

## Upcoming Events:

### Embryology Lab Presentation Online at [www.sdfertility.com](http://www.sdfertility.com)

"Mystery Behind the Microscope"

Request login info by email at  
[seminar@sdfertility.com](mailto: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](mailto:seminar@sdfertility.com)

### Free Group Injection Instructions On Thursday Evenings at SDFC

Call for more information and to RSVP.

### Education Topic of the Month:

#### Egg Donor Agencies and Lawyers

Visit our display in our patient education room  
or ask for more information at the front desk.

## Tip of the Month

As baby-making challenged couple you especially notice the "Baby on Board" shirts worn by pregnant women. Now you have the option to show your attitude as well by wearing a clothing line designed for you. T-shirts with fun slogans are available such as "Not Pregnant (but I'll keep you posted)", "Will work for baby", "All in due time" and more. Go to [www.babytalkin.com](http://www.babytalkin.com) to order your t-shirt.

## Quote of the Month:

"The doctors treat you as an individual and not a number. Your case is studied as a unique circumstance and they seem to truly problem solve."

Patient's comment on a recent anonymous survey.

## Newsletter Subscription:

Receive our monthly email newsletter! Subscribe by sending an email to [newsletter@sdfertility.com](mailto:newsletter@sdfertility.com) and read helpful tips and articles in over past 40 issues in our archive at [www.sdfertility.com/newsletterarchive.htm](http://www.sdfertility.com/newsletterarchive.htm).

## Patient Satisfaction No.1 Priority

San Diego Fertility Center's first priority is our patient satisfaction. More couples are choosing San Diego Fertility Center for their fertility care than ever before. Due to our increasing popularity, we do our best to ensure that all of our patients' needs are met. We are continuously working hard to understand first hand from our patients what is important to them. Through patient surveys and comments we are able to put programs in place to meet our patients needs.

In an effort to thoroughly evaluate our current patient satisfaction, our executive team started a detailed patient satisfaction evaluation program. Our Patient Advocate and CEO, Lisa Souza has been interviewing existing and former patients during a face-to-face meeting. This allows us to determine what our patients identify as their priorities for care and service. "The patient's personal perspective is our No. 1 commitment", comments Lisa, "Fertility treatment is an emotional roller coaster for couples to begin with and we want to make each one of them feel like they are well taken care of". Our success in meeting these key needs of our patients will be monitored and reported frequently to staff. Each of our staff members is committed to our patient satisfaction program success. Patient's comments are also welcome via our website. Visit [www.sdfertility.com](http://www.sdfertility.com) and contact our marketing department via the "Contact Us" page.

## New Fertility Test Soon in the US?

The question about how fast the female biological clock is ticking has been on many women's mind. A new fertility test that may predict a woman's ovarian reserve via a blood test might answer that question. The test kit is called "Plan Ahead" and sold over the Internet by the British company Lifestyle Choices. The test is simple: The woman sends in a small blood sample (3ml) taken on day 3 of her menstrual cycle to a laboratory.

The test measures three hormone levels in the blood and compares the results to the numbers of the average fertility for the woman's age. The tested hormones are Inhibin B, AMH and FSH. Inhibin B and AMH tend to decline the closer the woman's menopause approaches. FSH levels in the blood increase when menopause nears. According to the retailer, the resulting hormone levels determine the number of eggs in the ovaries and estimate what the reserve will be over the next two years. The manufacturer points out that a woman's chances to conceive are influenced by many other factors besides her ovarian reserve such as the quality of the eggs, the health of her fallopian tubes and the fertile health of the sperm involved.

As of now, Plan Ahead is only available to European customers, but the developers are considering whether to market in the U.S. To get an indication of a couple's fertility in the U.S., a woman will get the following tests done: FSH and Estradiol on day 3 of her menses, and Day 21 progesterone. measure healthy hormone levels. A hysterosalpingogram (HSG) is a tubal dye test to exclude blockage in the fallopian tubes as a cause of infertility. A male can have a semen analysis test done to confirm whether or not sperm is a factor in the couple's fertility. In approximately 50% of patients, there is both a male and female factor involved as a diagnosis of infertility.