

CNY HEALING ARTS

Wellness Center & Spa

Edema (Swelling)

Many fertility patients have some kind of surgery to either diagnose or rectify an existing fertility problem. As a result of surgery, they often experience edema, which is swelling and fluid retention in the body. In addition to surgery, there are other factors that cause edema including exposure to damp, windy conditions or having a lack of, or stagnation in Qi (energy).

A proper diet and exercise aid in preventing and or reversing many instances of edema. Maintaining a diet low in fried and cold foods can help. Warm cooked foods are the best for avoiding edema. A tiny amount of ginseng or ginger added to a hot meat or tea will help invigorate energy and warm a person's interior. Consulting a physician is necessary if edema is severe and prolonged. If the swelling is not post-surgical, it is important to determine whether the condition is edema or swelling from an injury.

Those who experience swelling may benefit from Chinese Medicine, acupuncture and/or massage to alleviate their discomfort. For patients who are post-surgery, it is important to seek the advice of a physician prior to receiving alternative treatments, because in some surgical post-care these therapies may be contraindicated.

For most edema, acupuncture is a very effective treatment. A typical treatment plan is between three and six appointments, and the practitioner may prescribe an herbal formula.



Lymphatic Drainage Massage (LDM) is a gentle and rhythmic massage technique used to increase lymph flow through the body. Lymph is the fluid that passes through the lymphatic system. LDM stimulates the immune system by moving stagnant fluids more quickly through the lymphatic system. This massage technique is effective for reducing edema and is also very relaxing.

For more information about how alternative therapies may help you, please call any of our CNY Healing Arts Centers in Syracuse, Rochester or Latham, NY and visit us online at www.cnyhealingarts.com.



Robert J. Kiltz, MD, FACOG
Owner/Director CNY Fertility Center
and CNY Healing Arts

Syracuse:
195 Intrepid Lane Syracuse, NY 13205
CNY Fertility Center: 1.800.539.9870
CNY Healing Arts: 315.671.5755
191 Intrepid Lane Syracuse, NY 13205

Albany:
38 A Old Sparrowbush Road, Latham, NY 12110
CNY Fertility Center: 1.866.375.4589
CNY Healing Arts: 518.724.5750

Rochester:
2244 East Avenue, Rochester, NY 14610
CNY Fertility Center &
CNY Healing Arts: 585.244.1280

2010 IVF Specials

Egg Donor
IVF Specials
Available

\$6,000*

- Up to 2 IVF cycles.
- \$3,000 deposit at date of baseline.
- 12 months interest free financing.
- \$250 monthly payment deducted from credit/debit card.
- If a pregnancy is achieved prior to 2nd cycle, contract is completed.

\$9,000*

- Up to 4 IVF cycles.
- \$4,500 deposit at date of baseline.
- 12 months interest free financing.
- \$375 monthly payment deducted from credit/debit card.
- If a pregnancy is achieved prior to 4th cycle, contract is completed.

\$13,500*

- Up to 6 IVF cycles.
- \$6,750 deposit at date of baseline.
- 12 months interest free financing.
- \$562.50 monthly payment deducted from credit/debit card.
- If a pregnancy is achieved prior to 6th cycle, contract is completed.

*This program includes anesthesia, ICSI, assisted hatching, retrieval, embryo transfer, storage of frozen embryos and FET cycles for one year. Patient is responsible for all labs, ultrasounds and medications. We will bill insurance for monitoring and accept what insurance pays minus the co-pays, co-insurances and deductibles. If patient has frozen embryos, they must be used prior to proceeding with the next fresh IVF cycle.

Learn how CNY Fertility Center's collaboration with Parenthood For Me helps couples afford fertility treatments. Parenthoodforme.org.

