

# The Path *to* Fertility



# Welcome



## BUILDING THE FAMILY OF YOUR DREAMS

WELCOME to CNY Fertility Centers. When it comes to building a family, everyone's story is different. We at CNY Fertility believe that every single body is unique and overflowing with hope. You can conceive, and we will be here to give you every chance to do so. CNY Fertility focuses on emerging therapies, ambitious solutions, and holistic care and wellness, whether it's natural cycle, IUI/IVF, or other reproductive assistance. We're unlike any other fertility center option and we are open to all.

CNY Fertility does not manage its success rates by being selective about patients. While some clinics only take on patients with a high likelihood of success, CNY Fertility accepts all patients regardless of weight, age, ovarian reserve, or the number of previously-failed cycles. This is and will continue to be our enduring commitment. Our inclusive patient-centered decisions are made based on what's best for you, your clinical care, and achieving your goals.

We believe in treating the whole patient. This includes integrating western medicine with eastern therapies, including massage, acupuncture and yoga. As we continue to understand the effects our immune system and diet have on a person's overall fertility, we also encourage a diet abundant with fertile foods and an overall food plan that offers the best chances for success.

Whether this is your first step on your path to fertility, a step in a new direction, or an ever hopeful last stop, we welcome you and look forward to this opportunity to take the next step with you.

Dr. Robert Kiltz  
Founder and Director

LET YOUR JOURNEY BEGIN...

# Meet Our Doctors



## ROBERT J. KILTZ, MD

Dr. Kiltz is Founder and Director of Central New York's first successful IVF center. He is a Diplomate of the American Board of Obstetrics and Gynecology and Fellowship trained and Board Certified in Reproductive Endocrinology and Infertility. A Graduate from the University of Southern California, Dr. Kiltz completed medical school training at the University of California, Davis. He interned in Internal Medicine at UCLA, and in Obstetrics and Gynecology at USC Los Angeles County Women's Hospital. After residency at the University of Colorado Health Science Center in Denver, he practiced for one year at Kaiser Permanente in California. He then went to Harbor UCLA Medical Center for a two-year fellowship in Reproductive Endocrinology and Infertility.



## MICHAEL P. GROSSMAN, MD

Dr. Grossman is a graduate of Michigan State University. Dr. Grossman's residency was in Saginaw, Michigan, after which he worked at a private infertility clinic in southeast Michigan. He completed his fellowship at the University of Louisville and has joined CNY Fertility as our Albany physician. He is a Diplomate of the American Board of Obstetrics and Gynecology, and board certified in Reproductive Endocrinology and Infertility.



## EDWARD C. DITKOFF, MD

Dr. Ditkoff is a native New Yorker and attended college at Emory University before continuing on to Chicago Medical School. Following his residency training in Ob/Gyn at the George Washington University Medical Center, he successfully completed a fellowship in Reproductive Endocrinology at USC Medical Center in Los Angeles from 1990-1992.



## DAVID R. CORLEY, MD

Dr. Corley has been helping couples with fertility issues have families for over 24 years. He is board certified in both Obstetrics & Gynecology and Reproductive Endocrinology and Infertility (REI). He is a graduate of Clemson University and obtained his medical degree from the University Of South Carolina School Of Medicine. He completed his OB/GYN Internship and Residency at Portsmouth Naval Hospital. After serving in the Navy at Guantanamo bay Cuba and Charleston Medical Center, he continued his fellowship training in Reproductive Endocrinology and infertility at the University Of Louisville School Of Medicine.



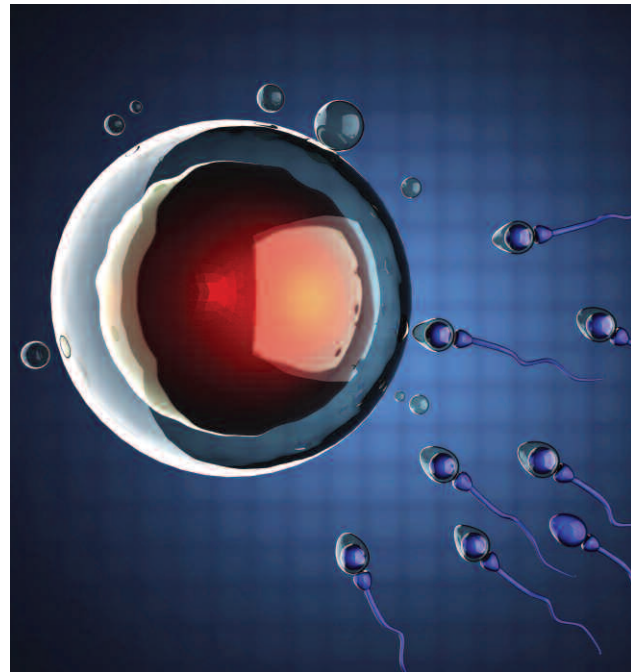
## ARMANDO ARROYO, MD

Dr. Arroyo completed his undergraduate education at the University of California Irvine and medical education at University of California Los Angeles School of Medicine. He completed his residency training in Obstetrics and Gynecology at the University of Arizona in Tucson, Arizona, and fellowship in Reproductive Endocrinology and Infertility at the University of California San Diego under the direction of Dr. Samuel Yen. He completed three years of post-graduate research as a Women's Reproductive Health Research (WRHR) Scholar at the University of California San Diego in reproductive neuroendocrinology with Pamela Mellon, PhD. Dr. Arroyo is board-certified by ABOG in Obstetrics and Gynecology and board-eligible in Reproductive Endocrinology and Infertility.

FOR COMPLETE BIOGRAPHIES VISIT [CNYFERTILITY.COM](http://CNYFERTILITY.COM)



# The Human Reproductive Story



## CONSIDER THE CHALLENGE

When you consider the complexity involved in human reproduction, you begin to realize it's a miracle that we exist at all. That a tiny oocyte (the egg) – a cell the size of a grain of sand – and a mature human sperm cell (which is one hundred times smaller than the oocyte) manage to find each other and combine to create a human child is one of the most amazing creations of the universe.

The average chances of conceiving naturally and delivering a baby are about 20% per cycle in the first 6 months of trying, rates go down to 1-5% after about

18-24 months, and significantly diminish after age 40.

## INFERTILITY FACTORS

Our ability to answer the question why couples struggle to conceive or carry a baby to term is somewhat limited. Factors such as hormonal, anatomic, immunologic and genetic/chromosomal dysfunction are just a few of the causes we may identify. Since a woman is most fertile in her teens and early 20s, we know that the postponement of childbearing is a major cause of infertility. Failed implantation and repetitive early and late pregnancy loss are also likely related to infertility and have similar and overlapping causes. In general, there are four main contributing factors to infertility: Ovulatory factors, Tubal and Uterine factors, Male factors, and Unexplained factors. A couple facing infertility may be experiencing one or more of these obstacles in both the male and female partner. But, you are not alone. Nearly 1 out of every 8 couples of reproductive age is affected by infertility.

## OUR MISSION

Our mission at CNY Fertility is to guide you on your journey with a comprehensive evaluation and treatment options while integrating both eastern and western methods. Increasingly, we are seeing that our food is both a medicine and a toxin. By incorporating functional medical ideas to healing, you can enhance your chances of success for both natural conception and assisted techniques.







# Your First Appointment

Your first visit to CNY Fertility is an important one. From the moment you walk through the door, more than anything, we want you to feel comfortable and able to ask any questions you may have. During your first appointment, you will meet with a nurse who will draw your blood and go over any instructions. A practitioner will review your chart. A Financial Counselor will be available to review your insurance information and give you specific details regarding your insurance coverage and the costs involved in the planned treatments. If you don't have insurance

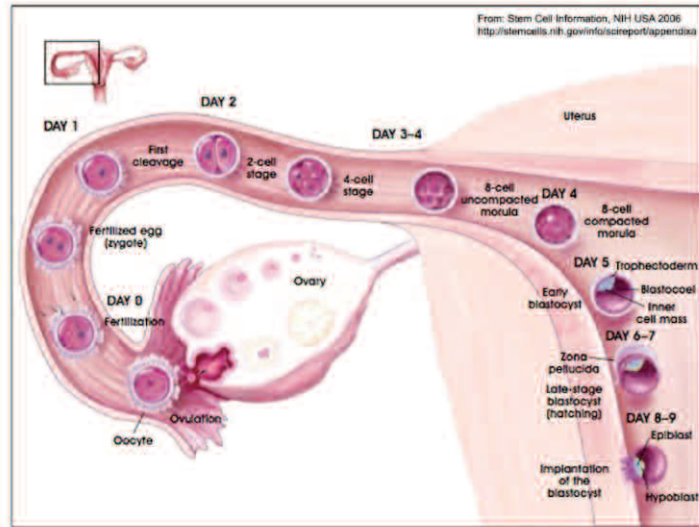
coverage, financing options can be explored as well. You will also have the opportunity to learn about Eastern holistic therapies that can improve your chances of conceiving—Yoga, Acupuncture, Massage and Meditation.

Because the causes of infertility are not necessarily limited to the woman, both partners may need to be evaluated. It's preferred that you come to your first appointment together as a couple both for medical reasons and to support one another.





# The Basic Fertility Evaluation



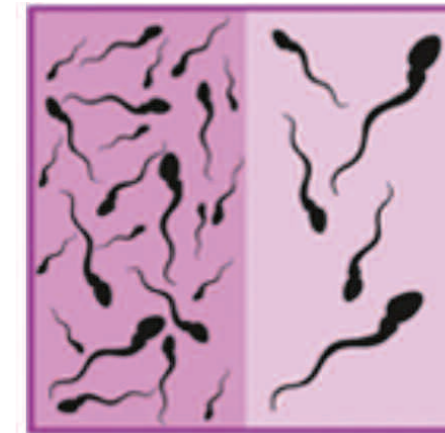
## FEMALE

At this first visit, the woman will be asked about the regularity of her periods, if she experiences severe menstrual cramps, pelvic pain, vaginal bleeding, her method of contraception, any history of surgeries and infections. If previous fertility evaluation and treatments have been performed, these will be reviewed and the results evaluated. A painless vaginal ultrasound will be performed as well. There is no need to reschedule this appointment if you are currently menstruating. Preconception baseline bloodwork will also be drawn at your first visit.

