

Upcoming Events:

June 2003 - World Infertility Month

Embryology Lab Evening

June 3, 2003, 6pm

"Mystery Behind the Microscope"

sponsored by Serono, Inc.

To RSVP call or email us.

Free Fertility Seminars

June 4 & June 5, 2003, 6pm

Drs. Kettel & Hummel educate attendees about fertility hot topics such as IVF Success Guarantee, blastocyst transfer, egg donation, and more.

To RSVP call or email us.

Free Group Injection Instructions On Monday Evenings

Call for more information and to RSVP.

Bagel Day

June 13, 2003, 7:30am-12pm

Topic: Refer a Friend and Get Rewarded—sponsored by Organon
Stop by in the morning to enjoy complimentary Starbucks coffee and bagels.

Tip of the Month:

When trying to conceive, consider limiting your seafood intake. Fish such as shark, swordfish and mackerel often contains high levels of mercury that might interfere with sperm function or cause damage to ovaries.

Quote of the Month:

"We cannot truly appreciate the care you have given us during our visits to your clinic. You have helped us in fulfilling our dreams which we are and will cherish forever." Patient's thank you note after treatment at SDFC.

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.

June is World Infertility Month

In recognition of World Infertility Month, Drs. Kettel and Hummel invite the public to attend a free seminar at the Center on June 4th and 5th. Because of increased demand and limited seating in the past, they decided to offer the same seminar on two consecutive days. Attendees will learn about the IVF Success Guarantee, blastocyst transfer and the fast growing egg donor program, as well as being able to ask questions and take a tour through the Center. Upon popular demand, a Fertility Expo will be set up prior to the seminar to inform visitors about helpful services available to support baby-challenged couples through their journey to parenthood. The seminar is free. To register and to see a detailed agenda go online at sdfertility.com.

Fight the Depression of Infertility

More than half a dozen studies support the link between stress and infertility.

One of them conducted by UCSD in 2001 found that women with severe depression were 93 % less likely to get pregnant with infertility treatment than those with little or no depression. Depression is a silent enemy of your chances of getting pregnant. It must be treated in order to increase your chances.

1. Talk to your doctor—Depression can be caused by imbalances of your hormone levels of estrogen and progesterone.
2. Talk to a mental health specialist—If it is not just the blues, visit a social worker, minister or psychologist.
3. Allow yourself emotional expression—Take time to reflect. One way to do so is to keep a journal. It's a great way to channel emotions and can be a keepsake of baby memories when you will have a baby.
4. Get support—Attend of a support group such as RESOLVE and realize that you are not alone. There are also support groups online such as on Oxygen.com or Lifetimetv.com that offer chats and message boards for women trying to conceive.
5. Relax and treat yourself well—Relaxation is the key to deal with depression. The best way to relax is to exercise or add yoga, meditation or visualization to your favorite exercise routine. Also, activities such as watching the sunset, taking a bubble bath, or getting a massage are great ways to relax.
6. Be positive in thought and attitude—Surround yourself with friends who are encouraging and positive. Increase your level of optimism by reading fairy tales or the funny pages of the newspaper. Sign up for free positive quotes on positivepress.com.



Keeping a positive attitude is vital during fertility treatment.

Answering the Question About Unused Frozen Embryos

RESOLVE, the national infertility association, is currently conducting an Internet-based survey to assess the public's opinion on what to do with frozen embryos. The Society of Assisted Reproductive Technologies (SART) recently stated that the estimated number of frozen embryos currently in storage in 430 clinics in the US exceeds 400,000. 88.2% of those embryos are kept frozen for future attempts at pregnancy. The remaining 11.8% are stored for other reasons such as lost contact with a patient, abandonment or divorce. "It is not surprising that former IVF patients are not donating embryos for research," says Dr. Hummel, "However, if a couple doesn't want to use remaining frozen embryos, donating them to another couple would be a good solution."

With RESOLVE's study, the organization wants to educate the public about embryo donation and help them to make an informed decision about frozen embryos.



This newsletter is sponsored by Arizona Apothecary Shops. Visit www.fertilitymeds.us or email: info@fertilitymeds.us