

## Events This Month:

### Embryology Lab Presentation Online at [www.sdfertility.com](http://www.sdfertility.com)

"Mystery Behind the Microscope"

Request login info by email at  
[seminar@sdfertility.com](mailto: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](mailto:seminar@sdfertility.com)

### Free Group Injection Instructions On Thursday Evenings at SDFC

Call for more information and to RSVP.

### Education Topic of the Month: Egg Donor Agencies and Lawyers

Visit our display in our patient education room  
or ask about the program at the front desk.

## Tip of the Month

Here's another reason to brush and floss your teeth daily. Your good habits of oral hygiene might help your fertility. It has been proven that oral bacteria causing infections and gum disease can spread through a man's circulatory system and infect his semen.

## Quote of the Month:

"The reception staff and nurses are absolutely wonderful! They were very kind, caring and understanding." Patient's comment on a recent anonymous survey.

## 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).

## Our Fertility Experts About Prenatal Vitamins

Drs. Hummel and Kettel advise patients to start taking prenatal vitamins before undergoing fertility treatment. In fact, it might be of benefit to start months before starting IVF. Since there are many good prenatal vitamins available over the counter, our physicians don't see a need for patients to get prescription prenats. Drs. Hummel and Kettel would like to point out just a few things to be aware of when choosing a prenatal vitamin.

There are three essential nutrients that a woman in her reproductive years should get in their daily-recommended dosage: iron, calcium and folic acid. It is not advisable to double up on the recommended dosage or to combine multivitamins with prenats, even if one vitamin falls short in the daily recommended amounts. Increasing the recommended dosage can cause you to go beyond safe levels of vitamins and minerals, which can be harmful to your body. Most multivitamins fall short in providing enough calcium, and taking a separate calcium supplement like TUMS (200 mg each) is fine.

Dr. Kettel points out that prenatal vitamins don't carry the Food and Drug Administration's approval (FDA), which means that they don't need to follow a required standardization. When choosing a prenatal vitamin, make sure it has the "USP" on the label, which indicates that the U.S. Pharmacopeia has approved it for safety and quality.

## Pregnancy Rates Stay High With Single Embryo Transfer

Since the development of fertility treatment, the risk of multiple births has been associated with IVF in the public mind. The transfer of multiple embryos increases pregnancy success, but also increases the chance for multiple births. However, techniques and technology have greatly improved in recent years and the total number of embryos per transfer can often be reduced to one single embryo.



*The occurrence of multiple births is significantly reduced thanks for single embryo transfers.*

Two recently published studies (Fertility & Sterility, Dec. 2005) conducted in Seattle and Australia show that implantation and birth rates are nearly the same when patients transfer only one high quality embryo instead of two. In this study, patients with similar characteristics and diagnosis were divided into two groups, one group received a single embryo at the transfer and the second group received two embryos at the transfer. Results showed that there was a significant difference in the number of twins, while the pregnancy rate was nearly the same. Dr. Kettel applauds the study results, but notes that the final decision on embryo numbers will depend on the patient's diagnosis and medical history. A single embryo transfer is not for everyone.