## RECOMMENDED DIAGNOSTIC TESTING FOR FEMALE

- Preconception baseline blood work (yearly) includes CBC (complete blood count), CMP (complete metabolic panel), Hepatitis, HIV, Cystic Fibrosis, Estrogen, FSH (follicle stimulating hormone), Progesterone, HCG (pregnancy hormone), TSH (thyroid), Testosterone, Rubella, Varicella, LH (lutening hormone), and Prolactin
- If you have recurrent pregnancy loss or continuous failed implantation, additional testing will included: Lupus, NKC (natural killer cells), Karyotype (male and female), and ANA (antinuclear antibody).
- Autoimmune testing for recurrent pregnancy loss (if necessary)
- Hysterosalpingogram/Saline Sonohysterogram (HSG/SHG yearly) – to check condition of fallopian tubes and uterus
- Physical exam and pelvic ultrasound (monthly)
- Hysteroscopy / Laparoscopy (diagnostic) –A surgical procedure done under anesthesia (general) to evaluate uterus for polyps, fibroids, endometriosis and adhesions.

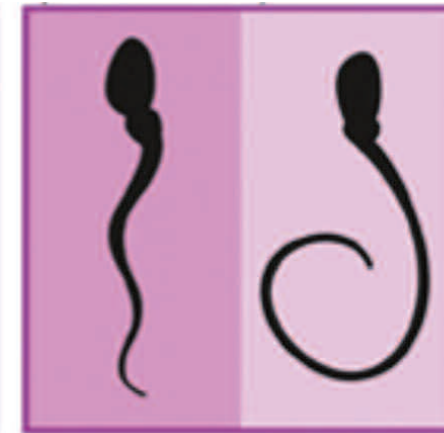
## SPERM COUNT



Normal

Low

## SPERM MORPHOLOGY



Normal

Abnormal

## SPERM MOTILITY



Normal

Abnormal

## MALE

The man will be asked questions regarding current and past medical conditions, past surgeries, infections, drug and medication use. A semen analysis should be performed to determine the likelihood of the man's ability to reproduce. This analysis can also help to determine appropriate next steps.

**Semen Analysis:** A typical semen analysis will evaluate all of the following:

**Total Volume:** 2-5 milliliters is a normal volume. A very low volume indicates that the seminal vesicles may not be making enough fluid or that these ducts may be blocked. It may also indicate a problem with the prostate gland.

**Sperm Count:** 40 million to 300 million is the normal range for the number of sperm per milliliter. Counts below 10 million are considered poor; counts of 20 million or more may be fine if motility and morphology are normal.

**Motility and Velocity:** 2 aspects of motility will be evaluated:

- The number of active cells as a percentage of the total number of cells (rated from 0-100%, at least 50% should be active)
- The quality of the movement of the sperm (rated from 0-4. A score of 2 or more is satisfactory.)

**Morphology:** examines the shape and size of the sperm head. Normal results are when 14% or more of the sperm have normal shaped heads. Men with less than 4% of normal shaped sperm may have a significant infertility problem.

## RECOMMENDED DIAGNOSTIC TESTING FOR MALE

- Semen analysis (yearly)
- Chromosome testing / male hormone blood work (if necessary)
- Possible testicular/scrotal ultrasound to rule out varicocele
- Preconception baseline blood work drawn at consultation (with male factor infertility) TSH (thyroid), Testosterone, Prolactin, LH (lutening hormone), and FSH (follicle stimulating hormone)



# Unexplained Infertility



A diagnosis of unexplained infertility or idiopathic infertility is usually made when all of our testing is complete and there is not an obvious source of the problem. The man's sperm count looks reasonably normal in volume, motility, concentration and morphology. The woman has regular menstrual cycles which indicate she is likely ovulating. The hysterosalpingogram shows that the fallopian tubes and uterus are in normal condition. And, there are no obvious, systemic diseases (such as autoimmune diseases, diabetes, or previous history of cancer, radiation or chemotherapy) that may explain a history of infertility. Ovarian reserve is good and the woman has an AMH (Anti-Müllerian Hormone) level of greater than 1.

It is important to understand what unexplained infertility really means: ***The diagnostic testing we have available will only identify the major reasons why a couple may have a difficult time getting pregnant and staying pregnant, but it certainly cannot identify all of the reasons.*** About 20-30% of couples will have no definitive diagnosis after completing a standard infertility evaluation. True unexplained infertility may be related to egg and sperm dysfunction, among other causes. These conditions are difficult to establish through conventional testing. If the fallopian tubes are blocked or there is no sperm, these are obvious major obstacles to becoming

pregnant. Unfortunately, there are no tests available for more subtle infertility factors such as inadequate egg quality which could result in fertilization failure.

In today's fast-paced treatment paradigm, some patients prefer to move forward with treatment without further clarification. Although oftentimes appropriate, this strategy should not be applied to every patient/couple. Laparoscopy and hysteroscopy are minimally invasive, out-patient surgeries that can provide a diagnosis and sometimes even offer improved pregnancy rates if scar tissue or endometriosis is found and treated at the time of surgery.

It is humbling to put into perspective that even among fertile couples who have no issues getting pregnant, they only have a 20% chance of achieving pregnancy any given month they try. In other words, they are unsuccessful 80% of the time!

Dr. Kiltz believes that unexplained infertility is likely related to our daily environment, major and minor stress factors, and diet. Stress and our environment are known to affect cortisol and epinephrine levels, and have a significant effect on the immune system. There is considerable evidence that diets high in carbohydrates have not only created the significant obesity problem in our modern world, but also an explosive number of autoimmune issues that affect every organ system, including both the female and male reproductive systems.

It is our belief that inflammation is probably the number one source of fertility dysfunction. This means reduced chances of conceiving and implanting, and a significant increase in miscarriages. It may even be related to spontaneous chromosomal abnormalities with DNA damage due to chronic or acute inflammation.



Unexplained infertility is complex and likely related to our daily environment, major and minor stress factors, and diet.



# The Immune Story



While other fields of medicine have understood for some time that our immune system is a common cause of many diseases, Reproductive Endocrinologists are only in the very nascent stages of grasping how important the immune system is to unlocking the mysteries of unexplained infertility. Our immune system is what keeps us alive, but it is also the source of numerous problems.

Reproductive Immunology is a field of medicine that studies the interactions between the immune system and the reproductive system. The current area of study in reproductive medicine is the role of the immune system in relation to recurrent pregnancy loss and repeated IVF failures. The immune system may react to an embryo as an “invader” and thus attempt to stop the growth of these cells. Many

treatments are being utilized in the field of reproductive medicine to reduce inflammation and suppress the immune system to support successful pregnancy outcomes.

For couples experiencing recurrent miscarriages, late pregnancy losses and repeated IVF failures, research and treatment in the area of immunology shows real promise, particularly in treating unexplained infertility. There are many different immunologic problems that can cause pregnancy loss, IVF failures and infertility.

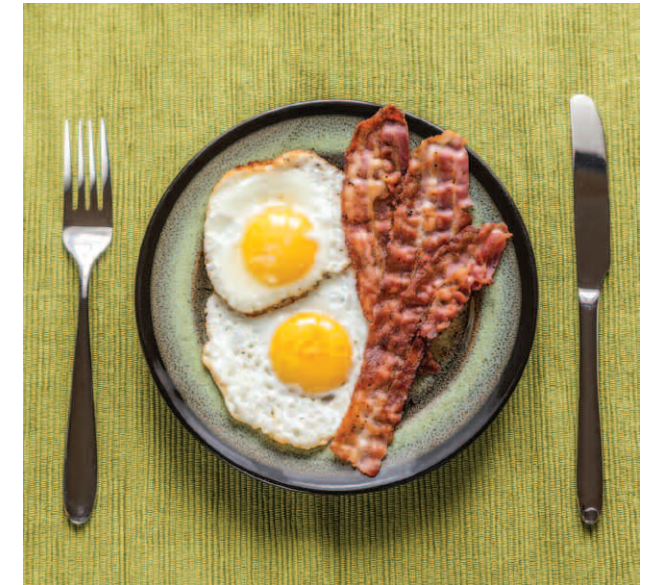
Immunologic dysfunction is just one of a wide variety of problems that may lead to infertility and pregnancy loss. Indeed, a large number of pregnancies fail because of chromosomal abnormalities resulting in fetal demise. While we

believe that these defects account for a very substantial portion of pregnancy losses, the defects occur randomly and thus are unlikely to be significant causes of recurrent pregnancy losses and repeated IVF failure, especially in younger patients.

It is our belief that diet is the number one source of chronic inflammation and fertility dysfunction. Some of these problems can be measured with antibody testing: looking at anti-thyroid antibodies, rheumatoid factors or C-reactive protein, and looking at many other cytokines and white cell dysfunction, such as elevated natural killer cells. We can also take an endometrial sample to look at the pathology of the endometrial tissue to determine if there is abundant evidence of inflammation. CNY Fertility offers the latest diagnostic testing and treatment options available for immunological conditions. Our oocyte enhancement and implantation enhancement protocols, in conjunction with our standard protocols, provide our clients with the very best opportunity for a successful pregnancy.

Recently, we have achieved success treating inflammation pharmacologically with low-dose steroids like Prednisone, Humira, intravenous immunoglobulins and intralipids which are made up of egg protein and soy fat. The fat appears to be a successful method of reducing the inflammation in our bodies.

However, since the source of inflammation is likely related to the food we eat, it only makes sense that making dietary changes can and will reduce inflammation. There is ample evidence that excessive amounts of carbohydrates, sugars, grains, fruits, fiber and vegetables along with milk products are very inflammatory to our bodies and increase the number of antigen/antibody interactions. These white cells and cytokines that are enhanced in our bodies, in many cases, are not specific to a certain



area. You might feel it in your joints, your skin, bowel, head, eyes, or you may not even feel it at all. But, you have a problem that results in repetitive pregnancy loss, failed implantation from IUI, IVF or natural cycles, or simply not conceiving.

## FAT IS WHERE IT'S AT

The mitochondria of our cells need saturated fat (beef fat, pork fat, butter fat, and coconut fat). These are areas of research we are only beginning to study because we've had such a societal fear of fat. We've believed that fat gets us fat, but it's really fruit, fibers, vegetables, grains and milk that make us fat and chronically inflamed.

