

## What is Mind/Body Medicine?

The underlying philosophy of Mind/Body Medicine is the connection between the mind and the body and the powerful ways in which emotional, mental, social and spiritual factors can directly affect one's health and well-being. This holistic approach is based on wellness and prevention. Stress, anxiety and depression can have a negative impact on the health of the body. In fact, studies have shown that up to 90% of all visits to primary care physicians are for ailments which are caused by or made worse by stress. Relaxation and stress management are fundamental goals of Mind/Body Medicine. A balanced and peaceful mind equates to better physical health. This is achieved through a variety of methods and techniques.

## What's the connection to fertility treatments?

Studies have strongly suggested that patients who participated in Mind/Body relaxation programs experienced reduced stress and anxiety levels, as well as increased pregnancy rates. A healthier body is more likely to respond positively to fertility treatments. There are many stressors in our daily lives, and the added burdens of infertility can be overwhelming. Aside from the proven overall physical health benefits of Mind/Body Medicine,

these practices are effective methods to help cope with the mental anguish that is associated with infertility, pregnancy loss and the medical regimen.

The overall benefits of a comprehensive and customized stress reduction, relaxation and energy program are proven. We believe that these holistic techniques, working in concert with traditional fertility medical treatments, offer a better chance for a successful pregnancy. Sessions are performed immediately prior to your medical treatment or anytime by appointment.

## What is CNY Healing Arts?

CNY Healing Arts is a service of CNY Fertility Center and is the forum through which we offer Mind/Body techniques:

- **Bodywork, Touch & Relaxation Therapies** bring about integration of the body, mind and spirit through use of light touch, hands on healing, guided breath awareness and meditative focus. Designed to reduce stress and increase relaxation, this work encourages balance in the subtle energies of body, mind and spirit. We offer Maya Abdominal Massage Therapy at all of our healing centers to offer healing as well as self-care opportunities.



- **Yoga** is the joining or uniting of the mind, body and spirit to enrich the quality of one's life, and to enhance one's health. Yoga is intended to facilitate concentration and meditation by quieting the body and nervous system.
- **Seminars and Workshops** are offered during which experiential and educational topics on stress reduction, nutrition, meditation and wellness support are presented by a variety of holistic mind/body practitioners.
- **Acupuncture & Chinese Medicine** can be used for individuals who have a functional, rather than structural reason for infertility (for example, damaged fallopian tubes are structural).
- **Support Groups, Fertile Friendships and Message Boards** are all offered to our CNY Fertility Patients as part of our patient empowerment

through education and understanding; this is a cornerstone to our company's mission. We have two support groups, PCOS and Circle of Hope. We frequently have guest speakers at our monthly support group meetings. Circle of Hope is a peer support group for CNY Fertility patients who are having difficulty coping with the realities of infertility, pregnancy loss and treatments. Our Fertile Friendships Program pairs patients together based on their experiences with infertility. If you visit our website at [www.cnyhealingarts.com](http://www.cnyhealingarts.com) you will see our Message Boards that provide a forum for patients to ask questions, and meet other individuals going through similar challenges while offering and gaining support. We welcome you to join any of our support offerings, find one that works best for you!

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# CNY FERTILITY CENTER

Integrative Fertility Care

Syracuse • Albany • Rochester

[www.cnyfertility.com](http://www.cnyfertility.com)

A healthy lifestyle adds greatly to your health and that of the baby you wish to conceive. Some lifestyle changes may also improve your chances of becoming pregnant.

**Smoking:**

It has been known that smoking during pregnancy increases your risk of miscarriage, low birth weight babies and numerous problems for your baby after birth. Smoking also can affect sperm by decreasing their motility and reduce the maturity of women's eggs. Eggs that are not fully mature will not fertilize as well. If you have a small problem with fertility, smoking while you are trying to become pregnant may make this a bigger problem.

**Alcohol:**

While alcohol during pregnancy can cause fetal alcohol syndrome in infants, alcohol when you are trying to become pregnant can reduce the likelihood of getting pregnant. In a recent study (\*Fertility and Sterility, Vol. 70, No. 4, October 1998) there was a greater than 50% reduction in the probability of conception during a menstrual cycle in which women consumed alcohol.

**Caffeine:**

While caffeine alone has not been implicated with decreasing fertility, combining caffeine and alcohol use has been shown to enhance alcohol's negative effect. In one study\* women who abstained from alcohol and consumed less than one cup of coffee, or its equivalent, per day conceived 26.9 pregnancies per 100 menstrual cycles compared with 10.5 pregnancies per 100 menstrual cycles among those women who consumed any alcohol and more than one cup of coffee per day.

**Folic Acid:**

Folic acid consumption for several weeks prior to conception has shown to reduce birth defects to the baby's brain and spinal column (neural tube defects). If a pregnant woman waits until she gets a positive pregnancy test to begin the folic acid she does not gain the advantage. Therefore, it is important that every woman trying to conceive begin taking folic acid. Starting prenatal vitamins at time of consultation will satisfy the folic acid requirement. Do not continue to take a regular one-a-day vitamin in addition to the prenatal vitamins, as too much Vitamin A can increase the risks of neural tube defects. The prenatal vitamins alone are sufficient.



**Stress:**

No one can totally eliminate stress in his or her lives, but many researchers feel that reducing stress can improve success rates in infertility patients. Try for at least 15 minutes every day to participate in some stress reducing activity. For example, listen to stress reducing meditations, relaxing music, get a relaxing massage, or take a beginner yoga class. Anything you find personally relaxing can be implemented. Just be consistent and do something relaxing every day.