



Fertility Now and Zen

Volume I, Issue I

January 2008

A Newsletter from the Fertility Treatment Center

Page I

Patient Appreciation Celebration is a Huge Success!

Wow, what a party!! The second annual FTC Patient Appreciation Celebration, held on November 3, was attended by over 450 partygoers ranging in age from 4 months gestation (yes, one of our patients brought a newly scanned 4-D ultrasound image) to beaming grandmas and grandpas.



Mel Wexler, CEO, Dr. Jun Tao, IVF Director, and a very special guest

Judging by the playful banter and seemingly endless laughter, the kids had fun on the inflatable interactive games which included the fan favorite “bouncy”, a 17 foot slide (that looked even bigger up-close), and an enclosed playground for the younger kids.

The ASU Pan Devils, a steel band ensemble from Arizona State University, added to the festivities with fantastic music. The show-stopper was acclaimed balloon artist, JoAnn Gray of ArtRageous Balloons, who had just returned from a five week trip to China where she showcased her talents as a guest of the Shanghai government. Dressed as a Raggedy Ann clown, JoAnn was joined by another renowned balloon artist, Marie Dadow, who offered her face-painting skills. To fulfill every request, they performed non-stop for 4 ½ hours creating breathtaking character balloons and beautiful facial murals.

Our cook-out was a smorgasbord that included the traditional fare of hamburgers, hot dogs, and chips, along with grilled chicken, orzo salad, and kid-friendly chicken fingers, corn dogs, and juice boxes. Fresh baked cookies and brownies were enjoyed by all.

“Since opening in 1990, we’ve had the privilege to care for thousands of patients. With the opening of our new center in Tempe in 2006, we now have a venue to host an annual event celebrating our patients and their families. Thank you to everyone who made our event so special”, said Dr. Craig, FTC Medical Director.

FTC Employee Spotlight

In July 1993, at age 19, Daina Green graduated from the Bryman School with a medical assistant certification. A few weeks later, she joined Dr. Craig and the staff at FTC. During her time here, she has watched FTC grow and has filled the role of Medical Assistant, Surgery Scheduler, and for the past two years she has been one of our IVF Coordinators.

Now as Daina balances her full-time job as IVF coordinator, a wife to her husband Brian, and a mother to their four children - Brittney 16, Tim 15, Cameron 14, and Matt 13 - she has enrolled at Mesa Community College to receive her Nursing Degree! From all of us here at FTC, we would like to thank Daina for all her hard work over the years and continued success in the future.

Inside this issue:

Endocrine News	2
A Point of View	2
The Fertile Path	3
The Enlightened Chemist	3
Books, Music and More	4
FTC Mission Statement	4
PreciousWonders Donor egg program	4

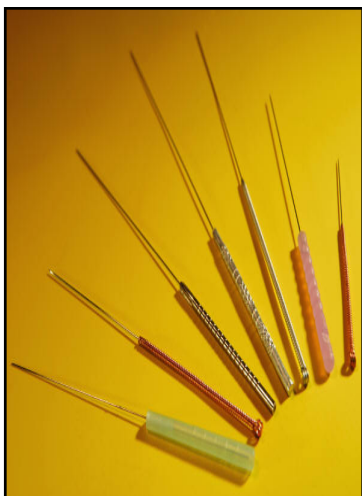


Daina Green, M.A., IVF coordinator celebrating her 15th year with FTC



Dr. H. Randall Craig,
Medical Director
Fertility Treatment Center

Southwest Contractors' Best of 2007 Arizona-Interiors was given to Fertility Treatment Center for its innovations in design



"Acupuncture may impact hormone levels and increase blood flow while decreasing stress"

Endocrine News

Dr. H. Randall Craig

How do I know if I have recurrent pregnancy loss?

The medical syndrome of recurrent pregnancy loss, also known as recurrent miscarriage syndrome, has been recognized by medical science for centuries. However, only in the last 30 years have effective diagnosis techniques and therapies become available to treat this relatively common syndrome.

