

Current Events:

Free Internet Seminar Online An educational seminar with our fertility specialists ONLINE!

More info is on our website or by
email at seminar@sdfertility.com

Free Group Injection Instructions Thursday Evenings at SDFC Call for more information and to RSVP.

Tip of the Month:

A tasty new way to take your prenatal vitamins are the new nutrition bars called Bellybars. They have all the nutrients recommended for mothers-to-be starting before conception. Nutrients include folic acid, iron, calcium and Omega-3 fatty acid. The bars are free of trans fats, artificial flavors and preservatives.

Quote of the Month:

"The entire staff treats us warmly and as people rather than mercky patients. We feel respected and very much included as part of the team. We feel a special bond with virtually everyone we've seen at SDFC and feel that this is going to contribute to our success. Obviously, that is part of the culture here, and it obviously takes a lot of work on SDFC's part to make this environment happen every day. We notice that, and we thank you."
Patient's comment when asked what she liked best about our care.

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.

D3 vs. D5 Embryo Transfer

Many patients often wonder whether it is better to have a Day 3 or Day 5 embryo transfer. At San Diego Fertility Center, we allow the embryos to guide us in determining which transfer day will give you the best chances of success in your IVF cycle. Embryo transfers can take place between Day 2 and Day 6 of embryo culture, but are most often performed on Day 3 or Day 5 when their stage of development is most clearly defined. Although there are benefits to having a transfer on one day or another, pregnancy rates are comparable whether the embryo transfer takes place on either day. The day of your embryo transfer is usually decided on Day 2 after the embryos have gone through one division and are somewhere between 2-4 cells. It is at this point that we begin grading the embryos.

On Day 3, an embryo should consist of 4-8 cells and is considered a multicell embryo. At this stage, embryos are graded based on stage of development (cell number), cell symmetry, and percent fragmentation. With a limited number of embryos, embryologists can more easily determine which embryos will yield the highest chance of pregnancy, based on the morphological grading. As such, a Day 3 embryo transfer is often recommended. The most beneficial reason for performing a Day 3 transfer is to return the embryo to its natural environment. Although the laboratory has proven success in blastocyst culture, the best incubator for embryos remains to be your uterus. When there are a large number of embryos, culturing to Day 5 allows us to distinguish which embryos have a greater potential for success. These same embryos may have looked very similar on Day 3. By Day 5, an embryo should consist of 64-128 cells and has reached a more advanced stage called a blastocyst. The cells of a blastocyst embryo are differentiated into two types: trophoctoderm and inner cell mass. As the embryo grows, these two cell types eventually form the placenta and fetus, respectively. Embryos that reach the blastocyst stage have a higher chance of implantation (attaching to the uterine wall), resulting in fewer embryos transferred.

There are many factors that influence the day of your embryo transfer, including: quality of embryos, quantity of embryos, risk of multiples, and past IVF cycle history. You will receive daily updates regarding the development and grading of your embryos as well as recommendations that arise from our daily Patient Care Conference (PCC) with your physician, nurses, and embryologist. Together with you, it is our goal to make decisions to achieve the most successful outcome for your cycle.

SDFC Welcomes New Members to the Team

The San Diego Fertility Center and Del Mar Surgery Center are excited to introduce two new team members. We have had the great fortune to hire two very experienced, caring people. Cindy Christianson is a Registered Nurse with substantial experience in fertility care. Cindy started her fertility career working with Dr. Hummel and Dr. Kettel at Sharp Hospital. Cindy then transferred to IGO medical Group in 2002 where she continued with fertility services, supervision and hormone replacement therapy. "I am thrilled to continue working with the fertility patients of Dr. Hummel and team, it feels like a great fit," Cindy adds.

Our second new member of our team is Erin Sifuentes. Erin is a licensed Scrub Tech, having 14 years of experience. Erin started her career in Phoenix Arizona, and then moved to San Diego to work at Health South Ambulatory Surgery Center and most recently IGO Medical Group. "SDFC is excited to have such a wealth of experience added to our already talented team." Lisa Souza, CEO.