

## Upcoming Events:

**Miracle Baby Reunion 2004**  
**May 8, 2004, 12noon—2pm**  
 In observance of Mother's Day former patients meet for a picnic at Mission Bay Park.

**Embryology Lab Evening**  
**May 18, 2004, 6pm**  
 "Mystery Behind the Microscope" sponsored by Irvine Scientific

**Bagel Day**  
**May 25, 2004, 7:30am-12pm**  
 Topic: Psych. Counseling — sponsored by Organon  
 Stop by in the morning to enjoy complementary Starbucks coffee and bagels.

**Free Group Injection Instructions On Monday Evenings**  
 Call for more information and to RSVP.

## Tip of the Month

If you think about getting some acupuncture treatment during treatment, get the couple's rate. Besides an relaxing effect, research showed that acupuncture for the man may increase sperm count and motility. See our list of acupuncturists on our website.

## Quote of the Month:

"We were so blessed to conceive our daughter. She is now 3 years old and includes you in her evening prayers. We also say a little prayer for all your patients trying to conceive. We send all our love to you and your wonderful staff on Doctor's Day." Former patient's letter for Doctor's Day.

## 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).

## New Device at SDFC Makes Injections Almost Painless

Until now, SDFC patients feared the self-injection of FSH during fertility treatment. What caused anxiety was the confusion about measuring and mixing the medication and the skin irritating sometimes painful injection.

But things changed with last month's introduction of the Follistim Pen™ at SDFC. Drs. Hummel and Kettel started to prescribe the newly FDA approved pen injector, which is an adapted insulin pen. The pen uses refills in form of cartridges, which are pre-filled with already mixed FSH solution. A simple "dial-a-dose" feature makes the injections for IVF patients safe, accurate and discreet. The pen also has a BD Micro-Fine™ pen needle and allows small volumes of medication, which is much more tolerable than previously prescribed needles.

"Thanks to the pen, patients are more confident with administering injections", comments Dr. Kettel, who conducted one of the research studies using the pen in 2002, "It is so convenient and easy to use, patients are much happier during IVF treatment."

For more information about the Follistim Pen™, go online to [www.follistim.com](http://www.follistim.com).



*Patients have been waiting for an easier and more convenient way to inject medication.*

## Decreasing Multiple Births Due to Infertility Treatment



*Less risk of multiple gestation is good news for IVF patients.*

Over the past 5 years, the overall percentage of multiple pregnancies due to assisted reproductive technologies (ART) in the US decreased. This is the result of a recent research study at Women's Hospital in Boston, whose data was published in April's *New England Journal of Medicine*.

The researches found that the average number of transferred embryos in ART has declined, which is due to the guidelines set by the American Society for Reproductive Medicine (ASRM). "Like the ASRM, we have a high interest in improving patient care", states Dr. Hummel, who implemented the Center's policy of transferring very low numbers of embryos before the guidelines were issued. "A healthy baby is our goal, not just a pregnancy." IVF patients undergoing infertility treatment have always been concerned with the a risk of multiple gestation. The results of this study may help educate patients about the positive development in recent years.

## Ovarian Cancer Not Linked to Infertility Drugs

Last months issue *Obstetrics & Gynecology* contained a review of a recent study that evaluated the link between assisted reproductive technology (ART) and ovarian cancer. The study found that there is no increased risk for ovarian cancer in patients treated for infertility. In the study, data from fertility patients treated between 1966 to present was compared to data of untreated infertile women in the general population. The infertility group had received the various hormone treatment for infertility which included protocols for Clomid & gonadotrophin. This analysis disputes the suggestion in previous studies which suggested an increased risk for ovarian cancer for patients treated with infertility drugs than women in the general population. Read the detailed article from *Obstetrics & Gynecology* (4/2004) on our website.



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