

Events This Month:

Embryology Lab Presentation Online at www.sdfertility.com
"Mystery Behind the Microscope"
Request login info by email at 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

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

Education Topic of the Month:
Yoga and Alternative Therapies Supporting Fertility Treatment
Visit our display in our patient education room

Tip of the Month

When trying to conceive, avoid using commercially available lubricants. One study in 1996 found that sperm motility decreased by 60-100% after one hour of incubation with lubricants. The study suggested to use canola oil, which has no effect on motility, or egg whites, which have a beneficial effect on sperm movement. Further, one commercially available product called PRE-SEED has also shown efficacy without impairing sperm function.

Quote of the Month:

"Thank you from the bottom of our hearts for the recent arrival of our son. He is perfect & an angel—and he wouldn't be here if it weren't for all of you there. Our experience at SDFC was wonderful. We are so grateful for your expertise & caring. We will see you again soon for baby #2!" Patient's birth announcement.

Newsletter Subscription:

Receive our monthly email newsletter! 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.

Phone Consultations for Egg Donation Expedite Scheduling

San Diego Fertility Center's own Egg Donor Program was established in 1989 and is among the most successful programs in the United States. Now, for the convenience of new patients who already know they need egg donation as fertility treatment, we offer free phone consultations with our Egg Donor Program Coordinator, Chris O'Kane. "Many patients are aware that egg donation is required for treatment and prefer not to wait for a consultation with their doctor", comments Chris O'Kane, who has been leading the Egg Donor Program at SDFC for over a decade.



Phone consultations and egg donor photos are new, convenient features added to our egg donor program.

She adds, "For these couples we can schedule a phone consultation right away and get them started with treatment immediately if they wish". This concept allows patients to begin treatment as soon as possible and still get the premier patient care from Drs. Hummel and Kettel.

Phone consultation results are discussed with the physicians and treatment plans are decided by the treating doctor. "Patient treatment protocols are identical whether the patient had a phone consultation with Chris or a formal consultation with the physician," says Dr. Hummel, "The doctors are still managing their treatment and making the

decisions about couples' treatment plan."

The egg donor program has its own dedicated website www.eggdonor4u.com, where patients have easy access to Drs. Hummel and Kettel's online egg donor database. Couples can scroll through the recently added list of photos or read the profile of their choice. All donors are highly qualified and all pass strict screening guidelines set by the Society of Assisted Reproductive Technology (www.SART.org) and the American Society of Reproductive Medicine (www.ASRM.org).

For phone consultations or for information about our online egg donor database, please contact Chris O'Kane or call our office.

How Men and Women Deal With Infertility

When it comes dealing with infertility, men and women may seem to be from different planets. It is important that couples trying to conceive understand each other's different ways of thinking and problem solving.

Men usually develop an attitude of too much optimism, convinced that each month might be successful. He is often times the one generating hope and the drive for both to continue trying. The woman may take his optimism as a state of denial on his part. Women tend to be more realistic, feeling grief and identity loss. Becoming educated, seeking help and getting treatment are part of her problem solving methods. Taking action is the right thing to do when struggling with infertility, especially since time delays could translate into lower chances for success as time goes by.