by
sending an email to
newsletter@sdfertility.com.

Guidelines for Cold Medication During Fertility Treatment



The Center for
Disease Control is
a great source of
information.

During the cooler winter months, Dr. Kettel and Dr. Hummel get repeated questions about how cold medications can interfere with fertility treatment. There are a few guidelines that patients need to be aware of when undergoing fertility care. If taking a flu shot, Drs. Hummel and Kettel advise a waiting period of 30 days before starting any treatment at the Center. The Center for Disease Control (CDC) gives additional advice in regards to flu shots under the following hotline: 1-800-311-3435. Antibiotics can be taken up to the day of starting fertility treatment. If women get ill while undergoing treatment, Drs. Hummel and Kettel recommend only specific over-the-counter remedies for symptom relief. Take *Robitussin* for a cough or bronchitis, *Sudafed (regular)* in case of a cold and *Tylenol Extra Strength* for your aches and pains. Strong medication prescription drugs such as antibiotics and *Acutane* should not be taken during treatment cycles. The Center strongly recommends to patients to inform their primary care physician about fertility treatments and ask about possible drug interferences.

Newly Discovered Gene May Explain Unknown Reasons of Infertility

Researchers at Harvard Medical School have discovered an ovary gene called formin-2 (Fmn2), that if missing might be the cause for miscarriage, birth defects, and infertility in women.

A study published in the November issue of "Nature Cell Biology" determined that egg cells lacking Fmn2 were unable to complete the first round of reproductive cell division, known as "meiosis1". With Fmn2 the egg cell is enabled to correctly position a significant protein-DNA, the metaphase spindle, what ensures the proper distribution of chromosomes to the egg and advances the division process.

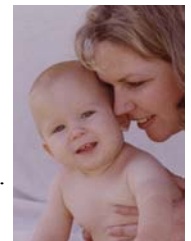
"This discovery might be key information for women suffer from recurrent pregnancy loss," comments Dr. Kettel. "The results of this study are promising to find the answer for many cases of unexplained infertility."

Drs. Hummel and Kettel continue to observe further research on formin-2 whose discovery might be a mile stone for future fertility treatment.

The Use of Perfumes Might be Linked to Infertility

Are you using *Chanel No.5*, Christian Dior's *Poison*, *Eternity* from Calvin Klein or Lancome's *Tresor*? You might avoid using it if you are trying to get pregnant or are currently pregnant. A recent study testing 34 toiletries found high levels of a chemicals called phthalates that cause infertility in male babies. It is believed that the chemical, classed in Europe as "reproductive toxin", gets absorbed into women's bloodstreams through the skin or inhalation. It is through the bloodstream that the unborn male child gets exposed to the chemical causing genital abnormalities, including undescended testicles, malformation of the urinary tract and testicular cancer.

Cases of these abnormalities have risen tenfold in the past century calling for a ban of at least two of the most potent forms of phthalates. Drs. Hummel and Kettel find it alarming that the research found other forms of the chemical in deodorants, body sprays hair mousse and hairsprays. Both agree that manufacturers should be made to list ingredients.



4% of male babies
are effected by two
forms of phthalates.