

Upcoming Events:

**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 Tuesday Evenings at SDFC**
Call for more information and to RSVP.

Tip of the Month

Are you using a PDA in your everyday life? A new software tool for PocketPCs or Palm devices called "Heybaby" can help you monitor your monthly cycle and remind you of your ovulation when trying to get pregnant. The software is based on the assumption that ovulation occurs on the 14th day of a woman's cycle. Besides the ovulation calculator, Heybaby also has helpful features that take you through your pregnancy. Free trial version online at www.wagware.com/Heybaby.htm

Quote of the Month:

"Personalized attention, much less 'machine-like' than two other IVF centers where we've been patients—particularly the competence & attention of the nursing staff". Patient's comments on what they like best about the care 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 helpful tips and articles in over 30 previous issues in our archive at www.sdfertility.com/newsletterarchive.htm.

Added Improvements at SDFC for Your Benefit

Upon popular demand, the San Diego Fertility Center's free online fertility seminar is now permanently available on our website. With topics like: the impact of age on fertility, IVF, PGD, egg donation and available financial plans, couples can get a first impression of treatment options and our medial team. The seminar is 37 minutes long and uses a state-of-the-art interface to allow attendees to follow Dr. Hummel and Dr. Kettel give their presentation, ask questions via email and review handouts. For more information go to our website.

Our embryology team is now able to capture laser micromanipulation procedures performed during IVF. With the latest video equipment, procedures such as ICSI, assisted hatching and PGD biopsy can be recorded as a simple MPEG file on DVD. The videos will be available on our website in the near future.

Who is to Blame for Missing Infertility Insurance Benefits?

One of the first steps when starting fertility treatment is the insurance benefit check. Couples often find out that infertility diagnosis and treatment is covered by their insurance, but IVF and other fertility treatments are excluded. The majority of SDFC patients reside in California, one state out of 13 with an infertility mandate in place. However, it is a "soft" mandate, which gives employers the option to offer infertility benefits. Since it is not required, not many employers actually purchase the coverage. Many patients are not aware of the fact that it is actually their employer who make the final decision about what is included in their company health insurance and what isn't. So, instead of being upset with your insurance company, you might want to talk to your Human Resource Manager to find out what it would take to have them include advanced treatment like IVF in your insurance benefits. If you would like to make your voice heard on a higher level, send a letter to your U.S. Senator. The national self-support group RESOLVE encourages couples to call or write your U.S. Senator. For more information about your state's mandate go to www.resolve.org and select "Advocacy", where you can also find sample letters to Capitol Hill.

New Website Answers Questions About Infertility



The new website offers unbiased information about fertility treatment.

Many couples struggling with infertility are most comfortable doing their own research on the Internet before moving forward. Decisions have to be made and a well-informed couple is the ideal patient at San Diego Fertility Center. In order to shed more light on infertility, a brand-new comprehensive website might be helpful. With the new website at www.fertilityjourney.com, baby making challenged couples can find detailed information about fertility diagnosis and

treatment every step of the way. The website discusses symptoms and tests for women and men when a fertility issue is suspected. Treatment options and after therapy advice is offered and emotional and financial aspects of infertility are outlined. The online tool also includes a clinic locator, glossary of terms and a newsletter. Fertilityjourney.com might give a couple the necessary assurances during their journey to parenthood.