

Upcoming Events:

Bagel Day

March 17, 2004, 7:30am-12pm
Topic: Egg Donor Agencies—
sponsored by Organon
Stop by in the morning to enjoy
complementary Starbucks coffee and bagels.

Embryology Lab Evening

April 6, 2004, 6pm
"Mystery Behind the Microscope"
sponsored by ivpcare

Free Fertility Seminar in Riverside Cty April 27, 2004

An educational evening with our
fertility specialists. For more info & to
RSVP go to our website or call our office.

Free Group Injection Instructions On Monday Evenings

Call for more information and to RSVP.

++ Telegram ++

► Congratulations to two of our
embryologists Kathy Smith and
Shannon Lee, who have been admitted to the master's program for
Embryology and Andrology at the
Eastern Virginia Medical School's
Jones Institute! The 4-semester-
master's program is one of the
best in the US, and is limited to 20
students per semester.

► If you have been taking birth
control pills before you were trying
to get pregnant, you did the right
thing! Studies prove the pill's
positive impact on the cervical
mucus to fight harmful bacteria
entering the uterus and fallopian
tubes, slowing endometriosis and
lowering the risk of ovarian cysts,
ovarian cancer and uterine cancer.

Quote of the Month:

"Skilled and careful monitoring
throughout the treatment cycle.
Excellent team work! Every staff
member knows what they are
talking about." Patients' response when
asked what they liked best at SDFC.

Newsletter Subscription:

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per email and stay informed about
fertility issues! Subscribe by
sending an email to
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read missed issues in our archive at
www.sdfertility.com/newsletterarchive.htm.



*SDFC wants to make the
injections for patients as
easy as possible.*

SDFC Nurse's Advice When Taking Fertility Drugs

Our patient's fertility injections are always a focus for SDFC nurses. Here are some helpful tips when taking fertility drugs.

Before starting any fertility drugs, it is important to make sure your physician has a complete health history and medication history. Be aware of your current stock of medication supply at all times. Plan ahead and order your supply before weekends and holidays, since pharmacies might be closed. Our office has a list of pharmacies offering the prescribed fertility drugs at competitive prices. Once you receive the drugs, store them as directed by the pharmacist, because high and low temperatures may effect potency.

Before starting shots, make sure you are clear on the instructions. Take advantage of the free group injection instructions offered every Monday nights at SDFC.

When giving a shot in the buttock, avoid the sciatic nerve by using the outer, upper quadrant of the buttock. If you need help, have our nurse mark the safe areas for you. If an injection area is sore and feels warm to the touch, avoid giving a shot to that area for a few days. Call our office if an injection area shows red streaking, which might be an indication of inflammation. If you miss a dose of medication, never double the next one without consulting with our staff first.

Improving Fertility with Chiropractic Care

Many of SDFC patients listen to Drs. Hummel and Kettel's advice to reduce stress during fertility treatment by combining it with acupuncture, yoga therapy or another method of their choice. A new combination patients might want to consider is an appointment with the chiropractor. Recent studies published in the Journal of Vertebral Subluxation Research (JVSR) suggested a link between a woman's infertility and nerve interference caused by spinal distortions.

The studies found that in all cases chiropractic work showed positive results, independent from the woman's infertility diagnosis and history. All of the women in these studies were diagnosed and treated for vertebral subluxations, which are misalignments or related problems of the spine that interfere with how the nerves work. Chiropractors corrected these problems with painless adjustments to the affected spinal area. The women in the studies became pregnant after receiving chiropractic treatment concentrating on their central & peripheral nervous system. For example, one woman didn't have menstruations for the past 12 years and tried various fertility treatments without success. After two months in chiropractic care being treated for her spinal misalignments, she started to menstruate and became pregnant shortly after.

Even though the results are not conclusive, it increases awareness of the central nervous system's role in the fertility world. To read about the case studies go to www.jvsvr.com.

More Than Just a Semen Analysis

Typically, our patient's male fertility is evaluated with a semen analysis (SA) measuring count, motility and morphology of the sperm. However, even in cases with a normal SA, an increasing number of patients decide to have the Sperm Chromatin Structure Assay (SCSA).

SCSA is a test to evaluate the level of DNA fragmentation, which is not detected in a conventional SA. During a Semen Analysis, human eye measurements are taken, while SCSA has the advantage of using objective, machine-defined criteria to calculate an index called DNA Fragmentation Index (DFI). Research shows that a DFI above 30% indicates a significant lower chance for term pregnancies and a DFI of 15% or less indicates a higher fertility potential. SCSA test results increase the prognostic value of a SA, especially for men with borderline or abnormal SA.



*DFI improves the
diagnostic value of a
semen analysis.*



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