

## Upcoming Events:

**Embryology Lab Presentation  
Online at [www.sdfertility.com](http://www.sdfertility.com)**  
"Mystery Behind the Microscope"  
sponsored by Organon.  
Request login info by email at  
[seminar@sdfertility.com](mailto:seminar@sdfertility.com)

**Bagel Day November 11, 2004,  
7:30am-12pm**

Topic: Psych. Counseling  
Supporting Infertility Care -  
sponsored by Organon  
Stop by in the morning to enjoy  
complementary Starbucks coffee and bagels.

**Free Internet Seminar online  
access in November 2004**  
**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 Monday Evenings at SDFC**  
Call for more information and to RSVP.

## Tip of the Month

It is best to drink orange juice or another beverage high in vitamin C when taking your prenatal vitamins. Vitamin C can enhance vitamin absorption such as iron. Beverages such as milk, tea or coffee can make it difficult for your body to absorb the vitamins.

## Quote of the Month:

"I would like to say 'Thank you' for taking on my case with all of my highs and lows. He is truly a miracle and perfect in every way. I also thank all of your wonderful staff at the front office and the nurses in the surgery center. Keep up the great work!" Patient's thank you note with birth announcement.

## 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 Fall Highlights With Improved Patient Care

In the last two months of 2004 SDFC is going strong with exciting new features for our patients to enjoy with their care.

**Online Patient Seminar November 1st—30th:** The online fertility seminar in June/July was very popular, so Drs. Hummel and Kettel decided to put the seminar again on their website during the month of November. "It is an excellent opportunity for couples who have not decided on fertility treatment and who just want to find out what we have to offer", comments Dr. Kettel. Dr. Hummel and Dr. Kettel will present treatment options such as in-vitro fertilization (IVF), PGD and egg donation. The last item on the agenda will cover financial options like the attractive "IVF Success Guarantee". For more information, please go to our website or send an email to [seminar@sdfertility.com](mailto:seminar@sdfertility.com).

**Virtual Tour:** With patients from all over the world in mind, we created a virtual tour of our facilities. Before visiting our Center in person, patients can look around in the doctor's offices, the nurse's station, our exam rooms and even zoom in on our state-of-the-art equipment inside our embryology lab and Del Mar Surgery Center. Go to our website—it's definitely worth seeing!

**Patient Identification:** As a new security measurement, nurses will request to take a photo of the patient couples during one of their first visits. The photo will be maintained in the patient's confidential medical records and help support our Center's data identification management. When you come and see us, be ready to smile!



SDFC and the Del Mar Surgery Center can now be visited online via our "Virtual Tour".

## Women With Recurrent Pregnancy Loss Benefit From PGD

During this year's American Society for Reproductive Medicine (ASRM) annual meeting, Drs. Hummel and Kettel presented new findings in their PGD research study. The study looked at patients who are known to be at higher risk for aneuploidic embryos. 76 patients with either a case of recurring pregnancy loss or advanced maternal age took part in the study. Results showed that patients with recurrent pregnancy loss undergoing PGD had a 46% pregnancy rate, compared to the control group's 41% success rate. The benefit of PGD was even more obvious in the patient group with women in advanced maternal age. Their pregnancy success rate using PGD was 30%, compared to the control group who showed only 18% success rate.

## Avoiding the Flu Without Vaccination

Fertility patients need to be extra careful during flu season to ensure treatment success. However, during a flu vaccination shortage like this year, there is no reason to panic. Being in good health is the best defense against the flu. Your immune system stays strong with a well-balanced, healthy diet, enough sleep at night and an overall low stress level in your life. Drs. Kettel and Hummel also recommend washing your hands more often. Supplements like echinacea and St. John's Worth are to be avoided. Studies showed that visiting the sauna once a week will also enhance your body's defense system.