

## Upcoming Events:

**Embryology Lab Evening**  
**November 4, 2003, 6pm**  
"Mystery Behind the Microscope"  
sponsored by Arizona Apothecary  
Shops To RSVP call or email us.

**Free Fertility Seminars**  
**November 5 & 6, 2003, 6pm**  
An educational evening with our  
fertility specialists. Topics include  
age factor, male infertility, financial  
refund plan and more.

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

**Bagel Day**  
**November 11, 2003, 7:30am-  
12pm**  
Topic: Infertility Pharmacy  
Refills —sponsored by Organon  
Stop by in the morning to enjoy  
complementary Starbucks coffee and bagels.

## ++ Telegram ++

► Need to refresh your memory  
about the IVF Orientation? Go  
online to our website and watch  
Tamara Tobias' IVF patient orien-  
tation. The streaming video is  
about 29 minutes long and can be  
watched via Windows Media  
Player. Go to [sdfertility.com/  
download.htm](http://sdfertility.com/download.htm).

► Web MD has now its own online  
fertility center. For a monthly  
membership, online users have  
access to an online database, cal-  
endar tools and chatrooms:  
[www.webmd.com](http://www.webmd.com).

## Quote of the Month:

"I'm sure you know what a wonder-  
ful staff you have. Everyone was  
compassionate and relaxed, even  
while performing serious and deli-  
cate procedures. I actually miss  
coming in and seeing them all."  
Thank you note from an expecting SDFC  
patient

## 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).

## SDFC's Embryology Lab is Growing

With the embryology department as the heart of SDFC, Drs. Kettel and Hummel make sure that their laboratory continues to stay at the highest level of excellence. Besides the regulation licenses by the California State Prov. Tissue Bank and the California State Department of Health, the embryology lab keeps up-to-date with certifications of quality such as CLIA and CAP. To guarantee compliance with the strictest guidelines of recurring quality inspections, improvements are a continuous process at SDFC.

Further, we recently acquired a new micromanipulation system with hydraulic pressure control that is mainly used for intracytoplasmic sperm injection, also known as ICSI. "ICSI is such a common procedure these days that we needed two stations," comments Bill Venier. "However, the greatest new addition to the embryology lab is Shannon Lee." Shannon, who joined SDFC in 2002 at the front desk, has become a valuable asset to our Center. With a UCSD degree magna cum laude in Biological Sciences, she originally had plans to go to medical school for a doctor's degree. She decided to stay at SDFC instead. Her background and experience with fertility patients at the reception made her the ideal candidate to complete the laboratory team currently consisting of Kathy Smith and Bill Venier.



*Shannon, known for her smile at the reception desk, is transferring to SDFC's embryology lab.*

There are also plans to purchase the latest laboratory laser equipment for assisted hatching and for biopsies preparing PGD cases.

## The Good, the Bad and the Ugly Influences on Sperm

**The Good:** One of the recommendations before undergoing IVF treatment concerns a female's caffeine intake. For the male, however, it might be beneficial to have an extra cup of coffee, according to a new study presented during the recent ASRM meeting ([asrm.org](http://asrm.org)). Scientists in Brazil tested the sperm of 750 men with different coffee-drinking habits. The results suggested that caffeine increases sperm motility. However, there was no difference between a man who drank coffee in moderation or one who drank excessively. Dr. Hummel and Dr. Kettel recommend to stick with the one or two cups of coffee a day.

**The Bad:** Another recommendation for females with fertility issues concerns their body weight, but what about the male? Researchers found evidence that sperm quality decreases as men gain weight above the healthy norm. There is a correlation between the body mass index (BMI) and sperm quality parameters such as the sperm count. In addition, reduced sperm quality increases the chance of miscarriage. These are great reasons to maintain good eating habits and exercise together as a couple.

**The Ugly:** If you are diagnosed with male infertility, it might be due to high levels of lead in your body. Researches have found a link between elevated levels of lead and damaged sperm. It appears that men who lack exercise, smoke or drink alcohol, and also painters, printers and plumbers who are exposed to lead at work, tested positive for toxic levels of lead. Drs. Kettel and Hummel believe that screening males for toxins like lead might be included in a couple's infertility diagnosis in the future.

## Good News From Research on Polycystic Ovary Syndrome (PCOS)

A woman with PCOS, showing no symptoms associated with the syndrome, has the same chances to conceive as a woman with normal ovaries, according to a recent study. PCOS is characterized by multiple cysts on a woman's ovaries and can develop into symptoms such as infertility, irregular menstrual cycles, obesity, and excessive hair growth. The scientists compared pregnancy rates of women with healthy ovaries, women with PCOS showing no symptoms, and women with PCOS who show symptoms. The pregnancy rates of the first two groups were the same while the symptomatic PCOS patients took longer to conceive.



This newsletter is sponsored by Arizona Apothecary Shops. Visit [www.fertilitymeds.us](http://www.fertilitymeds.us) or email: [info@fertilitymeds.us](mailto:info@fertilitymeds.us)