CNY FERTILITY CENTER

Integrative Fertility Care

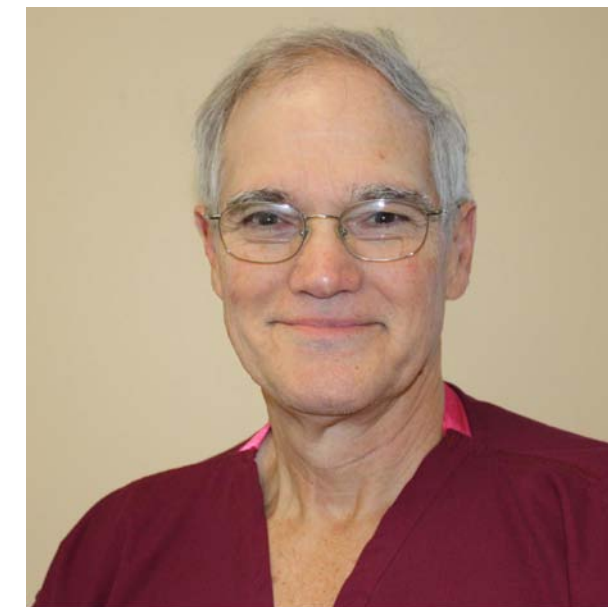
First Quarter 2010

Welcoming Dr. Joe Massey

Dr. Massey joined our practice in 2009 and has over 30 years of experience in In Vitro Fertilization (IVF). He is a native of Macon, Georgia and attended college and medical school at Emory

University in Atlanta. After the completion of training and two years in the US Navy, his private medical practice began in general ob/gyn with an emphasis on infertility, back home in Atlanta.

His clinic created the world's first ICSI pregnancy in the United States.



Joe Massey, MD

Soon after the first IVF in the US was done in Norfolk, VA, he and his colleague, Dr. Hilton Kort, began to realize that IVF was transforming from a clinical experiment to a clinical reality. Dr. Massey's first step was to visit Monash University in Melbourne for a prolonged tutorial in IVF methods. During his visit, the group achieved the first donor egg pregnancy. Inspired by this accomplishment, and the improving success rates achieved in leading centers, the two doctors then established Reproductive Biology Associates in Atlanta, GA.

Dr. Massey's practice established the first IVF success in Georgia in 1983, and eventually became the largest clinic in the South. From the beginning, his clinic achieved a series of major breakthroughs under the guidance of a succession of innovative lab directors including Jacques Cohen PhD, who gained success in early embryo freezing. His clinic created the world's first micromanipulation-related pregnancy, as well as the first ICSI pregnancy in the US. Dr. Massey's team published the first study showing the

potential for assisted hatching to increase embryo implantation. They were also pioneers in reporting the successful randomized trial of co-culture, and received first prize for research by the American Fertility Society that year. He was the clinical chief investigator in a new method to improve Intrauterine Insemination (IUI).

Dr. Massey has now turned his interest to improving access to IVF for large numbers of people. Dr. Massey feels strongly that assisted reproduction should now be available in the US to a broad spectrum of the population, not only those lucky enough to have proper insurance or the means to cover the costs. He and Dr. Rob Kiltz share the philosophy of offering patients quality care and affordable IVF. Dr. Massey primarily works in our Syracuse office, but also schedules fertility consultations in our Rochester office on Tuesdays for patients interested in IUI, IVF, donor eggs, reproductive surgeries, and follow up talks. Contact us at 1.800.539.9870 to schedule an appointment with Dr. Massey.

