

Progesterone

Answers to the Most Frequently Asked Questions

AT CNY FERTILITY CENTER we offer several different protocols for the treatment of infertility. All treatments include the administration of vaginal progesterone for luteal phase support. Progesterone is necessary to prepare the uterus for implantation of an embryo. Progesterone is produced by the cells in a follicle after ovulation. If the embryo does not implant into the uterus, your level of progesterone drops and menstruation begins. If implantation is successful and pregnancy occurs, about 10-12 weeks into your pregnancy your placenta takes over and produces high levels of progesterone. This continues until your baby is born. There are many reasons why a client may not produce enough progesterone to support a pregnancy. Certain medications as well as the aspiration of follicles minimizes the number of progesterone-producing cells, therefore, the supplementation of progesterone is indicated in all types of protocols when assisting reproduction.

We use three different types of vaginal progesterone, all which provide support to the endometrial lining and a pregnancy. Crinone Gel, Endometrin and Prometrium are the

commonly used progesterones. All offer common levels of support and have similar side effects. Shortly after ovulation/egg retrieval, progesterone support is initiated. The vaginal progesterones cause very similar side effects and are similar to the effects of premenstrual syndrome (PMS). Breast tenderness, bloating, nausea, occasional vomiting, mood swings, depressive feelings, and cramping are common side effects. Many of our clients will look for signs and symptoms of an impending positive pregnancy test and the progesterone support often gives the same symptoms of an early pregnancy. Vaginal progesterone can also irritate the vagina, much like a yeast infection. Clients may complain of vaginal itching and discharge. These are very common side effects and do not necessarily indicate infection. Some clients may also experience bleeding prior to their pregnancy test. It is imperative that our clients remain on their progesterone support until their pregnancy test. Often a client who is pregnant may have bleeding early on in pregnancy so it is very important to remain on progesterone support until a blood pregnancy test confirms the outcome.

Once a pregnancy is established, many clients experience cervical irritation from the vaginal progesterone and thus experience bleeding. This bleeding typically presents as a "gush" of watery blood which, over a period of a few hours to one day, tapers off to a brown spotting. We encourage our clients to call the office with any bleeding and we will evaluate you in the office. However, be reassured that in most cases, this is cervical irritation and has no effect on your baby growing in your uterus. Oral progesterones are available, however, at CNY Fertility Center, we have found that the vaginal route is more effective. Vaginal progesterone support is a very important step in reaching the goal of a successful pregnancy.

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CNY FERTILITY CENTER

Integrative Fertility Care

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CNY FERTILITY CENTER

Integrative Fertility Care

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Less Stress = More Success

DR. ROB KILTZ is founder and director of CNY Fertility Center with locations in Syracuse, Albany and Rochester, NY. Several years ago he opened the doors to his CNY Healing Arts Center to create an Integrative Fertility Care Program. He encourages holistic eastern therapies like Massage, Acupuncture and Yoga for treatment in conjunction with western medicine. In recent times many medical professionals are beginning to believe and support the idea that stress reduction is important to overall health and well being and should be utilized as a form of treatment.

Dr. Kiltz believes that Yoga, Meditation, Acupuncture and Massage can assist in reducing stress and thereby improve chances for a couple to conceive. Less Stress = More Success!

How Do You Know When to Consider a Donor Cycle?

AT CNY FERTILITY CENTER, we are able to offer our patients many ways to help them conceive. One of the most unique is the Donor Program (eggs, sperm, and embryos). Within the Donor Program our patients have an incredible opportunity to work towards their goal of parenthood, while utilizing donated gametes or embryos. As wonderful as these cycles are, many of our patients feel perplexed about deciding when the time is right to begin. Taking that step into the world of the Donor Program can appear challenging and intimidating, but there are a few ways to determine if you are ready.

Many of our patients claim to 'just know' when the time is right. They feel as though they have done all they could have, using their or their partner's gametes. At that point the decision feels simple and natural. If you feel an instinctual pull either way, trust that feeling. Your mind and body have a wonderful way of letting you know what should come next.

Some patients may not have that clear sense either way. To help yourself come to that intuitive feeling, place yourself in that moment. Assess the emotions that arise when you consider what it will feel like to take those initial steps. Do you

feel hope, anxiety, or excitement? Do you feel like it is too soon? Then, imagine continuing along the same path you are on. Do you feel comfortable? Are you anxious that you should be doing more? Try to gauge what your reaction would be in each situation, and compare the two. This may help further the conversation, and offer a bit more direction.

As you are considering a donor cycle, be sure to have an open and honest conversation with your partner, if you are in a relationship. Also know that we would be happy to discuss any of your concerns with you, and help you work towards the next step.

For more information regarding Donor Egg or Donor Embryo cycles, please contact our Donor Coordinators:

You may contact the Donor Team by calling **800.539.9870** (toll free)

Or via email:

Pati Breh: Pbreh@cnyfertility.com

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www.cnyfertility.com

Male Infertility Facts

INFERTILITY affects approximately 15 percent of couples. These couples are unable to conceive a child after engaging in unprotected sexual intercourse for a year or longer. Male infertility plays a role in about half of these cases. Male infertility may be a result of low sperm production, blockages preventing the delivery of sperm, low or no motility (movement) of sperm, or sperm with poor morphology (shape). Additionally, illnesses, injuries, chronic health issues, environmental factors, and lifestyle choices can play a role in male infertility.

