

Upcoming Events:

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

Bagel Day October 28, 2004, 7:30am-12pm

Topic: Yoga & Alternative Therapies supporting Infertility Care - sponsored by Organon
Stop by in the morning to enjoy complimentary Starbucks coffee and bagels.

Free Internet Seminar Accessible online after October 28th 2004

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 Monday Evenings at SDFC
Call for more information and to RSVP.

Tip of the Month

While receiving fertility treatment, have the man take care of the cat litter box and wear gloves when gardening in areas where cats may visit. Cat litter can carry the infectious toxoplasmosis, which can influence the success of your treatment and pregnancy.

Quote of the Month:

"All the people are very friendly and positive! The office is nice and clean; so much better than any other doctor's office!" Patients' anonymous response when asked what they liked best about SDFC.

Newsletter Subscription:

Receive our monthly newsletter per email and stay informed about fertility issues! Subscribe by sending an email to newsletter@sdfertility.com and read missed issues in our archive at www.sdfertility.com/newsletterarchive.htm.

Drs. Hummel and Kettel Are Voted "Best Doctors in San Diego"

Drs. Hummel and Kettel would like to thank the medical community for electing them as "Best Doctors in San Diego" in 2004. Both Dr. Kettel and Dr. Hummel have been on the Best Doctors list every year since the program started in 2001.

This year, for the first time, the list is generated by strictly confidential votes of physician members of the San Diego County Medical Society (www.sd.cms.org). With over 4,000 doctors in 30 different specialties in the San Diego area, the nomination process is very rigorous and, unlike some peoples perception, doctors cannot exert influence to be included. The list is published in the October issue of *San Diego Magazine*.

"Being on the Best Doctors list is a responsibility," says Dr. Hummel, "We want to lead the way in patient care and set new standards in patient satisfaction." With continuously new educational tools, patients get the care they deserve. The center is in the process of developing a virtual tour through the facility similar to the process used in real estate. With the increasing number of out-of-town patients, couples can virtually "walk" through the Center and Surgery Center on their own before their first consultation. Also upon popular demand, the online patient seminar on the website will be available at the end of October. See our Center's profile in the October issue of San Diego Magazine and go to our website for more information about the virtual tour and fertility seminars.

New ASRM Guidelines on Embryo Transfer

SDFC's IVF success has led to new guidelines published by the American Society For Reproductive Medicine (ASRM) for embryo transfers. Guidelines for the number of embryos transferred were revised to reduce the chance for multiple gestation which holds an increased risk for the mother-to-be and her babies.

The guidelines take the woman's age into consideration when deciding how many embryos to use for the embryo transfer. For a patient under 35 in normal circumstances, it is recommended that not more than two embryos be transferred. On a fresh cycle with the best diagnosis and chances to become pregnant, a transfer of one single embryo should be considered. For patients older than 35, more embryos may be transferred, depending on their chances to become pregnant. As recommended by the ASRM committee, SDFC will use their own success statistical data to formulate the best possible treatment plan for each individual patient and obtain consent on the number of embryos before the embryo transfer.



ASRM committee revised guidelines for embryo transfer might reduce the risk for multiple gestation.

National Infertility Awareness Week (NIAW)

The self-supporting, non-profit organization RESOLVE was organizing the annual National Infertility Awareness Week for September 26 through October 2, 2004. Local chapters throughout the U.S. hosted events like online conferences with infertility expert panels, live chats and toll-free hotline medical call-in events. Not only during NIAW, RESOLVE offers support for couples throughout the year with local "Cookies & Conversation" groups, and monthly meetings covering topics like endometriosis, male fertility, and fertility treatment options. Visit the San Diego chapter online at www.resolve.org.