Out-Of-Town Patients

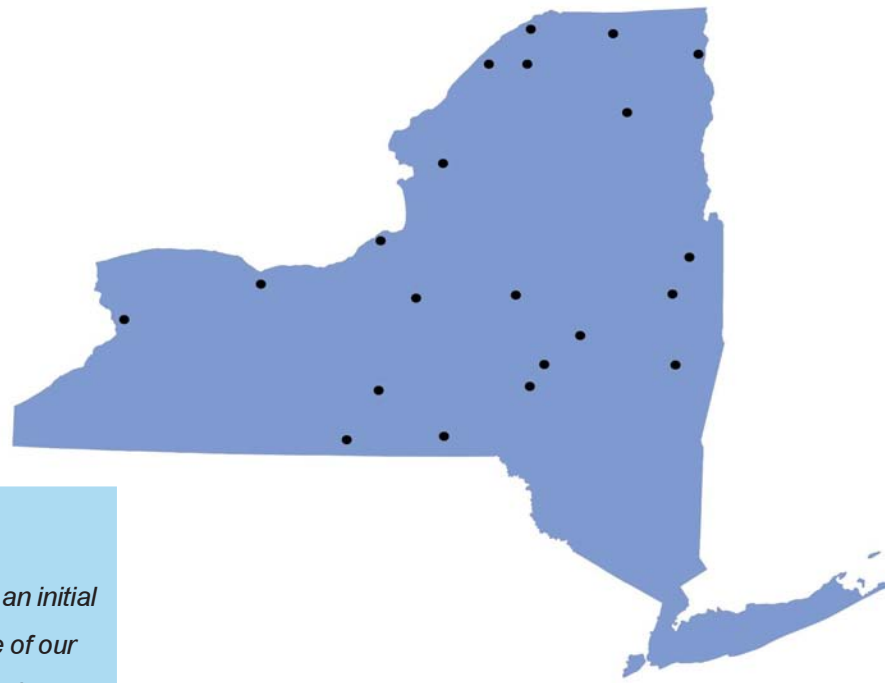
Have you seen our affordable prices for In Vitro Fertilization (IVF), Pre Implantation Genetic Diagnosis (PGD), Donor Eggs, or Donor Embryos but think you live too far from one of our locations? Not to worry - CNY Fertility Center works with monitoring centers across New York State, the country, and the world!

To begin treatment with us from anywhere, you can have an initial consultation over the phone. During the consultation, one of our doctors will review your current medical information and ask many additional questions, creating a fertility evaluation. CNY Fertility Center will then provide prescriptions for extra blood work, ultrasounds, semen analysis, etc., to be performed at a center close to your home to complete the fertility work up. If a decision is made to undergo IVF, PGD, Donor Eggs, Donor Embryos or another service, then you can have your ultrasound and blood work monitoring done close to home and only have to travel to Syracuse or Latham for the day of the egg retrieval and/or embryo transfer.

We understand that undergoing fertility treatments is very time consuming, and we are working hard to offer options that make it as easy as possible on your schedule. Currently we have established relationships with the monitoring sites listed to the right, and we are always adding other monitoring sites as patients join us from around the globe.

We are honored to help you in your family building needs - if you have any questions about our out-of-town services ask any staff member or email Linda Redmond at lredmond@cnyfertility.com (Syracuse) or Greta Joost at gjoost@cnyfertility.com (Albany). To set up a phone consultation please contact our call center at 1.800.539.9870 and they will start you on the path to parenthood.

Start IVF treatment today, from anywhere around the globe!



Across New York State

Albany – CNY Fertility Center Latham
Binghamton – Broom OB/GYN, Lourdes Hospital, Wilson Hospital, Dr. Agneshwar
Buffalo – Dr. Carmen Todoro, Dr. Sullivan & Dr. Crickard
Cobleskill – Fox Hospital
Cooperstown – Bassett Healthcare
Elmira – IVY OB/GYN, Arnot Ogdon Medical Center, Twin Tier (Dr. Surosky)
Glens Falls – Glens Falls Hospital
Ithaca – Cayuga Medical Center, OB/GYN Associates of Ithaca
Malone – Alice Hyde Medical Center
Massena – Massena Hospital, Women's Health Center (Dr. Choi)
Ogdensburg – Claxton Hepburn Medical Center, Advanced Women's Health
Oneonta – AO Fox Hospital
Oswego – Dr. Mahajan
Plattsburg – Associates in OB/GYN, Lake Champlain OB/GYN, CVPH Medical Center
Potsdam - Canton-Potsdam Hospital, Dr. Jose Lizardi
Rochester – CNY Fertility Center Rochester
Saranac Lake - Adirondack Medical Center, Dr. Kirroulas
Saratoga – Wilton Medical Center
Syracuse – CNY Fertility Center Syracuse
Utica – St. Lukes Hospital, Medical Arts
Watertown – Northern Radiology (imaging department), Samaritan Hospital