At CNY Fertility, we've been increasingly focusing on diet as being therapeutic and as a way to improve fertility. Increasing saturated fat intake and significantly reducing (or eliminating) carbs as part of a ketogenic food plan has yielded some eye-opening results. Our clients have many success stories to share. More than a few “keto-babies” have been born as a result of making these diet changes, many with no or limited reproductive assistance.

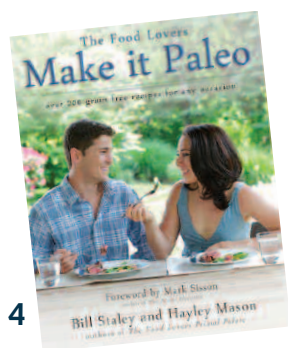


# The CNY Fertility Fertile Foods Plan

Fortunately, at CNY Fertility we have found one of the best ways to treat unexplained infertility is by changing to an inflammation healing/immune systems-enhancing "Paleo Plan."

This is a general overview of the types of foods you should enjoy and avoid.

- **MEAT:** Any type, including beef, pork, game meat, chicken, etc. Feel free to eat the fat on the meat as well as the skin on the chicken. If possible, choose organic or grass-fed meats.
- **FISH AND SHELLFISH:** All kinds, including fatty fish such as salmon, mackerel or herring. Best to avoid breading.
- **EGGS:** All kinds, preferably organic. Can be hard-boiled, fried, used in omelettes, etc.
- **NATURAL FAT, HIGH FAT SAUCES:** Using butter and cream for cooking can make your food taste better and make you feel more satisfied. Try a Béarnaise or Hollandaise sauce, but be sure to check ingredients, or make it yourself. Coconut oil and olive oil are also good options.



**PALEO RECOMMENDED READING:**  
*The Food Lovers Make It Paleo*  
by Bill Staley and Hayley Mason

- **VEGETABLES:** Choose vegetables that grow above ground: cabbages, cauliflower, broccoli, Brussels sprouts, asparagus, zucchini, eggplant, olives, spinach, mushrooms, cucumber, lettuce, avocado, onions, peppers, tomatoes, etc. Cook with coconut oil, lard or butter.
- **DAIRY PRODUCTS:** Dairy consumption should be minimized, but when consuming, always select full-fat options like real butter, cream (40% fat), sour cream, Greek/Turkish yogurt and high-fat cheeses such as cheddar, Monterey Jack or Swiss. Be careful with regular milk and skim milk as they contain a lot of milk sugar. Avoid flavored, high sugar and low-fat products.
- **NUTS:** Make a great snack and treat instead of candy.
- **BERRIES:** Okay in moderation if you are not super strict or sensitive. Great served with whipped cream.
- **WHAT TO DRINK ON MOST DAYS:**  
*Water:* Drink lots of fresh water. Add a squeeze of lemon or lime. Carbonated water such as seltzer (without sweetener) is okay.  
*Coffee:* Black and strong is best. Okay to add full-fat cream or butter, but no sweeteners  
*Tea:* Organic; hot or cold; with lemon or lime

## ONCE IN A WHILE

- **ALCOHOL:** Dry wine (regular red or dry white wine), whiskey, brandy, vodka and cocktails without sugar.
- **DARK CHOCOLATE:** Above 70% cocoa, preferably just a bit

## INFLAMMATION-CAUSING ITEMS TO AVOID

- **SUGAR:** Soft drinks, candy, juice, sports drinks, chocolate, cakes, buns, pastries, ice cream, and breakfast cereals are among the worst. Best to avoid sweeteners altogether.
- **FRUIT:** Contains lots of sugar and is very sweet. Okay to eat once in a while. Treat fruit as a natural form of candy.

- **STARCH:** Bread, pasta, rice, potatoes, French fries, potato chips, porridge, muesli, etc. Wholegrain products are only slightly less bad. Legumes such as beans and lentils are high in carbs. Root vegetables in moderation may be okay, unless you are eating extremely low carb.
- **MARGARINE:** Industrially imitated butter with unnaturally high content of omega-6 fat. Has no health benefits and tastes bad. Statistically linked to asthma, allergies and other inflammatory diseases.
- **BEER AND MILK:** Akin to "liquid bread," and full of rapidly absorbed carbohydrates

*Take the time to read nutrition labels on the foods you are buying in the grocery store. No more than 5% carbohydrates is ideal (dietdoctor.com)*





# Fertile Foods Menu

## DAY ONE

### Breakfast

Egg, Bacon, Kale Breakfast  
Scramble, Black Espresso Coffee

### Lunch

Chicken Salad with Olive Oil,  
Handful of Almonds (unsalted),  
Lemon Water

### Snack

Apple Slices with Almond Butter,  
Cup of Hot Tea

### Dinner

Grass Fed Beef Burger (no bun)  
fried in butter with vegetables and  
salsa, organic iced tea with lemon  
(no sweetener)

## DAY TWO

### Breakfast

Coconut Flour Pancakes, Bacon

### Lunch

Butternut Squash Soup, Organic  
Iced Tea

### Snack

Kale Chips

### Dinner

Baked Salmon with Lemon &  
Thyme, Asparagus, Lemon Water  
Dessert: Paleo "Ice cream"

## DAY THREE

### Breakfast

Breakfast Smoothie

### Lunch

Cashew Chicken Lettuce Wraps,  
Hot Tea with Cream

### Snack

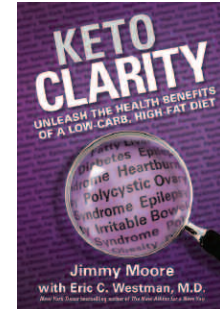
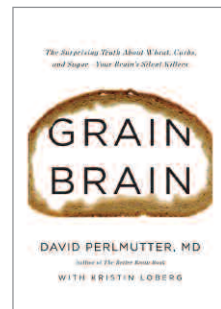
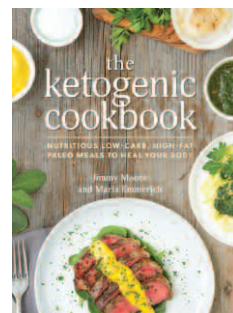
Cheddar Cheese

### Dinner

Grass-Fed Rib-Eye Steak topped  
with Bleu Cheese Herb Butter,

## KETOGENIC DIET

In some cases, it may be advised that one or both partners make even more aggressive dietary changes, such as following the Ketogenic Diet. The Ketogenic Plan is a high fat, adequate protein, low carbohydrate diet. The idea is that sugars and carbohydrates convert to glucose and cause inflammation. The inflammatory process of our bodies has been known to interfere with ovarian function, ovulation and luteal function. Unlike the Paleo Diet, the Ketogenic Plan restricts (or eliminates) the intake of fruits, vegetables and fiber in addition to other carbohydrates as these too are converted into sugar and increase inflammation throughout the body.



### KETO RECOMMENDING READING:

*The Ketogenic Cookbook and Keto-Adapted* by Maria Emmerich

*Keto-Clarity* by Jimmy Moore

*Good Calories, Bad Calories* by Gary Taubes

*Wheatbelly* by William Davis

*Grain Brain* by David Perlmutter





# Fertile Foods Menu

## BAKED SALMON WITH LEMON AND THYME

### Ingredients:

32 oz piece of salmon  
1 lemon, sliced thin  
1 Tbsp capers  
Salt and freshly ground pepper  
1 Tbsp fresh thyme  
Olive oil, for drizzling



### Instructions:

1. Line a rimmed baking sheet with parchment paper and place salmon, skin side down, on the prepared baking sheet. Generously season salmon with salt and pepper. Arrange capers on the salmon, and top with sliced lemon and thyme.
2. Place baking sheet in a cold oven, then turn heat to 400 degrees F. Bake for 25 minutes. Serve immediately.

## QUICK AND EASY KALE CHIPS

### Ingredients:

1 bunch of kale, washed and dried  
2 tbsp olive oil  
salt to taste



### Instructions:

- Preheat oven to 300 degrees.  
Remove the center stems and either tear or cut up the leaves.  
Toss the kale and olive oil together in a large bowl; sprinkle with salt.  
Spread on a baking sheet (or two, depending on the amount of kale).  
Bake at 300 degrees for 15 minutes or until crisp.

## COCONUT FLOUR PANCAKES

### Ingredients:

¼ cup coconut flour  
½ tsp baking soda  
Pinch of salt  
½ - ¾ cup coconut milk  
2 tbsp organic, cold-pressed coconut oil  
3 eggs  
1-2 tbsp honey  
½ tsp vanilla extract  
Maple syrup to taste  
Grass-fed butter for cooking (such as Kerrygold)



### Instructions:

1. Thoroughly mix the eggs, coconut oil, and honey together.
2. Add the coconut milk and vanilla extract.
3. Throw in the coconut flour, baking soda, and salt. Mix, but not too much.
4. Melt a dab of butter in your skillet and then using a measuring cup, add a little batter to the pan. This recipe should yield around 8 or so pancakes.
5. Remember that you aren't likely to see many bubbles forming on the top, so carefully check the underside of your pancake before flipping. Serve immediately.

## BACON, EGG, KALE BREAKFAST SCRAMBLE

### Ingredients:

3 Organic Eggs  
½ cup full fat Organic whipping cream  
2-3 strips of Uncured, Organic Bacon  
1-2 tsp Kerrygold Herb & Garlic Butter  
Handful Organic Kale  
Sprinkle red pepper flakes  
Salt & Pepper to taste



### Instructions:

1. Cook strips of uncured organic bacon in skillet. Add a small pat of herb butter to pan while bacon is cooking.
  2. Once bacon is cooked through, add kale and a bit more butter to pan. Saute until kale wilts.
  3. Crack eggs into bowl and whisk with a whipping cream. Add a sprinkle of red pepper flakes, salt and pepper.
  4. Add egg mixture to skillet and cook gently.
  5. Flip over eggs once firm and brown slightly on both sides. Serve hot.
- Serve with a side of crushed avocado topped with a touch of extra virgin olive oil, red pepper flakes and dash of salt



# Treatment Options

After thorough testing of both partners and identifying potential factors contributing to a couple's infertility, treatment options will be recommended based on their individual needs.

