

## Upcoming Events:

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

More info is 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.

## Tip of the Month:

When undergoing an IVF cycle, focus on your sense of peace, confidence and positive outcome with the help of a meditation CD. "A Journey of the Heart" is a CD structured to complement each stage of IVF from egg retrieval to embryo transfer concentrating on the body/mind connection.

## Quote of the Month:

"Although I was very insecure about going through this whole process in the beginning due to the tremendous pain and losses that we had suffered, the dignity, great caring and human understanding of your staff helped me feel more at ease and so I gained more confidence through the procedures. IT WAS ALL SOOOO WORTH IT!!!!"

Recently submitted patient testimonial via our website.

## 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 over past 40 issues in our archive at [www.sdfertility.com/newsletterarchive.htm](http://www.sdfertility.com/newsletterarchive.htm).

## The Importance of SDFC's Friends Program

Infertility is a medical condition that impacts every aspect of a person's life. This challenging condition affects one's self-esteem and influences one's relationships with others. Therefore, emotional support during fertility treatment is extremely important. In order to address these concerns, San Diego Fertility Center created a peer-support program called "Friends", in which fellow veterans of infertility share practical advice and provide an insider's perspective of various fertility treatments, and their subsequent resolution. This support program is valuable for our patients because "Friends" offer empathy, support and encouragement that helps patients to make the best decisions for their family. Our referral network consists of former and current patients who have undergone one or more treatments including IVF, IUI, egg donation, surrogacy laparoscopy and hysteroscopy, and more.

We are always recruiting new volunteers who want to become "Friends" to our patients. The contact between the individuals is completely anonymous and is frequently conducted via phone or email. If you are interested in finding a "Friend" or becoming a "Friend", please contact our program coordinator Jenna Lake at 858-735-3375 or [edliaison@sdfertility.com](mailto:edliaison@sdfertility.com).

## Follicle Stimulating Hormone (FSH) and Infertility

Most people are aware that increasing maternal age leads to a decline in fertility. In fact, this decline occurs fairly acutely after age 37 and continues to decline up through the menopause. In almost any arena in which age is evaluated, advancing age leads to a decline in either treatment success or ultimate pregnancy outcome. Not only does fertility decline with advancing maternal age, but miscarriage rate increases as well as chromosomal abnormalities increase. Once a pregnancy has successfully entered the second trimester, it does not appear that other pregnancy risks are increased. One test which can offer some insight into this aging process is the "day 3" FSH. FSH is the pituitary hormone that is primarily responsible for folliculogenesis. As such, an increasing day 3 FSH reflects ovarian resistance to ovulation. In some studies the day 3 FSH has been shown to be a better predictor of pregnancy success than chronologic age. A day 3 FSH of greater than 15 mIU/mL places the woman in a relatively poor prognostic category whereas a day 3 FSH of less than 10 mIU/mL places the woman in a good prognostic category. Those women who fall between 10 and 15 mIU/mL find themselves in the "gray zone." It must be emphasized that the day 3 FSH value varies from cycle to cycle and that a single isolated, elevated, day 3 FSH is not the "final nail in the coffin" for a woman considering pregnancy.

On Internet message boards you find lots of success stories of women who beat the odds and achieved pregnancies with elevated FSH levels. They underwent IVF, alternative fertility treatment such as acupuncture, a combination of the two or even natural conception. "It is important that women don't give up hope," says Dr. Hummel, "It is important to hold on to the dream of having children despite a high FSH reading".



FSH levels on Day 3 is an indicator of a woman's egg store and quality.