

## Upcoming Events:

### 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: Yoga and Alternative Therapies

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

## Tip of the Month:

Stress-releasing treatments such as acupuncture, and other alternative therapies, have been known to improve the chances of infertility treatment success. A new addition to the list might be hypnosis according to research at the Soroka University Medical Center in Israel. Scientists found that women who were placed under hypnosis before their embryo transfer in IVF were more likely to get pregnant. The reason for success with any of the alternative therapies may be the relaxation of the uterus during the therapy session.

## Quote of the Month:

"Working in the medical field myself, I appreciate your high quality patient care. I wish my doctor would run his office like yours!"  
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).

## More Early Morning Monitoring Appointments at SDFC

Patients make suggestions and we listen. As of last month, new morning-time monitoring slots are available in our weekly schedule. Additional nursing staff is scheduled to work in the early morning hours to fulfill our patients' request for more early monitoring appointments. "The hour of 7:30 AM to 8:30 AM is the most critical for patients with a full work schedule," comments Lisa Souza, Patient Advocate and CEO at San Diego Fertility Center. She adds, "Getting IVF monitoring or bloodwork appointments done, before the morning traffic starts, is convenient for many working patients". SDFC's staff is available every day starting at 7:30 AM. In addition, we have created a new position of nurse triage. The nurse triage position was created to help our patients with addressing their questions and facilitating their needs. Excellent patient care is what San Diego Fertility Center is known for and we want to keep it that way. If you have a suggestion on how we can improve our services, please go to our website and send a message to our Marketing Director, Constanze Scherer.



*There are now double the time slots available with our qualified nursing staff for early monitoring and blood work visits.*

## The Gift of Hope Turned into a Miracle

Selfless acts of kindness are everywhere when you look around you. At the San Diego Fertility Center, we notice them on a daily basis. A recent, and more memorable example of altruism is the story of a couple, who came to our office, and received help from an unexpected source. A dedicated teacher and her husband, who struggled with unexplained infertility for years, almost gave up on having a child. The couple desperately tried to come up with the funds to try to conceive a child through IVF.

A child's parent in her classroom found out about the couples desperate wish and contacted our Financial Coordinator, Kim Carnevale. The person, who identified herself as a friend of the teacher, wanted to pay for the IVF cycle, but wanted to stay anonymous. The beneficiary couple soon had their first appointment with Kim during which she announced the good news that their treatment was paid for. "We felt totally blessed, when we heard the good news", comments the teacher, "we are still in complete shock and count our blessings every day". After an unsuccessful IVF cycle, the second cycle with frozen embryos was successful. "The couple had a beautiful baby girl on June 6, 2006 thanks to the generosity of someone who recognized her value as a teacher in their child's life.