

## Upcoming Events:

### Embryology Lab Evening

May 6, 2003, 6pm

"Mystery Behind the Microscope"  
sponsored by Serono, Inc.

To RSVP call or email us.

### Free Group Injection Instructions On Monday Evenings

Call for more information and to RSVP.

### Bagel Day

May 7, 2003, 7:30am-12pm

Topic: Psych. Counseling  
sponsored by Organon

Stop by in the morning to enjoy  
complementary Starbucks coffee and bagels.

### Miracle Baby Reunion 2003

May 10, 2003, 12noon-2pm

In observance of Mother's Day  
former patients meet for a picnic at  
Mission Bay Park.

### AIA Fertility Talk

May 21, 2003, 6:30pm-10pm

Drs. Hummel & Kettel present IVF  
in the 21st Century, the State of  
the ART in recognition of World  
Infertility Month of June. To RSVP visit  
[americaninfertility.org](http://americaninfertility.org) or go to SDFC's web-  
site.

## Tip of the Month:

Refer a friend and get rewarded! If you are a patient at SDFC tell your friend considering fertility treatment about the two fertility seminars on June 4 and June 5. If your friend becomes a patient, we give you a credit of \$200. Just fill out a "Refer a Friend" form available at the SDFC front desk prior to your friend's enrollment.

## Quote of the Month:

"This is the best experience I ever had. Everyone is incredible and I'm going to miss seeing everyone."  
Patient's answer when asked what they like best about the care received 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](mailto:newsletter@sdfertility.com) and read missed issues in our archive at [www.sdfertility.com/newsletterarchive.htm](http://www.sdfertility.com/newsletterarchive.htm).

## Exciting Events at SDFC Offer Something for Everyone

SDFC will organize various events in May and June that have something for everyone. First, existing patients will be able to take advantage of the newly offered, complementary, bi-weekly Group IVF Counseling Sessions, getting an orientation about their treatment plan and developing a group dynamic by meeting their peers, while maintaining confidential the specifics about their treatment.

New patients or prospective patients can register for the AIA Fertility Symposium at the Sheraton San Diego and learn from presentations given by Drs. Hummel and Kettel and two other fertility clinics in San Diego. SDFC in conjunction with the AIA are sponsoring this event as part of World Infertility Month. If you will miss the event or have the need for more information, two more seminars will be held in early June at the SDFC location. Go to our website for a detailed agenda.

Last but not least, former patients—now parents will come together with SDFC staff for the Miracle Baby Reunion celebrating Mother's Day. This event has become a tradition at SDFC and is the most popular event of the year for the new parents showing off their children.



*ICSI is one of the most successful fertility treatment options available today.*

## Studies Give Reassuring Data on ICSI

The American Society of Reproductive Medicine (ASRM) released a statement confirming information from two recent studies observing children conceived using IVF and intracytoplasmic sperm injection (ICSI). The studies evaluated children for birth defects and developmental difficulties. The ASRM press release reassures us that there is no long-term differences in children conceived using assisted reproductive technologies (ART) when compared to children conceived naturally.

Some concerns for developmental problems in ART children are based on the risk of multiple births and bypassing some elements of "natural selection" when choosing sperm for ICSI. However, with the results of these studies, Drs Kettel and Hummel can reassure patients who have concerns about potential genetic and developmental abnormalities before going through treatment. More importantly, the study showed that parents of IVF children showed more protective and nurturing attitudes toward their children. We have known for years that couples who have struggled with fertility become great parents! This only proves it!!

## Pregnant or Not Pregnant?

It is very stressful for patients who think they may be pregnant to experience vaginal bleeding or spotting. We frequently hear from patients after intrauterine inseminations or embryo transfers who complain of unexpected spotting or even light bleeding and most of the time it does not mean anything is wrong. Sometimes vaginal progesterone suppositories or gels (Crinone) can irritate the cervix and cause some light bleeding. Sometimes exercise or intercourse can do the same thing. There are even reports that implantation of the embryo into the uterine lining can lead to light bleeding or spotting.

Either way, when we hear about this kind of bleeding, we don't panic. Drs. Kettel and Hummel recommend that you avoid strenuous activity or exercise, refrain from intercourse and continue your treatment plan until your pregnancy test is due. You may be surprised!



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