Out of State/Country

Arvada, CO – Westside Medical Center
Augusta, ME – Maine General Hospital
Burlington, VT – Fletcher Allen Hospital
Dartmouth, MA – Women's and Infants Hospital
Lewiston, ME – Central Maine Medical
Mississauga, ON – ISIS Fertility Center
Oklahoma City, OK – Bennett Fertility Institute
Sayre, PA - Robert Packer Hospital
Scranton, PA – Mercy Hospital
Toronto, ON – 1st Steps Fertility, Dr. Anthony Auyeung

Coping with Miscarriage

Couples who have had a miscarriage, even early in the pregnancy, are often overcome with feelings of loss, emptiness and isolation. Miscarriage has been called the "invisible" loss. One out of six pregnancies end in miscarriage before 12 weeks, and often couples are left with nothing more tangible than ultrasound pictures to show that such an adored little life ever existed. Couples who have been undergoing fertility treatments have additional emotional burdens to contend with as they have devoted so much time, money and energy into the creation of the pregnancy.

Men and women cope with miscarriage differently. Women often have more intense, longer lasting physical and emotional responses after a miscarriage. Many women experience feelings of guilt and inadequacy, or fear they caused or could have prevented it. An important part of the healing process is to know that there is nothing that could have caused or prevented the miscarriage. Men tend to want to protect their partner as they undergo the physically and emotionally draining experience. Some men may feel as though they can't be sad, or show their true feelings about the loss in an effort to be strong for their partner. Women often interpret this response as emotional abandonment, or that their partner is not grieving as deeply for the loss. Counselors recommend that men not shield their partners from their grief over the loss. They encourage couples to journal about their feelings, grieve together, and decide on a way to honor their child. Many couples decide to plant a tree in the child's memory, or buy a piece of jewelry with the baby's birth stone in it – whatever feels right to the couple. Grieving together as one can help with feelings of emptiness and isolation. This also keeps communication open, and prevents additional strain on the relationship.

"Seeking help from a counselor or support group can be a step towards healing."

Each partner may go through the five stages of grief, although they can find themselves in different stages throughout time. The stages are denial, anger, bargaining, depression and acceptance. Many women have an especially difficult time moving from the stage of depression to acceptance. Each stage of the grieving process serves an important and healthy purpose. Allowing oneself the time and freedom to feel and work through each emotion is integral to the healing process. Seeking help from a counselor or support group can be a step towards healing. As alone as one may feel, finding support from other women and couples who have been in the same place, feeling the same kind of loss can help as a person moves through the stages of grief.

If the couple has told friends and family members about the pregnancy they will need to prepare themselves for unintentionally hurtful comments in the form of condolences. Many people are ill



equipped to know what to say in the face of a miscarriage. Couples have heard hurtful comments from people including, "It was for the best, there would have been something wrong with the baby anyway", to "Don't worry, you can have another one." The resounding response from couples who are experiencing a miscarriage is to tell them "I'm so sorry, I'm here for you if you want to talk about anything," followed by listening if they do want to talk, and repeating back to them what is heard without making judgments. Acknowledging ahead of time that a couple may encounter insensitive responses can help to ease anxiety. In anticipation of various conversations, a couple can lessen their anxiety by preparing a 'script' of what information they will disclose and how they will respond to potential questions and comments.

CNY Fertility Center in conjunction with CNY Healing Arts offers support options including discussion forums, support group meetings and one-on-one support with Lisa Stack. For more information visit us online at cnyfertility.com, cnyhealingarts.com or email Lisa at lstack@cnyfertility.com.