

## Upcoming Events:

**September 4, 2002, 6pm**  
**Embryology Lab Evening**  
"Mystery Behind the Microscope"  
sponsored by Serono  
To RSVP call or email us.

**September 22—28, 2002**  
**National Infertility Awareness**  
**Week (NIAW)** Take the online free fertility  
evaluation test at [www.sdfertility.com/free\\_test.htm](http://www.sdfertility.com/free_test.htm).

**September 24, 2002, 4-6pm**  
**NIAW Book Event and Open House:**  
We give away 100 books of  
"Laughin' fertility", personally auto-  
graphed by the author Lisa Safran.  
Visitors will be invited to take a  
guided tour through our Center.  
Sponsored by Serono and Or-  
ganon.

**September 25, 2002, 7:30-12pm**  
**Bagel Day:** "Refer A Friend and  
Get Rewarded" sponsored by  
Organon

## Tip of the Month:

Remember, while trying to  
conceive, keep your daily caffeine  
intake at less than 200mg per day.  
An 8oz. Cup of coffee has about  
100mg caffeine.

## Quote of the Month:

"This is the second infertility office  
that I have been to. What an  
incredible difference between the  
two—the staff here is knowledgeable  
and understanding.!" SDFC Pa-  
tient's comment on a recent survey.

## IVF Dictionary Lookup:

**Assisted Hatching**—This is an  
IVF technique in which the zona  
pellucida is broached prior to  
embryo transfer thus improving the  
likelihood of successful hatching  
and embryo implantation. This is  
recommended for all women over  
38 years of age and any patient  
with thick or dark zona pellucida.

## 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).

## SDFC's Egg Donor Program Gains Popularity Nationwide

Deciding to use an egg donor is not easy for some infertility patients. Selecting the right egg donor can be difficult and emotionally complex. In order to help couples with these choices, Drs. Hummel and Kettel have created their own Egg Donor Program at the San Diego Fertility Center. "Our criteria for potential donors is stricter than some agencies," says Chris O'Kane, the egg donor program coordinator at SDFC, "and we only take donors who meet 100% of our requirements." Some basic prerequisites of the donors are that they be non-smokers and between the ages of 21 and 31. They must also pass a one-on-one interview with Chris O'Kane and Laurie Kolt, who performs their psychological assessment.

The superb quality and track record of our program has led to an increasing national reputation and attention. There are more and more out-of-state patients who chose SDFC's egg donor program. Many times, patients decide to come to SDFC after an unsuccessful search for the right donor in their own city or region. To accommodate the increased number of patients who have to travel, the Center has created flexible treatment programs and set up corporate rates at nearby hotels with a handy shuttle service to SDFC. Besides, who wouldn't prefer to have their treatment in sunny San Diego with the beautiful climate and beaches just minutes away!



Egg Donors have to fulfill a strict set of requirements at SDFC.

## National Infertility Awareness Week is September 22—28, 2002

This year's National Infertility Awareness Week® (NIAW) is September 22nd to 28th. Drs. Hummel and Kettel would like to encourage couples to think about reproductive health and family building issues. "We see it every day when couples are surprised to hear that with the age of 35 the woman's egg quality decreases rapidly", says Dr. Kettel. Some of the issues patients have to deal with are age related. However, there are a few lifestyle choices you can make to protect your fertility, e.g. refraining from smoking and maintaining a healthy weight through proper nutrition and exercise. As a special promotion this year, the Center will give away 100 personally autographed copies of Lisa Safran's book: "Laughin' fertility". The book is an inspiration to keep a positive approach and an open mind with a light heart while dealing with infertility.



A newly discovered molecule in sperm is the cause for embryo development.

## Research Discovers Key to Fertilization

British scientists isolated a sperm factor gene that produces a protein that triggers fertilization and development of the egg into an embryo. Researchers can now explain how sperm create a surge in calcium levels in the egg that occur during fertilization and activates its dividing process. The discovered molecule produces a protein called PLC-zeta which causes the increasing calcium level in the egg.

Drs. Hummel and Kettel agree with the researchers who see immense potential benefits of this discovery such as treatment for male infertility and diseases i.e. diabetes and Parkinson's, and the development of male contraceptives.