The traditional criteria for the diagnosis of recurrent miscarriage is three total miscarriages, or two consecutive miscarriages. Because having a baby is critically important to our patients, I bend the traditional criteria rules and began recurrent miscarriage evaluations after two miscarriages, whether consecutive or not. Nearly all women who have recurrent miscarriage will have an eventual diagnosis in one of five medical categories: uterine abnormalities, uterine infections, hormonal disorder, genetic disorder, or immune system disorder.

The first category, anatomic abnormalities of the uterus, include uterine fibroids, large uterine polyps, or uterine septum -- a vertical wall extending down the middle of the uterine cavity. These are easily diagnosed by x-ray or ultrasound procedures, and are usually corrected by outpatient surgical procedures. A second category of uterine infection is relatively rare, diagnosed by a simple Q-tip test, and usually treated with a course of carefully selected antibiotics. The third category, hormonal disorders, includes very low thyroid levels or very high prolactin levels, low progesterone levels, or high insulin levels. The fourth category of genetic disorders includes shifted chromosome sections in the mother or the father, or surprisingly, very high sperm counts resulting in multiple fertilization of the egg. The last category of immune system disorders is the most common and includes blood clotting abnormalities resulting in microscopic blood clots plugging up the early placenta, antibody attack of the placenta, underproduction of the folate vitamin, or incompatibility of the mother's and father's immune system HLA type.

A Point of View

Acupuncture Anyone?

In May of 2006, *Fertility and Sterility* published two studies showing significantly increased pregnancy rates for women receiving acupuncture treatments in conjunction with the embryo transfer stage of IVF. In one study, women receiving acupuncture were more than twice as likely to become pregnant; in another, the success rate rose 50%. Researchers are not clear on why acupuncture may be helpful. Dr. Yong Deng, an O.M.D. practicing in Arizona, was educated in China and has been actively treating infertility patients for 24 years. He believes acupuncture may impact hormonal levels and increase blood flow to the ovaries and uterus. The treatment is also thought to decrease levels of stress and anxiety, both generally elevated in the infertile population. This opinion was confirmed by another local acupuncturist, Dr. Dana Price.

In September 2007, *Ob.Gyn. News* published a study of 818 women who were followed for a 1 year period while doing IVF in conjunction with alternative medical treatment. Among the women who used complementary therapies, 55% used reflexology, 50% used herbal medicine, and 19% used acupuncture. 40% had used a combination of therapies. Reported pregnancy rates were 66% in the women who did acupuncture alone, but only 45% for those doing a combination of therapies. It may be likely, then, that other alternative therapies may reduce the benefits of acupuncture, so FTC discourages their use.

It is clear more research is still needed to determine the benefits of acupuncture and the combination of complementary therapies. However, acupuncture remains a non-invasive, inexpensive, centuries old therapy considered by many to do no harm.

The Fertile Path

Dr. Daniel F. Rychlik

What is PCOS?

Although potato and tomato sound alike, they sure don't taste the same. While many people interchange PCOS and PCO, they really describe different things. While PCOS is a disease state in women, PCO, or polycystic ovaries, merely describes ovaries with numerous small cysts as seen on ultrasound. PCOS can be described as a hormonal imbalance that causes irregular menses, infertility, acne, elevated blood pressure, weight problems and excess hair on the face and body.

Once someone suspects they may have PCOS, the most important issue is determining whether they truly have the syndrome since there are many other endocrine disorders that are similar to PCOS. As the saying goes "You don't want potatoes when you've asked for tomatoes!" No single test can determine if one has PCOS; it requires a full evaluation and laboratory testing by a trained physician to diagnosis this condition. Although there is no known cure once the diagnosis is made, the condition is treatable and pregnancy is attainable.

The Enlightened Chemist

Jamie Bataoel, PharmD

The Apothecary Shop of Tempe is located across the court-yard from the Fertility Treatment Center. The Apothecary Shop has been a leader in preparing customized medications to meet the specific needs of patients and practitioners. Though capable of supporting a wide range of pharmaceutical care needs for our patients, we have focused our practice on providing specialized services in fertility pharmacy services, women's health, infectious disease, veterinary pharmacy, pain management medications, and transplant medications. We have been working closely with the Fertility Treatment Center and Drs. Craig and Rychlik for many years.