**If my uterus/fallopian tubes/ovaries are normal, with normal sperm and I appear to be ovulating, my per cycle success is:**

Continued trying on own/month	1-5% per cycle
Intercourse cycles with fertility medications (letrozole/FSH shots)	1-5% per cycle
Fertility medications (letrozole/ FSH shots & Insemination (IUI))	10-20% per cycle
Fertility medications (letrozole/ FSH shots & In Vitro Fertilization (IVF))	20-50% per cycle
Donor Eggs	40-60% per cycle
Adoption	80-90% per cycle

## OVULATION INDUCTION

For those women with ovulation disorders, Polycystic Ovarian Syndrome, or irregular menstrual cycles, an oral hormone medication such as Letrozole (Femara) may be prescribed. These medications are designed to stimulate ovulation. Letrozole is often combined with ultrasound to monitor the ovaries and blood tests to monitor hormone levels. Letrozole can be used in conjunction with both timed intercourse or intrauterine insemination. Gonadotropins are injectable fertility medications that work directly on the ovaries to produce follicles/eggs. The injections are given daily for approximately 10-12 days. During gonadotropin treatment, frequent monitoring with ultrasounds and blood hormone levels is necessary to closely monitor egg/follicle development. If a couple does not conceive after 3-6 cycles of gonadotropins, it is time to re-evaluate and move on to alternative treatments.

## INTRAUTERINE INSEMINATION (IUI)

For those women whose tubes are not severely damaged and have a normal HSG, intrauterine insemination (IUI) may be an option. In this fairly simple procedure, sperm is placed within the uterus around the time of ovulation. The woman's eggs are allowed to travel down her tubes on their own. Ovulation induction combined with IUI is often the first course of treatment. IUI alone offers a 3-6%\* conception rate per cycle while combining Letrozole with IUI may boost this up to 9%\*. Gonadotropins combined with IUI offers a 15-20%\* per cycle conception rate (\*minimal to mild tubal damage, normal to mild sperm abnormalities and women less than 40 years old.)

## IVF

In Vitro Fertilization (IVF) offers a much higher chance of success per cycle for tubal damage than surgery. Tubal scar tissue is often inside the fallopian tube, but laparoscopic surgery can only repair the outside of the tube. During IVF, ovaries are stimulated to develop eggs and then the eggs are collected. The eggs are injected with sperm and incubated overnight to fertilize. The resulting embryos are incubated for up to 5 days and are placed in the woman's uterus.

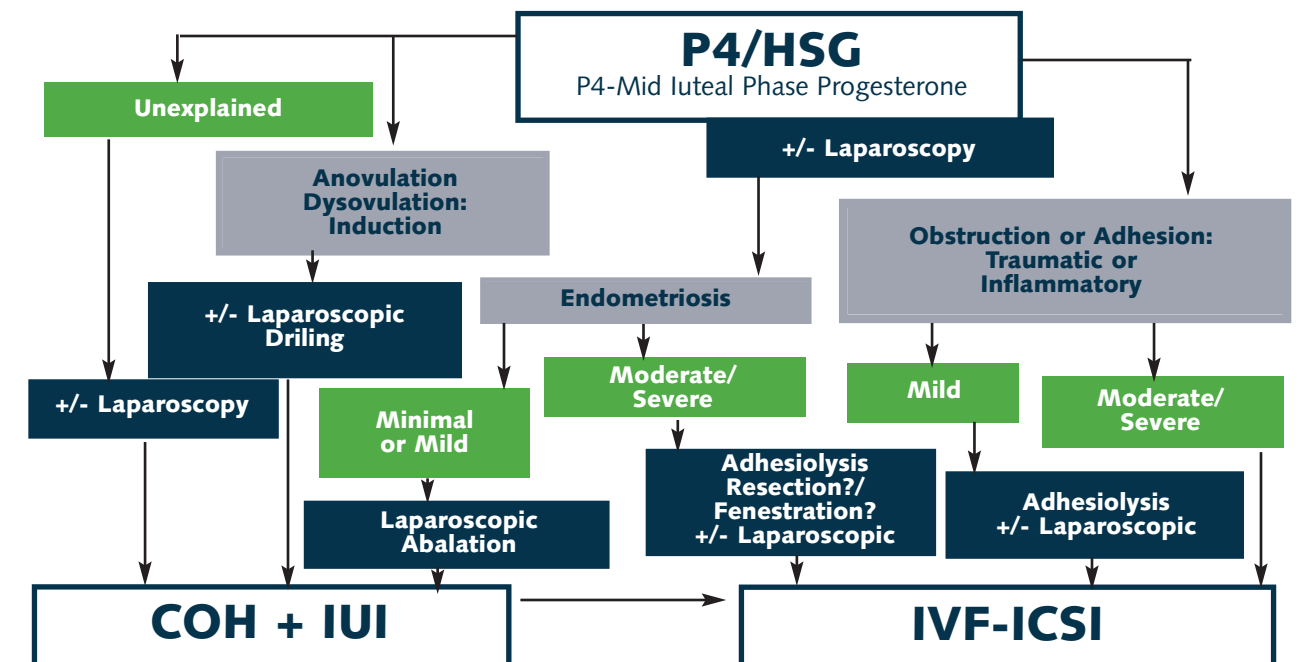
## DONOR EGGS/SPERM

For couples and individuals who experience a lack of eggs or sperm, or whose eggs or sperm will not allow development into viable embryos, using donated eggs or sperm (or both in some cases) is a course of treatment worth consideration. Donors are usually anonymous, though not necessarily so – as in cases using family members or significant others. Egg donation is a viable option for women whose ovaries no longer produce eggs or whose eggs cannot develop into viable embryos. It is also an option for

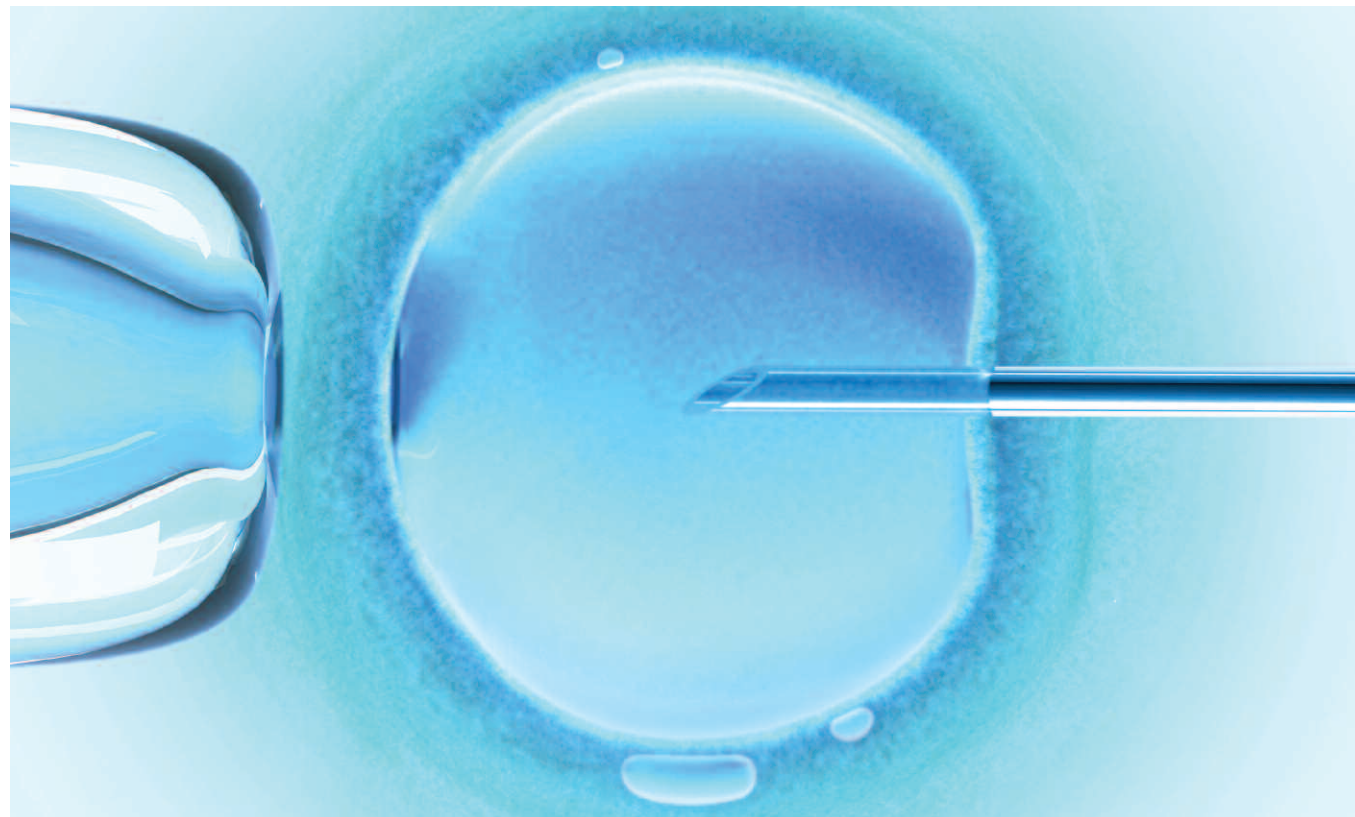
those couples who wish to maintain a biological link by using the partner's sperm. Sperm donation has been around for many years and has been socially acceptable for some time. Not only can a single woman, or women who do not have male partners, become pregnant using donated sperm, but males who have severe sperm abnormalities or no sperm at all, or even potentially serious genetic traits they do not wish to pass on, can benefit. Donors are screened for STDs, heredity and genetic diseases and blood disorders. Donors can be found who are a close physical and mental match of the recipient.

Embryo Donation is now another option available to our clients seeking to either create, or expand their families. Often when families undergo IVF treatments, they are left with remaining fertilized eggs (embryos). This can place the parents in a difficult position when they begin to discuss what to do with the remaining embryos. Previously, the only options available have been to donate the remaining embryos to research, keep them frozen indefinitely, or to dispose of them. We are now able to add a fourth option, Embryo Donation.

