

Upcoming Events:

Free Internet Seminar Online
An educational seminar with our fertility specialists **ONLINE!**

More info on our website or by email at seminar@sdfertility.com

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

Education Topic of the Month:
Pharmacy Refills

Visit our display in our patient education room or ask for more information at the front desk.

Tip of the Month:

You might want to get another spoon of vegetables at dinner if you are planning to become a father. A recent study presented at the recent ASRM meeting showed a link between a man's diet and his reproductive health. According to the study author, Dr. Vivian Lewis, bright colored produce such as leafy greens, tomatoes, bell pepper and oranges might help to produce strong, healthy sperm.

Quote of the Month:

"I only heard great things of Drs. Hummel and Kettel before I came to this office. I love how everybody is so well organized without missing the smallest detail! The information on the website was so helpful, I felt very comfortable getting treated from you guys!"

Patient's comment on a recent anonymous survey.

Newsletter Subscription:

Receive our monthly email newsletter! Subscribe by sending an email to newsletter@sdfertility.com and read helpful tips and articles in over past 40 issues in our archive at www.sdfertility.com/newsletterarchive.htm.

DR. HUMMEL AND DR. KETTEL WISH YOU AND YOUR LOVED ONES A PROSPEROUS, HEALTHY NEW YEAR 2007!

Staff Changes at San Diego Fertility Center

With the new year come changes at San Diego Fertility Center. Caroline Connor, one of our nurse practitioners, is planning to pursue new career avenues outside San Diego Fertility Center. Her experience and dedication will be missed by our team.

We are very fortunate to have a very experienced infertility nurse join our excited team. Francesca Graham will join our nursing/third party coordination team in January. Francesca is a Registered Nurse and Nurse Practitioner with over 10 years experience in patient care. She received her M.S.N. degree in Boston and her work experience includes director positions at Boston IVF and Coastal Fertility Medical Center in Irvine. Her expertise lies in the coordination of egg donor cycles and surrogacy, including donor and surrogate screening and patient care. Please join us to welcome Francesca as our new Third Party Program Coordinator at San Diego Fertility Center beginning on January 22.

Black Market Fertility Drugs

After the special report on CNN last month, patients of Drs. Hummel and Kettel asked a lot of questions about fertility drugs on the "Black Market". IVF Often times, the couple desperately trying to have a child faces the harsh reality that their insurance barely covers any fertility treatment and may not cover all of the medication fees. In financial straits, the couple makes desperate decisions such as buying fertility drugs from unqualified resources via the Internet.

"With no insurance coverage, we can understand why couples consider to find a private seller", comments Dr. Hummel. He adds, "However, we recommend patients not to go that route because the risks outweigh the cost savings." There are many risks to consider. Many fertility drugs need to be refrigerated. Patients can't be sure that the drug has been appropriately stored and its potency has not been diminished. In case the IVF treatment cycle was unsuccessful, you will always wonder if it was because of the "second hand" fertility drugs. In addition, fertility drugs have limited shelf life. If you purchase your drugs its expiration date might be prior to your treatment cycle start.

If something is wrong with the medication, it can't be returned or exchanged. "There are now so many discount programs out there to help cash paying patients pay for their medication", says Dr. Kettel, "Depending on the treatment protocol, it pays to shop around for the best price."

For information about the discount programs, go to our website or ask our staff during your next appointment.