

Upcoming Events:

October 2, 2002, 6pm
Embryology Lab Evening
"Mystery Behind the Microscope"
sponsored by Freedom Drug
To RSVP call or email us.

October 23, 2002, 7:30-12pm
Bagel Day: Online Patient
Education Program Healthbanks
sponsored by Organon

Tip of the Month:

Have all your medication purchased prior to needing them. Keep track of how much medication you have used, how much you have left and how much more you might need. This way, you avoid looking for medication at the last minute or on the weekend.

Quote of the Month:

"I grew up around doctors' offices & surgery centers and now I am around doctors professionally. I can in all honesty tell you that I've met a great number of wonderful people but I've never experienced the type of harmony, synchronization, humor, and warmth shown by the people in this office!"

SDFC Patient's comment on a recent survey.

Did you know...

... that you receive credit towards your fertility treatment if you refer a friend to SDFC? If you know anybody else struggling with infertility, give them information about us. Forms are available at the Center.

++ Telegram ++

Healthbanks, the online patient education program, has some new interactive features. Now you can watch a video of Dr. Hummel, Dr. Kettel, or other members of the staff. Another feature is the audio recordings of the physicians and staff that educate you about IVF treatments at SDFC.

Go to <http://www.sdfertility.com/healthbanks.htm>

Newsletter Subscription:

Receive our monthly newsletter per email and stay informed about fertility issues! Subscribe by sending an email to newsletter@sdfertility.com.

Steps to Being the Perfect Fertility Patient

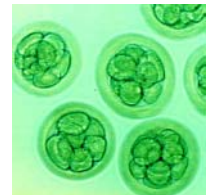
There are a few things you should consider to make your fertility treatment successful.

1. Communicate open, honest, direct and calm with the caregivers. Communication should flow naturally and without reservation or intimidation.
2. Ask questions about the treatment regime, the pros and cons, risks and benefits. Follow instructions carefully, and be an active participant in the decision-making process.
3. Find ways to reduce the stress caused by infertility with hobbies, vacations, social interaction, exercise, massage, spirituality, acupuncture, or other relaxation techniques. Stress management improves your overall quality of life and enhances your fertility treatment and ultimately success.
4. Approach infertility as a couple's issue. The more involved a couple is together in the medical process, the better able they are to support each other and make decisions.
5. Try to have realistic expectations of caregivers, treatment, and what lies outside of human control. Avoid issues that lead to disappointment and frustration by focusing on the "big picture".
6. Be an integral part of the infertility team, with equal responsibility for facilitating healthy communication and cooperative teamwork. Acknowledge problems and solve them as they arise.
7. Seek education on both the medical and emotional aspects of fertility problems. The Internet has helped to gain information and support for various treatments. Become as educated and attentive to your care as possible and look to members of SDFC as partners in your quest for success.

Recent Study Shows How Far Fertility Patients Go to Have a Child

Being part of Advanced Reproductive Care (ARC), the national network of leading infertility specialists, Drs. Hummel and Kettel participated in the most recent study revealing a conservative approach of patients towards reproductive technologies. For example, only 9% of infertility patients surveyed would consider cloning as a way to have a biological child. While 26% were undecided about what to do with unused cryopreserved (frozen) embryos that were left over following infertility treatment. Only 34% would consider a gestational carrier or surrogate mother to carry their baby, while 22% were undecided if they would use this option. "The study shows that men and women undergoing fertility treatment educate themselves thoroughly before making any decisions", comments Dr. William Hummel.

The majority of respondents – Over 90% of respondents believe that insurance should cover infertility diagnosis and treatment. Forty-six percent of all respondents believe that infertility treatment should be made available to same-sex couples, 32% disagreed, and 22% were undecided. Fifty-six percent of infertility patients answering this survey would consider adoption if infertility treatment were unsuccessful, 19% would not and 25% were undecided.



26% of IVF patients are undecided about what to do with unused embryos.

Educational Events Were Big Success During NIAW

**NIAW
2002**

Experts want to increase public awareness about reproductive health during NIAW.

San Diego Fertility Center's open house during National Infertility Awareness Week last month was well received by the public. Visitors received besides a tour through the Center, an inspiring book and educational material. Infertility was the topic of many special news segments in the media nationwide such as NBC's Today Show, CBS Early Show and an online infertility conference.

The next educational event organized by the San Diego Fertility Center will be a free fertility seminar on November 6th, 2002. For more information go to www.sdfertility.com/seminarschedule.htm.