## Female Fertility Workup







# IVF: What's really involved?

In Vitro Fertilization (IVF) is an assisted reproductive technology (ART). The first successful IVF pregnancy ever was achieved in 1977. In recent years, pregnancy outcome rates associated with ART, like IVF, are at an all time high. New data shows that with persistence, infertile couples can achieve success rates that are as good as or even better than people who are considered fertile. Persistence is the key. One national press release read "Success of Fertility Treatment May Approach Natural Birth Rate." This is very encouraging news for couples and individuals encountering fertility challenges.

At CNY Fertility Center, IVF is an outpatient procedure done in our offices. After a patient is given gonadotropins to stimulate her ovaries, the oocytes (eggs) are aspirated, collected in a dish and inseminated.

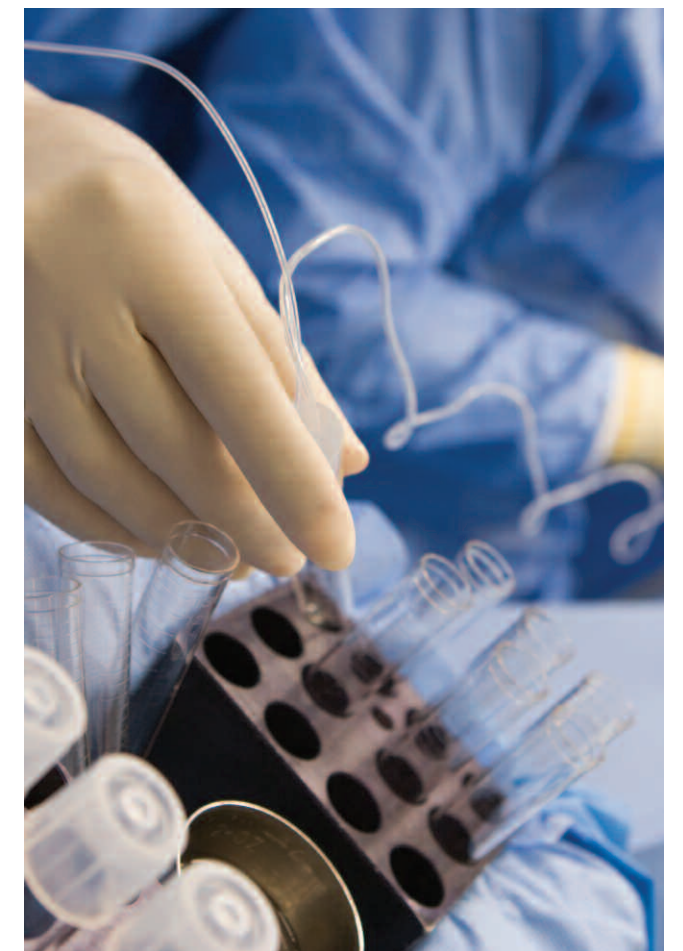
The insemination may be conventional (adding sperm to the eggs allowing them to fertilize on their own) or via Intra Cytoplasmic Sperm Injection (ICSI) whereby one sperm is directly injected into an egg.

## INTRACYTOPLASMIC SPERM INJECTION (ICSI)

Intracytoplasmic Sperm Injection (ICSI) is a method of fertilizing eggs that was originally developed to circumvent male factor infertility. Currently, it is widely used in many IVF centers (including CNY Fertility), as the dominant fertilization technique even when semen parameters are normal. In Vitro fertilization with ICSI is offered to all couples/individuals undergoing IVF, yet it is specifically recommended for:

- Couples with severe male factor infertility opting to use the male partner's sperm rather than donor sperm. Male factor infertility may be characterized by low sperm concentrations, low sperm motility, or very poor sperm morphology. Men who do not have sperm in their ejaculate often can undergo an office procedure under local anesthesia to remove sperm directly from the testes or epididymus.
- Couples who have previously undergone IVF cycles with no fertilization or a low rate of fertilization.
- Couples who have a low yield of eggs at egg retrieval.
- Cycles in which PGS or PGD will be performed.

Since ICSI requires direct manipulation of the woman's egg, she must be stimulated with medications and undergo an egg retrieval. Utilizing a powerful microscope, the embryologist is able to select and pick up a single sperm with a small glass needle specially designed for the ICSI process. The needle is advanced through the egg's outer shell (zona pellucida) and the sperm is deposited into the inner portion known as the cytoplasm of the egg.



The In Vitro Fertilization process is as follows:

- The eggs are harvested after medication therapy
- The eggs and sperm are either left together in an incubator for about 18 hours, (conventional IVF) or they are inseminated using ICSI whereby one sperm is directly injected into the egg. They are then checked for fertilization and further development as embryos.
- The resulting embryos are placed in the uterus (we refer to this as the embryo transfer). Progesterone is also used to help develop the uterine lining, increase the chances of implantation, and to assist in establishing pregnancy.



# The Donor Decision

Making the decision to use donor eggs, sperm or embryos is a complex and important one.

When a couple decides to move forward with donor egg treatment, we provide them with a specialized donor care team featuring the following members:

- Donor nurse
- Clinical assistant
- Recipient liaison
- Financial coordinator
- Psychologist/social worker with expertise in fertility and third-party reproduction

Though the patient will not be using her own eggs, she will still be carrying the child, so she must undergo the same screening as all infertility patients (the same goes for her partner). After you have completed all testing and the physician has reviewed your results with you, you will then need to decide on a financial program. This is a situation unique to donor egg treatment, in that the financial program chosen can directly impact the treatment schedule.

## SELECTING AN EGG DONOR

At CNY Fertility, our goal is to make the selection process as smooth as possible for our patients. One way in which we do this is that all of our donors have been through rigorous screening before they ever appear in our donor database. CNY Fertility actively recruits and screens young, healthy fertile women between the ages of 20 and 32. Although egg donors are compensated financially, we have found that the majority of women who become egg donors are motivated by a strong altruistic desire to help infertile women.

The recruitment process includes medical, genetic and psychological screening as well as personal interviews (along with a consulting psychologist when appropriate). Routine lab tests include: blood type and Rh factor; rubella; complete blood count; and liver function test (ALT). In addition, all donors must test negative for the AIDS virus, Hepatitis B and C, Syphilis, CMV and STDs such as gonorrhea and Chlamydia. All ethnic donors are tested for Tay Sachs (Jewish donors), Thalassemia and Hemoglobinopathies (Mediterranean descent), and Cystic Fibrosis. These tests are repeated every six months or before any donation for as long as the donors participate in the program.

Donors are screened and selected according to the regulations of the New York State Department of Health, standards of the AATB and guidelines of the American Society for Reproductive Medicine.

Our donor process is anonymous, but completely transparent, and the donor database provides patients with a wealth of information. Each donor has a profile featuring demographic characteristics (eye color, race, ethnicity, etc.)

Some patients do not always find the right donor in our database. These patients (and any of our donor patients) also have access to Donor Egg Bank USA's frozen donor egg bank, a vast database of donors with the ability to ship eggs all over the country, without presenting any risk to the eggs themselves. This provides our patients with a multitude of options when making this important decision.

Additionally, some recipients may opt for a known donor (i.e., a friend or family member) or go through an agency. In either instance, donors will still undergo the same medical and psychological screening as donors recruited by CNY Fertility.

## DONOR SPERM

If you experience infertility due to a low sperm count, a complete lack of sperm or are a same sex couple, you can often still achieve a pregnancy using donor sperm. You can arrange for sperm through one of several national certified sperm banks where donors are appropriately screened and the sperm is quarantined. Donor sperm can be used for insemination (IUI) or in vitro fertilization (IVF).

CNY Fertility is in the process of growing its own sperm bank for clients around the world to access.

Choosing a sperm donor is a very important decision, and everyone brings their own perspectives to this challenge. You will select your sperm donor using the cryobank's website. Sperm donors are anonymous, but the donors usually provide a childhood picture. The donor database offers personal demographics (i.e., hair color, height, ethnicity, etc.), as well as essays written by the donor. Some cryobanks even offer voice recordings of interviews with the donor. In some cases, recipients can find out if previous pregnancies have resulted from that donor's sperm.

In the case of a known donor (i.e., a friend or family member), you will still need to have an infertility work-up. In addition, the U.S. Food and Drug Administration (FDA) requires a 6-month quarantine of the sperm sample period in order for the cryobank to test the donor sperm for sexually-transmitted diseases; freeze the sperm; and release the sperm to CNY Fertility.

After you select the donor and the quarantine period has passed, the cryobank sends the frozen sperm sample directly to CNY Fertility, where we will thaw the sperm and analyze it in our lab. From there, you will undergo an intrauterine insemination (IUI) or in vitro fertilization (IVF) cycle using the donated sperm. Additional frozen sperm specimens can be kept at our center for future use.

OUR DONOR PROCESS IS ANONYMOUS, BUT COMPLETELY TRANSPARENT,  
AND THE DONOR DATABASE PROVIDES PATIENTS WITH A WEALTH OF  
INFORMATION. EACH DONOR HAS A PROFILE FEATURING DEMOGRAPHIC  
CHARACTERISTICS (EYE COLOR, RACE, ETHNICITY, ETC.)



# Storing Eggs, Sperm & Embryos



## OOCYTE (EGG) AND EMBRYO CRYOPRESERVATION (FREEZING)

Oocyte/embryo cryopreservation is a process where oocytes/embryos are immersed in a series of solutions which dehydrate the cells and replace the water molecules with cryoprotectant, thereby protecting the integrity of the cells during the freezing process. The oocytes/embryos are loaded into specially designed straws, and placed into liquid nitrogen tanks for long term storage. These frozen oocytes/embryos may be subsequently thawed and used for a future embryo transfer. Not all patients undergoing IVF will have embryos for freezing. Surplus embryos remaining after embryo transfer are evaluated, and if they have advanced appropriately, they may be frozen.

The two primary methods used in the industry for freezing are slow freezing and vitrification. CNY Fertility Center now performs vitrification as our method for cryopreservation. Indications for egg/embryo cryopreservation include:

- Preserving surplus embryos following embryo transfer which may be used in the future to achieve a pregnancy. By transferring frozen-thawed embryos into the uterus, it is possible to achieve 2 or more pregnancies in different years from a single egg retrieval.
- Preserving fertility in patients who must undergo medical treatments such as chemotherapy for cancer treatment which may affect fertility. By undergoing IVF with embryo freezing, the couple/individual may thaw and transfer cryopreserved embryos following successful treatment.

