

FROM THE LEADING PROVIDER OF FERTILITY SERVICES IN SAN DIEGO

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: Psychological Counseling with Fertility Treatment

Visit our display in our patient education room
or ask for more information at the front desk.

Did You Know ...

... a fresh IVF cycle has a higher change of success than IVF using frozen embryos? There is an advantage, however. An Australian study showed that a pregnancy through frozen embryo transfer has a lower risk of preterm birth and low-birth weight infants.

Quote of the Month:

"Everyone seems to have top knowledge and really care about answering all questions. Everyone is great and super sweet. Thank you so much, now we pray for success!" Patient's comment on a recent anonymous survey.

Newsletter Subscription:

Receive our monthly email newsletter! Subscribe by sending an email to newsletter@sdfertility.com and read helpful tips and articles in over past 40 issues in our archive at www.sdfertility.com/newsletterarchive.htm.

Egg Donor Program Improved Patient Care

A growing number of patients from all over the world come to San Diego Fertility Center to take advantage of our premier egg donor program. Our newest staff member, Jenna Lake, will assist recipient couples through the program as an Egg Donor Program Liaison. Being a graduate from the University of California, San Diego, with a degree in psychology, she really enjoys helping others to achieve their goals and dreams. While pursuing a career in sales & marketing, she endured her own struggle with infertility; one that brought her directly to our center. Jenna's personal experience with fertility treatment offers patients a unique insight into the world of infertility. By offering an empathetic ear, Jenna assures that our egg donor recipients feel exceptionally nurtured throughout the course of their treatment. She is spearheading many exciting future initiatives that include support groups, on-line chat programs, and other innovative means of supporting our patients during this exciting and emotional process.

In addition, SDFC's online egg donor database has now been restructured and is even easier to use. Visitors coming to the online egg donor website can search our database for donors without having to get a password to find out how many donors in our database would fit their preferred key features of eye color, hair color, and/or ethnicity. If search results show no donors, visitors know already that we currently do not have a donor that matches their criteria. If there are results displayed however, visitors can request the level 1 access to review basic egg donor information to decide if they would consider a candidate. "It pays to check back on the database often", comments Chris O'Kane, egg donor coordinator, "Because at any point in time we have 40 egg donor applications we are processing as fast as we can to offer a large donor pool to our patients." Not every donor applicant ends up in our database. In fact, only about 10% of applicants pass the very strict screening process at SDFC. Factors such as family medical history, educational background and health history of a donor need to be ideal to become enrolled in our egg donor in the database. Our egg donor program is anonymous and in order to get access to the detailed information about a donor, couples need to become a patient at San Diego Fertility Center. For more information about our egg donor program go to our website: www.eggdonor4u.com.



Couples can search our database without a password on our home page to find out how many donors meet their search criteria.

Low Carb Diet May Improve Reproductive Health in Women with PCOS

Study findings published in Fertility & Sterility (March 2006) showed that dietary management during PCOS treatment might improve fertility problems. Dr. Chystal Douglas at the University of Alabama at Birmingham put women with PCOS between the ages 19 and 42 on three different diets for 16-day periods. The first diet regimen consisted of a regular diet, then an enriched mono saturated fatty acid diet and last a reduced carbohydrate diet with about 43% carbs, 45% fat and 12% protein. Results indicated that a diet reduced in carbohydrates may lead to decreased insulin production which over time, can improve reproductive health in women with PCOS.