

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 January 13, 2005,
7:30am-12pm**
Topic: Pharmacy Refills—Service
& Cost Considerations
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

Women should consider postponing LASIK surgery when undergoing fertility treatment within 6 months of the corrective eye surgery. The hormonal changes of fertility treatment could impact the corneas in your eyes and therefore impact healing and results of your LASIK surgery.

Quote of the Month:

"We appreciate the warm, caring environment that your office and staff provided! It was a wonderful experience being treated so well at SDFC! Our baby boy is as sweet as can be and he looks like his Daddy. Thanks so much for your help and expertise! We will see you in a couple of years when we are ready for a sibling!" Patient's thank you note with birth announcement.

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.

Top Ten Reasons To Choose San Diego Fertility Center

There are more than just ten reasons to choose SDFC for your fertility needs, but we summarized the most important ones:

1. Drs. Hummel and Kettel, both are board-certified in obstetrics, gynecology and reproductive endocrinology.
2. Both received numerous awards and recognitions like "Best Doctors in America" and "Best Doctors in San Diego".
3. Our physicians are members of the Society of Assisted Reproductive Technology (SART) and 14 other professional organizations (see CVs on web site).
4. SDFC's facility integrates an on-site fully accredited embryology lab and a state-of-the-art surgery center with its own staff specialized in fertility patients.
5. Since inception in 1989, Drs. Hummel and Kettel have helped to bring over 4,000 babies into the world and have over 40 years of collective experience.
6. Our physicians pioneered treatment options such as egg donation IVF, PGD and blastocyst transfer in San Diego and play a leading role in fertility research.
7. Using the latest, state-of-the-art, laser equipment and treatment options, success rates are among the highest in the U.S. and continuously rising.
8. The in-house egg donor program developed to one of the largest physician-supervised programs on the west coast, applying the strictest criteria to egg donor screening (see "top ten reasons to choose our egg donor program" Miracle News 9/2004)
9. SDFC is proud to offer its own financial program for IVF and egg donation, offering a money-back guarantee if a couple doesn't have a baby.
10. Patient education is very important to Drs. Kettel and Hummel. Using latest high-tech multimedia educational tools, they make sure patients are informed every step of the way. For a collection of free patient educational material, go online to our web site and choose "Download Center".



There are many reasons to choose SDFC for fertility care:

SDFC as Example of Excellence for Other Clinics

As an award winning center part of the Fertility Nursing Centers of Excellence (FNCE) in the Western States, the San Diego Fertility Center recently hosted a training program for nurses new to the fertility world. Since attendance for the training was limited, the SDFC FNCE awarded 10 nurses from existing and new centers in California and Arizona to be part of the two-day program. The participating nurses had only six months or less experience in the field of fertility. They benefited from the insights and recommendations in patient care Drs. Kettel and Hummel and the staff at SDFC presented to them during the program. "We can tell them more in a few hours than any text book or training guide could in weeks," commented Dr. Kettel, "we are proud to pass on our knowledge to other clinics for patients' benefit." During the program, a friendship was established between the nurses and the staff at SDFC which will last long after the program.

Soy—Negative Impact on Fertility?

Soy and tofu products are known to make good headlines: It is beneficial for women with menopausal symptoms and for cancer prevention. Soy is also known as excellent source of protein during pregnancy, especially for vegetarian women. However, women trying to conceive should eat soy products in moderation because of their plant-derived estrogen known as isoflavones. If over-consumed, isoflavones have different effects on a woman's body. Studies have shown that high levels of soy protein may increase menstrual cycle length and decrease FSH and luteinizing hormone levels. But no need to panic! Most people do not consume 60g of soy protein daily for over a month, which would generate this effect, according to research. Like with any food, eating in moderation and implementing a healthy food variety in your diet will ensure that you get all the important nutrients for your body without any adverse effects.