Oocyte (egg) freezing is currently considered investigational as eggs are much more delicate than embryos when it comes to the freezing and thawing process. Although significant advances have been made in the technique, success rates are still lower than those from embryos. Oocyte freezing may be an option for long term fertility preservation in situations where a female may require cancer therapy treatment, but currently does not have a partner and chooses not to fertilize her eggs with donor sperm. CNY Fertility center is currently performing oocyte cryopreservation on an investigational basis as recommended by ASRM.

## SEMEN CRYOPRESERVATION

Semen cryopreservation is the process whereby sperm is frozen for future use. Any male who is planning to undergo medical procedures that may leave him sterile may wish to consider semen cryopreservation. Cancer treatments such as radiation and chemotherapy often reduce fertility or cause sterility. Certain surgical procedures or intensive medication therapy may also result in reduced fertility or sterility. Semen cryopreservation allows semen samples to be stored prior to any procedure of this type, helping to insure the preservation of fertility. Often times, male partners who are scheduled to be out of town during the course of infertility treatment, will freeze a semen sample for use during their absence. Males having

difficulty collecting a sample on demand for a procedure may also choose to freeze a sample in advance.

A simple semen analysis is first conducted on the sample. A cryoprotectant, which protects the sperm during the freezing process, is added to the semen sample and gently mixed. The suspension is cooled in a refrigerator for a length of time, and placed into liquid nitrogen vapors. The vials are then labeled with the patient's information, filled with the sample, arranged on a metal cane that is labeled and assigned to only one patient, and then plunged into liquid nitrogen. They are maintained in a liquid nitrogen tank for long term storage.



BY TRANSFERRING FROZEN-THAWED EMBRYOS INTO THE UTERUS, IT IS  
POSSIBLE TO ACHIEVE 2 OR MORE PREGNANCIES IN DIFFERENT  
YEARS FROM A SINGLE EGG RETRIEVAL.



# CNY Healing Arts

## EAST MEETS WEST

It's easy to believe that fertility treatment is strictly a modern day science made possible solely through the advances of high-tech medicine. But as good as modern science is, many couples trying to get pregnant find the results they are after with the assistance of ancient medical treatments such as acupuncture and massage. Sometimes acupuncture and massage are that something extra that help ensure the success of a fertility treatment over and above what typical western protocols alone can accomplish.

At CNY Fertility, we've found that the best and most effective fertility treatment plans are created by incorporating both eastern and western medicine ideas. Dr. Kiltz was so impressed with the results achieved through massage, acupuncture and yoga, that he created CNY Healing Arts so that these services could be provided under the same roof to CNY Fertility clients.

## OUR PHILOSOPHY

The Fertile Secret is within each of us. By finding our place of peace and balance amidst the demands of life and the stress of infertility, we renew our life-giving potential. Dr. Kiltz sees this potential in all of his clients. Recognizing the toll that infertility was taking on their lives, he felt a deep desire to offer a more balanced approach to treating infertility. By reconnecting his patients with the power of positive thinking, he sees men and women improve the quality of their lives on their journey to conception.

## OUR TREATMENTS

With inner peace comes deep healing. Our holistic approach is designed to support the physical, emotional and spiritual aspects of your fertility. Acupuncture, massage, nutritional counseling, yoga and specialized workshops, alongside assisted reproductive technology, returns your body to a place of balance from which conception can occur.

## THE FERTILITY BENEFITS OF MASSAGE

CNY Healing Arts offers traditional massage techniques as well as techniques focused specifically on the treatment of infertility.

### The Fertile Secret Massage:

The Fertile Secret Massage is a relaxing and enjoyable way to increase blood flow to the reproductive organs, properly position the uterus, remove blockages and open the pelvic and hip region. Our fertility massage combines the principles of Maya Abdominal Massage, acupressure and breath work to balance the hormonal system and support conception.

The Fertile Secret Massage combines deep therapeutic touch with soothing abdominal massage. Your practitioner will customize your bodywork according to the stage of your menstrual cycle, using deeper abdominal work during the follicular phase (before ovulation) and focusing on relaxation during the luteal phase (after ovulation). In women, the pelvic region and reproductive organs tend to hold a lot of emotions. Expect your massage to be cleansing and detoxifying, physically and emotionally, leaving you with a deep sense of mental peace. Physical touch encourages the body to release oxytocin, contributing to increased pleasure. This massage is perfect for anyone desiring to conceive and can also be customized for pregnancy and postpartum care.

### Maya Abdominal Massage

This massage technique applies anatomy, physiology, herbology and naprapathy (the study of the ligaments, joints and muscles) with Ancient Maya healing techniques to address common female and male complaints. The technique works by relieving congestion and blockages to improve the flow of chi and fluids of the circulatory, lymphatic and nervous systems to prevent the progression of chronic disease symptomology.

Dr. Rosita Arvigo has been instrumental in developing this massage technique. She began her research in Belize over 30 years ago and apprenticed with one of the last traditional healers in Central America, Don Elijo Panti. Don Elijo taught Dr. Arvigo Maya Abdominal Massage, as well as the use of traditional medicinal herbs which have come to represent her Rainforest Remedies.

CNY Healing Arts offers the Arvigo Techniques of Maya Abdominal Massage in addition to Abdominal Massage for Fertility. Maya Abdominal Massage is a trademarked massage practice that is very specific and can be performed only by certified practitioners. It uses external, non-invasive manipulation to reposition reproductive organs, improve blood flow to digestive organs and the pelvic region, decrease inflammation, and improve the overall health and wellness of the pelvic region. A daily self care routine is also taught during the treatment which helps to further facilitate changes in the body. It has been documented to improve fertility issues in up to 30-40% in women and provide relief for a number of other issues for both women and men.

Our massage therapists have worked with certified Maya Abdominal Massage practitioners and massage therapists from different backgrounds to create a unique abdominal massage experience that is found only at CNY Healing Arts, with our clients in mind.

## BENEFITS OF FERTILITY MASSAGE

### For Women :

- Increases blood flow to the reproductive organs
- Nourishes follicles with fresh blood supply and oxygen
- Helps to break down scar tissue and adhesions
- Helps to resolve blockages in the fallopian tubes
- Re-aligns the uterus
- Relieves stress and anxiety
- Improves digestion and absorption of nutrients
- Reduces inflammation due to PCOS, cysts or fibroids

### For Men:

- Early stages of prostate swelling
- Benign Prostatic Hyperplasia
- Prostatitis
- Impotency problems

MANY COUPLES TRYING TO GET PREGNANT FIND THE RESULTS THEY ARE AFTER WITH THE ASSISTANCE OF ANCIENT MEDICAL TREATMENTS SUCH AS ACUPUNCTURE AND MASSAGE.



# Massage



## Customized Massage

Allow our highly skilled therapist to create the appropriate session to fulfill your needs. This massage is designed to aide with any of the following conditions: Stress reduction, improve relaxation, increase circulation, relieve pain and discomfort from injuries, headaches, back pain, whiplash, carpal tunnel/thoracic outlet syndromes, plantar fasciitis, fibromyalgia and multiple sclerosis.

## Hot Stone Massage

Heated basalt lava stones are massaged into the muscles, warming the tissue while melting tension away. Our oil is applied with long flowing strokes throughout the body incorporating the warmed stones for deep ease and warmth. Emerge feeling renewed, relaxed and rejuvenated.

## Hot Poultice Massage

The poultice we use combines organic green tea and lavender, herbs that are specific for relaxing and relieving tight, sore muscles. The herbs are wrapped in traditional Thai fashion, creating a wonderful massage tool that is steamed and applied to the body using specific, purposeful massage techniques (techniques which are mostly compressive, broaden the muscles, inducing them to relax more readily). Massage with the hot, moist herbal ball softens tense muscles, decreases inflammation, calms the nervous system, and improves circulation. The combination of the heat, herbal properties and massage technique make the tissue more receptive, while inducing a more profound relaxation. The aroma of the steamed herbs has a relaxing effect as well.

## Prenatal Massage

Prenatal massage can help moms-to-be find relief from the aches, pains and stresses of pregnancy. Regular massage sessions can help maintain health, reduce swollen ankles by increasing circulation throughout the body, as well as relieve lower back pain and sciatica. Our experienced therapists will use special positioning and cushioning for comfort and safety. The massage is done in a side-lying position with a pillow gently supporting the back and stomach.

## Signature Citrus Body Scrub

Our Body scrub is a wonderful way of cleaning, softening and moisturizing your skin while allowing more well-being and peace into your life. This treatment includes an invigorating application of your choice of organic sugar or Dead Sea Salts infused with citrus oils to promote clarity of thought and total refreshment for the body and mind. A customized hydrating massage with our Citrus Cream follows your scrub application. A special treatment that will leave you feeling balanced & refreshed with a natural healthy glow!

## Reiki Treatments

Reiki is a gentle hands-on healing technique to reduce stress, relieve pain, and facilitate healing. Your therapist will energize various body systems on levels that promote healing, clarity, and focus.

## Foot Reflexology

Bring strength and balance to your body through foot reflexology and gentle massage. Foot reflexology restores balance within your system. The treatment starts with a warm foot soak to promote circulation and blood flow to your pelvic organs. Next, we examine the feet to look for clues regarding what might be happening in the rest of your body. Finally, experience a relaxing foot massage aimed at the areas of your body on which you want to focus. This treatment can stand alone, or be added to any other treatment selection.





# Acupuncture

## EMBRACE THE RESTORATIVE POWER OF ACUPUNCTURE

Acupuncture is one part of a complete system of healing known as Traditional Chinese Medicine, or TCM, that has its roots in China dating back several thousands of years. TCM also includes dietary therapy, herbal medicine, body work and other adjunctive techniques. Acupuncture uses small, almost hair-thin, surgically sterilized and disposable needles that are placed in certain points on the body. These points are located on energetic channels. In TCM terms, it is the strategic use of these points that regulates and balances the flow of energy and blood in the body, thus allowing for symptom relief.