Examples of medical issues which may result in male infertility include varicocele, spinal cord injury, infection, hormone imbalances, and sperm duct defects. A varicocele is a swelling of the veins that drain the testicle. This may prevent normal cooling of the testicle, leading to reduced sperm count and fewer moving sperm. Some spinal cord injuries result in the inability to ejaculate even though sperm is produced normally. Infections caused by

sexually transmitted diseases, for instance, may interfere with normal sperm production, or may scar the ducts that carry the sperm.

Abnormalities in the hypothalamus or pituitary glands in the brain may result in abnormal production of testosterone and other hormones that control the testicles. The sperm ducts that carry sperm can be damaged by illness or injury, and some men are born with blockages in these tubes. Men with cystic fibrosis may be born without sperm ducts altogether.

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Examples of environmental causes which may contribute to infertility include heavy metal exposure, overheating the testicle, and exposure to radiation. Exposure to

lead or other heavy metals may cause infertility. Radiation can reduce sperm production and it can take several years for sperm production to return to normal. High doses of radiation may permanently reduce or cease sperm production. Frequent use of saunas or hot tubs may temporarily lower your sperm count. Sitting for long periods, prolonged bicycling, or wearing tight clothing also may increase the temperature in your scrotum and reduce sperm production. Lifestyle choices which may adversely affect fertility include illegal drug use, tobacco use, alcohol abuse, weight, and stress. Anabolic steroids taken to stimulate muscle growth can cause the testicles to shrink and sperm production to decrease. Use of recreational drugs such as cocaine or marijuana may temporarily reduce the number and quality of your sperm as well. Often times, men who smoke tobacco have reduced sperm counts when compared to men who do not smoke. Alcohol abuse may lead to decreased sperm production, decreased testosterone levels and erectile dysfunction. Stress may interfere with certain hormones needed to produce sperm. Obesity or being underweight can cause hormone changes that reduce male fertility.



PICSI/HBA Multi-Site Clinical Trial

CNY FERTILITY CENTER is participating in a Multi-Site Clinical Trial sponsored by Biocoat, Inc, and are currently recruiting patients to participate in this study. The protocol is titled: Effectiveness Of The Use Of The PICSI Dish (Hyaluronan Microdot) In The Selection Of Sperm For Intracytoplasmic Sperm Injection (ICSI) For Patients Having A Low Versus High Proportion Of Hyaluronan Binding Sperm (HBA). For more information about this new technology, please visit www.clinicaltrials.gov and search for PICSI. If you have questions, you are invited to email Debra Woodhouse at dwoodhouse@cnyfertility.com.

Chinese Medicine to Improve Male Fertility

THE GOAL OF CHINESE MEDICINE is to maintain reproductive energy while treating the symptoms related to the infertility. Acupuncture, Chinese Herbal Formulations, Diet and Lifestyle all play a major role in promoting fertility and reversing infertility. After a brief medical history to determine the cause of the infertility a course of treatment may be as simple as lifestyle changes, or as involved as lifestyle changes with Acupuncture and Chinese Herbal Formulas. Some causes such as trauma, radiation, and drug use may require the assistance of a western medical approach.

Chinese Medicine has been used for hundreds of years to correct the imbalances causing infertility. A select group

of acupuncture points can redirect Qi (energy) to key points in the body to help assist the smooth flow of blood to the penis and scrotum. Treatment plans range anywhere from 3 to 10 visits depending on the severity of the condition. A Chinese Herbal Formula may be recommended for 2-3 months before conception and taken throughout the first trimester of pregnancy to increase volume, motility and morphology.

Change takes time. It takes a sperm cell between 50-70 days to mature. The sooner lifestyle changes are made, the sooner sperm will benefit. Making small daily changes will lead to large life changes in time.



For more information about Chinese Medicine, Maya Abdominal Therapy or Rainforest Remedies please visit our CNY Healing Arts website at www.cnyhealingarts.com

Maya Abdominal Therapy (MAT) to Improve Male Fertility

MAYA ABDOMINAL THERAPY returns the body to homeostasis. The technique guides abdominal organs into their proper position. This increases blood supply to the prostate and encourages blood flow to the entire pelvis. It relieves chronic constrictions, which can enhance erections by allowing an increased blood flow into the penis. We recommend one session (in some cases 4) along with instructed use of Dr Rosita Arvigo's rainforest remedy, Male Tonic (nick named Mr. Saturday night). Male tonic is used for erectile dysfunction, impotency, benign prostate hyperplasia, and kidney or bladder infection. It may also be used for prostatitis and kidney or bladder stones (not acute). Taken with Blood Tonic, Male Tonic can help sperm production.

Take ownership of your health:

During your one hour Maya Abdominal Therapy session, your therapist will teach you self-care abdominal massage techniques. These techniques can be performed at home daily, and will take only 3 to 5 minutes. The fertility process can be a very stressful time. Maya Abdominal Therapy is beneficial for both female and male patients, and with self care this is something you and your partner can share. Take a few minutes each day to work with each other. This will not only lower stress, but it will increase your overall health.

Daily life changes to help promote fertility

- A healthy diet: avoid junk foods
- Exercise (you may wish to consult with your physician)
- Maintain an ideal body weight.
- Reduce alcohol consumption
- Don't use recreational drugs/smoking
- Limit the frequency of masturbation and avoid tight fitting underwear.
- Find ways to reduce stress: meditation, yoga, walking, reading, etc...
- Acupuncture
- Maya Abdominal Therapy

*Studies have shown that just 30 minutes a day of meditation or yoga help **lower blood pressure and increase libido.***