

Upcoming Events:

Embryology Lab Evening
June 15, 2004, 6pm
 "Mystery Behind the Microscope"
 sponsored by
 Conception Technologies

Bagel Day
June 16, 2004, 7:30am-12pm
 Topic: Acupuncture —sponsored
 by Organon
 Stop by in the morning to enjoy
 complementary Starbucks coffee and bagels.

Free Internet Seminar
June 22, 2004, 6pm PST
**An educational evening with our
 fertility specialists ONLINE!**
 Registration & password will be
 required!
 More info on our website or by
 email at seminar@sdfertility.com

**Free Group Injection Instructions
 On Monday Evenings**
 Call for more information and to RSVP.

Tip of the Month

When trying to conceive, stay away from pain drugs such as Celebrex or Vioxx. Research showed that these COX-2 inhibitors prevent ovulation and implantation of a fertilized egg and might cause early miscarriage, according to a recent publication of the American Society for Reproductive Medicine. (www.asrm.org)

Quote of the Month:

"I do not imagine how it could be better. The medical care and personal attention we received from everybody was so perfect."
 Patients' anonymous response on a survey about what they liked the least 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.

SDFC Patient Education Seminars Now ONLINE

Our free fertility seminars are very popular events for couples who are trying to conceive and researching medical treatment options. Drs. Kettel and Hummel decided to take the seminar to the next level and hold it live over the Internet on June 22nd. They chose this state-of-the-art rich media management system called Stream OS, which is the latest technology used for Web broadcasting of events in sports or entertainment. Attendees will be able to access the live broadcast event by logging in to a web page on www.sdfertility.com. A special interface makes it possible to follow the presentation, watching the physicians on the screen and listening to their live discussions. With a computer at home or office, seminar attendees will be able to access and print seminar handouts and ask questions per email.

"Since we have patients coming from all over the US and from overseas, we want to make our seminar available to all of our patients", states Dr. Hummel, "Instead of having couples come to us and dealing with traffic, we go to them."

Besides medical topics such as IVF, PGD and egg donation, Lisa Souza also presents the popular financing plan "IVF Success Guarantee" and introduces the staff and the facilities. For a detailed agenda visit our web site at www.sdfertility.com. A password will be required to attend the seminar June 22, 6pm PST, so please send an email to seminar@sdfertility.com to request login information.

Not-to-Stress is Critical Factor for Your Fertility

A recent study conducted at UCSD disclosed a link between the stress level of fertility patients and their chances of success. The study observed the stress level of 151 women while being treated for fertility with either IVF or GIFT.

According to the study, published in *Fertility & Sterility*, women who had more worries about the treatments and financial burden produced 20% less eggs for egg retrieval and had 19% less eggs successfully fertilized compared to women who weren't stressed as much.

"This is why we encourage patients to take advantage of stress-reducing complimentary therapies", says Dr. Kettel. As a full-service fertility center, SDFC makes other resources available to help the patients lower stress levels. Those resources include local acupuncturists, chiropractors, massage and yoga therapists and more. Visit www.sdfertility.com and click on "Patient Resources" for more information.



Couples who worry less during fertility treatment are more likely to succeed.

New Fertility Hotline Most Helpful for Unanswered Questions

Getting the answer to a specific fertility related question can be difficult. There are couples who are just beginning to research options for fertility treatment or couples who already started treatment with a fertility specialist, but might be overwhelmed by the vast load of information available and welcome some guidance and reassurance. That's why the new information hotline called Fertility LifeLines™ was introduced last month. Highly trained customer support specialists, nurses and insurance specialists for infertility are available every day of the week answering questions on a toll-free hotline. Whether you have questions about insurance coverage, medication, or just looking for general information or emotional support, a simple phone call might help you with your fertility concerns. Give it a try! Call toll-free in the U.S. 1-866-LETS TRY (Mo-Fri: 5am-9pm, Sat-Sun: 5am-3pm PST).



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