A new form of injectable progesterone is being utilized by reproductive endocrinologists around the country. Ethyl oleate is an inert solvent used in pharmaceutical drug preparations involving lipophilic substances such as steroids (i.e. progesterone). This preparation is much thinner and technically hypoallergenic, and requires a much thinner needle for injection. The Apothecary Shop also has other injectable progesterone preparations such as progesterone in sesame oil, cottonseed oil, olive oil and peanut oil. These preparations are thicker and require a thicker gauge needle for injection.

Progesterone is used during the luteal phase of a woman's cycle when the her own natural progesterone is insufficient. It prepares the uterus to receive a fertilized egg for implantation. Once a fertilized egg is implanted, progesterone acts to maintain the pregnancy by causing the lining of the endometrium to thicken and increase its blood supply.

Some potential side effects that may occur include: insomnia, somnolence, rash, nausea, vomiting, diarrhea, breast tenderness, breakthrough bleeding, headache, bloating, and injection site reactions.

If you have any questions about any medications, feel free to contact Jamie Bataoel, Pharm.D., at the Apothecary Shop of Chandler/Tempe (480-775-4784), or visit

www.theapothecaryshops.com



Dr. Daniel F. Rychlik,
Associate Medical Director,
Fertility Treatment Center

Patients, guests, and employees of FTC enjoyed a special treat this holiday season when the Rubber Band, a group of singers and musicians founded by the Phoenix Rotary 100, filled the campus with festive holiday merriment. The band travels throughout the Valley spreading good cheer while raising money for the Salvation Army. "This is the second year they've come by and we really enjoy having them", says FTC CEO and Phoenix 100 Rotary member, Mel Wexler. "They are now part of our holiday tradition."



Salvation Army "Rubber Band"

In the spirit of the holiday season, FTC's Community Outreach program is honored to have made a generous contribution to the following organizations:

- Salvation Army
- Susan G. Komen for the Cure
- World Wildlife Fund

Fertility Treatment Center

2155 E. Conference Dr. Suite 115
 Tempe, Arizona 85284
 Phone 480-831-2445

14861 N. Scottsdale Road, Suite 115
 Scottsdale, Arizona 85254
 Phone 480-998-9876

Mission Statement

"We are dedicated to providing our patients with the latest advancements in medicine, delivered with compassion and service excellence."

Fertility Treatment Center announces the creation of *Precious Wonders*, our egg donation program.

Seeking pregnancy through egg donation is an option for women who are over the age of 38, suffer from premature menopause and/or poor ovarian function. *Precious Wonders* is a unique egg donation program providing donors who have completed comprehensive screening and testing before they are offered for selection. Each donor is profiled in an individual dossier complete with photos, pertinent personal information, and a "from the heart" section where they share their reasons for being an egg donor. [For more information, please contact Emily, Egg Donor Coordinator, @ 480-889-1209.]

Books, Music and More

FTC's Staff recommendations

100 questions and Answers about Infertility John Gordon, M.D., Michael DiMattina, M.D. Authoritative, practical answers to 100 of the most commonly asked questions about infertility.

What to Do When You Can't Get Pregnant: The Complete Guide to All the Technologies for Couples Facing Fertility Problems Daniel A. Potter, M.D./Jennifer S. Hanin. The ultimate read for prospective parents dealing with infertility.

A Tiny Itsy Bitsy Gift of Life: An Egg Donor Story Carmen Martinez Jover. A children's egg donor story: this is a wonderful tool to open a discussion between parent and child. Beautifully illustrated!

Yoga 4 Fertility Brenda Strong DVD Will yoga get you pregnant? No, but this series of yoga poses will be sure to de-stress and relax your entire body.



Precious Wonders is committed to providing patients with a variety of bright and talented young women.

Comments or questions on this publication may be directed to Jody Wanveer, M. A., Editor FTC Newsletter:
jwanveer@ftcivf.com

Hank Hoff, contributor
 Deahna Roupe, M.A., contributor