

## 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:**  
**Pharmacy Refills for Fertility Medication**  
Visit our display in our patient education room

## Tip of the Month

Storknet.com is a great online resource for preconception. Find a dedicated section for preconception and TTC (trying to conceive) with message forums, a pregnancy planner, articles concerning pregnancy after infertility and more. Go to [www.storknet.com/cubbies/preconception](http://www.storknet.com/cubbies/preconception).

## Quote of the Month:

"We just want to say THANK YOU for giving us the biggest blessing in our lives! We went through an awful lot together, but you never gave up on us. We will be forever grateful to you all!! The pregnancy is progressing smoothly and we are anxiously anticipating our daughter's arrival in mid-late July. You will be one of the first to receive a (no-doubt) beautiful picture of her! Thank you again and many blessings to you all!"  
Patient's thank you note.

## 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 issues of the past 3 years in our archive at [www.sdfertility.com/newsletterarchive.htm](http://www.sdfertility.com/newsletterarchive.htm).

## San Diego Fertility Center Leading the Way in Research

As a state-of-the-art fertility clinic in Southern California, the San Diego Fertility Center is a popular site for fertility research studies. San Diego Fertility Center is currently conducting two studies about IVF and one study about preimplantation genetic diagnosis (PGD). PGD is a genetic tool used to identify chromosomal abnormalities in embryos before a pregnancy occurs. The preliminary research results are promising, as Dr. Kettel described in a recent TV interview.

In order to participate in a research study, couples have to become established fertility patients with the Center and meet the criteria for study participation.

For more information about our research studies, please contact our research coordinator, Tammi Massaglia, MSN, RN. To watch the video of the TV interview with Dr. Kettel go to [www.sdfertility.com](http://www.sdfertility.com) and select our "Download Center".

## Body Mass Index's Impact on Egg Donation Success Rates

Bodyweight can influence fertility. The body mass index (BMI) is a measurement of degrees of obesity. A recent study conducted by the Reproductive Medical Associates in New Jersey observed the chances to become pregnant of over 500 women with different BMIs undergoing fertility treatment using donor eggs. The women were divided into categories according to their BMI, which are considered underweight, normal, overweight and obese. Results concluded that no correlation can be established between the women's BMI and her chance of embryo implantation and pregnancy success rates using donated eggs from another women. (*Fertility & Sterility, Vol. 83, No. 6, June 2005*)

## New Fertility Drug With Many Advantages

Fertility treatment is continuously improved with the help of research, and partnering pharmaceutical companies. One of the most recent developments is the newly introduced fertility drug called Menopur® by Ferring Pharmaceuticals. Menopur® is used during in-vitro fertilization (IVF). It is a purified preparation of human menopausal gonadotropin (hMG) containing hormones necessary for human reproduction. According to Ferring, it is the first and only fertility treatment approved by the FDA on the basis of pregnancy success rates. Menopur® contains equal amounts of 75 IU follicle stimulating hormone (FSH) and 75 IU luteinizing hormone (LH) to induce follicular maturation for egg retrieval. It has a lower risk of irritation at the injection site, a side effect, which is seen with the other hMG drugs. Drs. Kettel and Hummel see benefit for their IVF patients since Menopur® has clinically based proof of not only effectiveness and safety, but more importantly, of a high success rate in producing healthy pregnancies.

Another advantage of Menopur® is the easy reconstitution with the recently introduced Q Cap™. The Q Cap™ allows mixing without needles and eliminates the stress and risk of accidental needle sticks during mixing. The application allows mixing together in the same syringe which can reduce the number of injections for mixed protocols (FSH and hMG) without effecting the content of each drug. Using the Q Cap™ also assures that patients get the complete amount of medicine out of the vial.



Reconstitution of Menopur with the convenient Q Cap will reduce the stress associated with mixing medication.