Laboratory and clinical studies have shown Acupuncture to have an effect on the central and peripheral nervous systems. It causes the brain to release opioids, the body's natural pain killers, as well as other endorphins that moderate the stress response and help to balance hormone levels in the body.

Acupuncturists at CNY Healing Arts are extensively trained in assisting those attempting to achieve pregnancy naturally and those who are undergoing fertility treatments. Each day, they work together with the staff at CNY Fertility Center to assist couples in achieving their dream of pregnancy. And, they continue to work with women, once pregnant, to moderate symptoms and help to prepare a woman's body for labor and delivery.

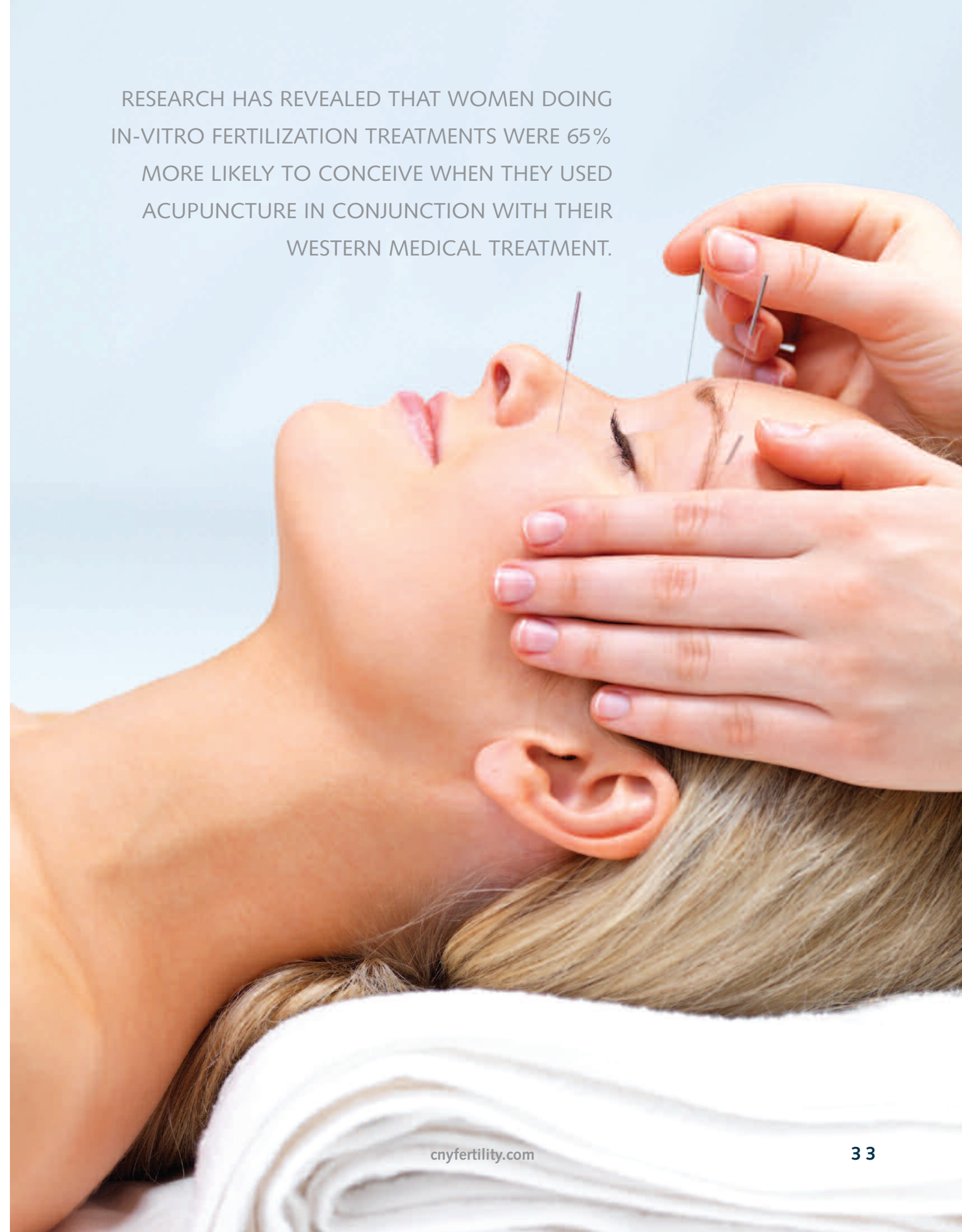
## BENEFITS OF ACUPUNCTURE FOR INFERTILITY

- Regulate menstrual cycle
- Improve sperm count and motility
- Reduce stress and anxiety associated with infertility
- Normalize hormone and endocrine systems
- Improve blood flow in the uterus
- Decrease chance of miscarriage
- Increase the chance of pregnancy for women undergoing in vitro fertilization (IVF)

Research has revealed that women doing in-vitro fertilization treatments were 65% more likely to conceive when they used acupuncture in conjunction with their western medical treatment.<sup>(1)</sup> Additional studies support the significance of acupuncture for the outcome of assisted reproductive medicine,<sup>(2)</sup> and that acupuncture administered on the day of embryo transfer significantly improves the reproductive outcome of IVF/ICSI.<sup>(3)</sup> Acupuncture is also associated with higher clinical pregnancy rates and live birth rates.<sup>(5)</sup>

1. Manheimer, Eric, Grant Zhang, Laurence Udoff, Aviad Haramati, Patricia Langenberg, Brian M. Berman, and Lex M. Bouter. "Effects of acupuncture on rates of pregnancy and live birth among women undergoing in vitro fertilisation: systematic review and meta-analysis." *British Medical Journal* (2008). *BMJ medical publications of the year*. 7 Feb. 2008. 9 Apr. 2009 <<http://www.bmj.com/cgi/content/full/bmj.39471.430451.BEv1>>.  
2. Dieterle, Stefan, Gao Ying, Wolfgang Hatzmann, and Andreas Neuer. "Effect of acupuncture on the outcome of in vitro fertilization and intracytoplasmic sperm injection: a randomized, prospective, controlled clinical study." 7 Apr. 2006. 9 Apr. 2009 <<http://www.ncbi.nlm.nih.gov/pubmed/16616748/>>.  
3. Westergaard, Lars G. M.D., Ph.D, Mao, Qunhui M.D, Krogslund, Marianne, Sadrini, Steen, Lenz, Suzan M.D., Ph.D, Grinsted, Jorgen M.D., Ph.D. Acupuncture Improves pregnancy rates in IVF treatments. 2006  
4. Udoff, L.C., G. Zhang, S. Patwardhan, Z. Wei, and H.D. McClamrock. "The effect of acupuncture on outcomes in in-vitro fertilization (IVF)." 20 Apr. 2006. 9 Apr. 2009 <<http://clinicaltrials.gov/ct2/show/NCT00317317>>.  
5. <http://www.ncbi.nlm.nih.gov/pubmed/21297382>

RESEARCH HAS REVEALED THAT WOMEN DOING IN-VITRO FERTILIZATION TREATMENTS WERE 65% MORE LIKELY TO CONCEIVE WHEN THEY USED ACUPUNCTURE IN CONJUNCTION WITH THEIR WESTERN MEDICAL TREATMENT.







# Namaste: Yoga for Fertility

## CAN YOGA ACTUALLY HELP YOU GET PREGNANT?

Studies show that yoga can help reduce stress, which can affect fertility. Some experts also believe that specific poses can help promote fertility by increasing blood flow to your pelvis, stimulating hormone-producing glands, and releasing muscle tension. Yoga can be beneficial for both men and women struggling with infertility.

### YOGA...

#### **Reduces Stress:**

Stress can have a major effect on your fertility. Yoga is a great way to beat stress and achieve peace of mind. Yoga is not just about the body, it is also about how you breathe. The breathing techniques associated with yoga can help lower the stress hormone cortisol in the body. This in turn can increase your chances of conceiving.

#### **Detoxifies the Body:**

Certain yoga poses can help detoxify the body and help boost your fertility. Yoga can also help relax tight muscles and connective tissues.

#### **Increases Circulation:**

Many infertility issues arise due to blockages. With yoga, you can increase your blood circulation and ensure that it reaches the reproductive organs. This can help create a positive environment for a pregnancy.

#### **Works On Your Immune System:**

Yoga is a great way to boost your immunity. Practicing yoga helps you find your inner calm, which in turn can help raise the number of white blood cells in the body. This not only helps keep common diseases at bay, but can also help you beat infertility.

#### **Helps Keep The Ovaries Healthy:**

Certain yoga poses reroute the blood flow to reach the ovaries. This helps to provide these reproductive organs with more oxygen, making them healthier. Ovarian dysfunction is a common cause of infertility in women. Yoga can be a great tool for women with ovary related issues.

#### **Helps Deal With Hormonal Treatment Better:**

If you are already struggling with infertility and undergoing hormone treatment, yoga can help. With all of those hormones in the body, it is easy to fall into the depths of physical and mental distress. This negative energy in the body can reduce your chances of conceiving. With yoga, you can minimize these side effects and increase your chance of becoming pregnant. Whether you are on Letrozole, trying IUI, or IVF, yoga can be a great help.





# Yoga Classes

## YOGA

The Yoga Studies Program at CNY Healing Arts strives to create a supportive, nurturing, sacred space in which to develop greater awareness and alignment of Body, Breath, Mind and Spirit, through the disciplined practice of the Yoga Arts. We are an inclusive community, dedicated to fostering the individual's wellbeing and spiritual journey. Our Certified Instructors are knowledgeable and committed to creating a safe, nurturing environment for our students to explore the deep tradition of Yoga, and serve as guides for practitioners of all ages, genders and abilities on the path toward a more peaceful, joyful, abundant and harmonious life.

Yoga is all about how you do it and not how much. CNY Healing Arts has regularly scheduled Yoga for Fertility classes. We also offer Pre-Natal yoga. Yoga is great for the body and the mind before, during and after pregnancy.

*Yoga class offerings and schedules vary by location. Please check the calendar for your specific location. Please note that our Yoga for Fertility class is always FREE to clients and CNY Healing Arts Centers offer new students their first class for FREE!*

THE YOGA STUDIES PROGRAM AT CNY HEALING ARTS STRIVES TO CREATE A SUPPORTIVE, NURTURING, SACRED SPACE IN WHICH TO DEVELOP GREATER AWARENESS AND ALIGNMENT OF BODY, BREATH, MIND AND SPIRIT, THROUGH THE DISCIPLINED PRACTICE OF THE YOGA ARTS.

