

Events This Month:

**Embryology Lab Presentation
Online at www.sdfertility.com**
"Mystery Behind the Microscope"
Request login info by email at
seminar@sdfertility.com

Free Internet Seminar Online
**An educational seminar with our
fertility specialists ONLINE!**
More info on our website or by
email at seminar@sdfertility.com

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

Education Topic of the Month:
**Psych. Counseling during Fertility
Treatment**
Visit our display in our patient education room

Tip of the Month

Your partner's low sperm motility may be due to a zinc deficiency. Zinc deficiency in women has been linked in a Swedish study to a higher risk of miscarriage. Pumpkin seeds are especially high in zinc and are an excellent choice to snack between meals.

Quote of the Month:

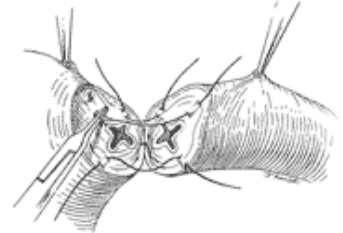
"As difficult as it has been to go through infertility for the past two years, our experience at San Diego Fertility Center has been so positive for us and given us the most hope that we have had in a while." Patient's comment on a recent, anonymous survey.

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.

Tubal Reversal at SDFC

Reversal of tubal sterilization is a microsurgical procedure performed to restore the function of fallopian tubes blocked by previous sterilization surgery. Often life leads to unexpected changes and women who previously were convinced they no longer needed or wanted fertility may, in fact, change their minds. Fortunately, the success of microsurgical tubal reversal is very high!! This is especially true if the procedure is done by highly trained and experienced surgical sub-specialists, like Dr. Hummel and Dr. Kettel. In our hands, the success rates for this procedure is up to 90% or more. There are three specific factors that determine the success of tubal reversal.



Success rates for tubal reversal is very high, and women can try to conceive soon after the procedure.

- 1) **Tubal length** - After completing the tubal reversal, the overall length of the intact remaining open tube should be greater than 4 centimeters (about 2 inches). Sometimes, extensive tubal damage occurs during the initial tubal sterilization or some other disease damages the tubes and the resulting tubal length could be compromised.
- 2) **Sperm quality** - If the male partner does not have proven fertility, it is important to make sure there is no unsuspected problem with sperm quality. We often require that a semen analysis (sperm count) be done before the tubal reversal surgery. Obviously, if there is a problem with sperm then there may be a problem becoming pregnant after the reversal. It is better to know about this before surgery than go through an entire operation only to find out that your chances for pregnancy are slim.
- 3) **Age of the female** - Despite our never ending hopes to discover the fountain of youth, the truth is that it is simply harder for women to get pregnant as they get older. The age related decline in fertility begins around age 35 and decreases steadily thereafter. A blood test done on the third day of menstrual bleeding (cycle day 3) to measure serum FSH and estradiol can be very helpful in determining the degree of these age-related changes.

After the tubal reversal procedure, you can try to conceive as soon as you feel up to it. The tubes should function immediately after surgery and lots of women have successfully become pregnant the first cycle after tubal reversal. If you haven't conceived within six months the tubes need to be evaluated to make sure they are still open. The vast majority of women who have this procedure, get pregnant quickly and without additional treatment.

PGD Reduces Risk of Recurring Miscarriages

As reported in the *Fertility & Sterility* August issue (Vol.84, No.2), a recent study shows that the rate of miscarriages in women over 35 with previous pregnancy loss may be significantly reduced by using preimplantation genetic diagnosis (PGD). PGD is a technique that is used in combination with IVF to test embryos for genetic disorders prior to their transfer to the uterus. By screening the embryos for chromosomal problems, researchers were able to reduce the rate of miscarriages in women over 35 from the expected 36% down to 17%. "This confirms what we have been seeing in our patients," comments Dr. Hummel. Dr. Hummel recently published his findings about miscarriages in his book "*Miscarriage and the Successful Pregnancy*", available on iUniverse.