

## Upcoming Events:

**Embryology Lab Presentation**  
Online at [www.sdfertility.com](http://www.sdfertility.com)  
"Mystery Behind the Microscope"  
sponsored by Organon.  
Request login info by email at  
[seminar@sdfertility.com](mailto:seminar@sdfertility.com)

**Bagel Day September 9, 2004,**  
7:30am-12pm

Topic: Egg Donor Program and  
Egg Donor Agencies - sponsored  
by Organon

Stop by in the morning to enjoy  
complementary Starbucks coffee and bagels.

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

## Tip of the Month

Before undergoing fertility treatment, get any preexisting health problem under control. Chronic conditions like diabetes, thyroid disorders, lupus, rheumatoid arthritis can complicate your fertility treatment and pregnancy. Consult your primary care physician for more information.

## Quote of the Month:

"We are absolutely thrilled with our son and wanted to thank you for making his life possible. There is not one day that goes by that we don't think of all that you have done for us in helping us realize our dream of becoming parents. Thank you for everything and we look forward to getting pregnant again next year." Patients' Thank-you note.

## 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) and read missed issues in our archive at [www.sdfertility.com/newsletterarchive.htm](http://www.sdfertility.com/newsletterarchive.htm).

## Top Ten Reasons For Choosing SDFC's Egg Donor Program

When choosing an egg donor program, not all programs are created equal. The following are the top ten reasons that make SDFC's program so special.

1. We follow the strict guidelines set by the American Society for Reproductive Medicine (ASRM) for our Center's egg donor program. We conduct egg donor screening in-house and criteria for the egg donor's physical & mental health are very strict. An applicant who does not meet our requirements does not become a donor at SDFC.
2. Our cost for egg donation is lower than some agencies.
3. Having one of the largest egg donor programs in Southern California, we have a great selection of egg donors to choose from.
4. You are under the care of premier fertility specialists, Dr. Hummel and Dr. Kettel, who both have received numerous awards and nominations like "Best Doctors in America" and "Best Doctors in San Diego".
5. With a proven track record of over 14 years, our egg donor program is well established.
6. Your privacy is protected. We are HIPAA compliant and patients' and donors' medical records are kept according to the strict guidelines of the Health Insurance Portability & Accountability Act.
7. Our clinic has an excellent track record and some of the highest success rates in the county.
8. We have several financial plans for egg donation, offering a success guarantee if you don't have a baby.
9. We work with egg donor agencies, if we cannot provide you with the donor of your choice. A selection of egg donor agencies is available on our website.
10. All of the treatments are done in our state-of-the-art facility that is licensed and accredited by AAAHS and the State of California. As a full-service fertility center, we offer a broad spectrum of patient resources. Our websites [www.sdfertility.com](http://www.sdfertility.com) and [www.eggdonor4u.com](http://www.eggdonor4u.com) contain Internet seminars, video presentations, and other resources for patients such as law firms specialized in reproductive law and stress-reducing therapy recommendations.

## Early Diagnosis of Tumors Thanks to Fertility Treatment

The connection between male infertility and increased risk of testicular cancer had been confirmed in previous research. Developments in the past years show that tumors may be detected in early stages thanks to the work-up of male fertility patients who undergo testing prior to fertility treatment. Male fertility patients can undergo ultrasound screening as part of their infertility work-up. With help of the trans-scrotal sonography, small, suspicious mass can be identified, which otherwise would stay undetected in a manual physical exam.

Early diagnosis of testicular cancer increases the chance to conserve testicular tissue and use less drastic surgical treatment.

## Fruits and Vegetables May Prevent Endometriosis

According to research, eating fruits and vegetables might be a way to fight an infertility-causing condition called endometriosis. A study observed a group of 1000 women who were divided in two groups according to their diet. Results showed that women who included fresh produce into their diet were less likely to develop endometriosis. Women who had a diet high in meat and no greens showed a higher risk of the painful condition.

Endometriosis is characterized by pain, bleeding and adhesions and effects a large percentage of infertility patients. Drs. Hummel and Kettel always recommend to patients a balanced diet during infertility treatment.



*Eating fruits and vegetables might prevent infertility causing endometriosis.*