### Gentle Yoga

This open level class is great for beginners as well as practicing students who want to pay attention to alignment. This class will calm the mind and gently stretch the body.

### Yoga for Fertility

This class is designed for women or couples who are trying to conceive. Yoga for Fertility uses specific yoga postures to help stimulate and tone the reproductive system and has been shown to improve chances of conception. Please note that our Yoga for Fertility class is FREE of charge due to Dr. Kiltz's strong belief in the power of yoga to improve the body's ability to conceive (for men and women).

### Kripalu Vinyasa

A slow conscious flow of breath and posture with an emphasis on finding ease and spaciousness within the body and mind, allowing time and attention to comfort and self-care. This practice is available to all levels.

### Restorative Yoga & Meditation

In this class you will be guided through a gentle series of poses that focus on bringing the body and mind into a state of deep calm and ease. The use of props, such as blankets, bolsters, blocks, belt and

chair, will allow you to release, restore, renew, and rediscover your natural state of equilibrium, and experience a great sense of wholeness.

### Yin Yoga & Hot Tub Immersion

This class is for beginners as well as those with a regular practice. The slower paced practice primarily targets the lower body regions of hips, pelvis and lower spine building strength and stability. Poses are mostly seated or reclined, so that they can be held for up to 5 minutes. While holding poses there is time for quiet reflection, readings and lessons. You will experience a complete yoga class before Immersion in the Aqua Terrace Spa Hot Tub (those who do not wish to participate may excuse themselves). Bathing suit is required.

### iRest Yoga Nidra

Based on the ancient teachings of meditation, iRest is an evidence based transformative practice that leads to psychological, physical and spiritual healing. iRest provides you with the tools to help you relax deeply, release stress, and supports you to resolve issues such as insomnia, fear and anxiety. Wear loose comfortable clothing, no physical poses involved, suitable for anyone.



# Travel to CNY Fertility



Every year, thousands of people make the choice to travel to one of CNY Fertility's centers in Syracuse, Albany, Rochester or Buffalo to begin their fertility journeys. Our clients come from clear across the country and around the world!

CNY Fertility has become a popular destination for fertility tourism for many reasons.

On average, CNY Fertility can be thousands of dollars less expensive than other fertility clinics, even when considering travel costs. CNY Fertility founder, Dr. Kiltz, has made it his mission to make fertility affordable for everyone. He firmly believes in providing every person with the best opportunity to conceive a child. We also offer many flexible financing options which make treatment all the more affordable and possible from a financial perspective.

CNY Fertility does not discriminate and is open to all. Whatever your circumstances, we believe each person is unique and filled with unlimited hope. We are here to give everyone who wants to grow their families a fair chance to do so.

The entire staff at CNY Fertility is here for you. This is your journey. Our seasoned team of fertility experts is always available to answer any questions you may have about the process, as well as provide support to those in need. The fertility journey can be a winding and emotional road, but when that road ends with a beautiful baby, it makes every step (and every airplane ride or car trip) worth the effort.



## WHERE TO STAY

If you're looking for accommodations while visiting CNY Fertility, we have worked with many local establishments to get discounted rates for our clients. A list is available on our website or by calling one of our offices.

*Located in the beautiful village of Skaneateles, NY (convenient to both our Syracuse and Rochester locations), Dr. Kiltz owns a lakeside townhouse which features 6 luxuriously appointed rooms available for rent.*

## REMOTE FERTILITY TREATMENT

We are often asked if it is possible to be treated remotely. The answer is a resounding YES. We have the ability to make the process seamless. We can schedule phone consultations (video chat via Skype/FaceTime is also available) with Dr. Kiltz or one of our providers so it's just like you're sitting in a treatment room here in New York. You receive the exact care that you would if you were here in person. We're able to provide you with dedicated nurses who work exclusively with our remote/travel clients. We can schedule the necessary blood work and ultrasounds with a

provider where you live, and then bring you in to one of our centers only when necessary.

Dedicated support from CNY Fertility is always just a call away. Sometimes just a few minutes of support and guidance are all that is necessary to give you the reassurance you need.

We look forward to helping you on your path of fertility, no matter where you are!



# LGBT and Single Parents

At CNY Fertility Centers, we believe families are defined by love. We will do our best to ensure you have every opportunity to love, nurture, and grow your family. We are proud to serve the LGBT community and to assist you in finding the best option for your unique situation.

The CNY Fertility Donor Program is able to facilitate many different cycles. Whether it is through the coordination of donor eggs, sperm, or embryos, we are able to help you create the family you have always wanted.

There are many options available, for each family situation. Our donor coordinators will work closely with you and your partner to find the scenario that best fits your particular needs and desires. This may include any combination of donor sperm, eggs, or embryos, as well as the more typical IUI and IVF cycles.

## GAY MEN/SINGLE DADS

The path to parenthood for gay men requires a surrogate or gestational carrier and an egg donor. In this process, we use an egg from a donor and sperm from either male partner or a sperm donor to create an embryo, which is then placed inside the uterus of a gestational carrier.

## SURROGACY/ GESTATIONAL CARRIER

A surrogate is a woman who agrees to help another individual or couple have a baby by achieving a pregnancy using her own egg and carrying a pregnancy to term. A gestational carrier is a woman who performs this same service using an embryo created with another woman's egg. While a surrogate has a biological link to the baby, a gestational carrier does not. Both surrogates and gestational carriers are used by many gay couples or single men who want to have a baby, but they are also sometimes used by women or straight couples when the woman is unable to achieve a pregnancy using her own egg and cannot carry a pregnancy to term.

When gay men choose to have a baby using a surrogate or gestational carrier, pregnancy is usually achieved through in vitro fertilization (IVF). During the IVF procedure, sperm (usually from one of the male partners, but sometimes from a donor) is combined with the egg to produce one or more embryos. To produce multiple eggs for use in this procedure, the donor's ovaries are stimulated with the help of fertility medications. The eggs are harvested and combined with sperm to produce embryos, which are then transferred into the woman's uterus to achieve a pregnancy.



In some cases, gay men choose a woman they know to be their carrier. Others are able to find a surrogate mother by using agencies or attorneys that specialize in this service, or even via websites that link prospective parents with women who want to be carriers. In these agreements, the gestational carrier is usually paid a negotiated fee and is also reimbursed for related out of pocket expenses.

The decision to have a baby using a surrogate or gestational carrier should be made thoughtfully and after careful consideration. We also strongly recommend that all patients work with an experienced reproductive attorney to provide counsel and prepare the necessary legal agreements related to the use of a surrogate, even in cases where a friend or relative serves as a gestational carrier.

## LESBIAN WOMEN/ SINGLE MOMS

After a thorough fertility evaluation, some lesbian couples and single mothers will proceed with a natural intrauterine insemination (IUI) with donor

sperm, where we follow the progression of your natural menstrual cycle, but help time the IUI so that it falls within the window during which you are most fertile. We can recommend several reputable sperm banks so you have a choice of donors. The sperm banks we recommend follow FDA guidelines when testing for infectious disease prior to releasing the sperm. Some couples will proceed with an IUI but also utilize gentle stimulating medication. These medications will usually generate more than one egg, giving the couple a greater chance of fertilization and implantation during that cycle. Other couples might proceed with IVF and reciprocal IVF.

Lesbian couples may choose to proceed with an in vitro fertilization cycle (IVF) in order to retrieve the eggs from one partner, inseminate the eggs with donor sperm, and then transfer the embryo(s) into the other partner's uterus, who then carries the pregnancy. This is sometimes called "Reciprocal IVF" and gives both partners an active role in the conception process.





# Affording Fertility Treatment

## MAKING PRICELESS AFFORDABLE™

There is the overwhelming impression that fertility treatment is cost-prohibitive and only celebrities and the very wealthy can afford to pay for this type of medical care. At CNY Fertility, this is not the case. Dr Kiltz founded CNY Fertility with the mission of making fertility treatment affordable to all. You will find that most fertility centers around the country are 2-3 times more expensive than CNY Fertility.

CNY Fertility Center provides affordable and compassionate fertility care without sacrificing quality. In addition to participating with and accepting most

insurance plans, we offer multiple cycle discount plans, Fertile Financing options that are interest free, and an IVF Refund Plan. Our goal is to provide affordable fertility care, so that your dreams can come true.

Prior to your first visit, a CNY Fertility financial counselor will evaluate your insurance coverage so you have a better understanding of which costs are covered and which will be out of pocket.

We strive to work with clients to find the financial arrangement that best suits you.

## THE FERTILE GUARANTEE PROGRAM

Having a child is one of the most significant decisions you will make in your lifetime. At CNY Fertility, we understand that the price of IVF treatments can be a barrier for couples that are struggling with infertility. That's why Dr. Kiltz and his team are working every day to continue Making Priceless Affordable™. However, some people want more assurance that their investment will result in a successful pregnancy. That is why CNY Fertility offers The Fertile Guarantee.

The Fertile Guarantee program includes all of these services:

- 75% refund if you don't bring a baby home in your arms
- Up to 6 IVF cycles (must complete all Frozen Embryo Transfers before moving on to the next fresh IVF)
- Cryopreservation of embryos from those 6 cycles
- 1 yr storage of embryos
- Monitoring
- Egg Retrieval
- Anesthesia
- ICSI
- Assisted hatching
- Embryo Transfer
- FET's of embryos created during these cycles

Excludes: Medications, IVF screening tests prior to the initiation of medications, such as, hysterosalpingogram, and non-IVF surgeries. Initial pregnancy test and early pregnancy bloods and ultrasounds.



It is important that you understand the total cost of treatment up front. Many IVF centers advertise a low cost estimate that does not include many essential aspects of treatment such as monitoring, retrieval anesthesia, ICSI, assisted hatching, cryopreservation of embryos and FET's. Our guarantee program price of \$20,000 includes all of these services.

## AFFORDABLE MEDICATIONS

CNY Fertility also works with several outside programs and pharmacies to bring you the best pricing for your medications. The Compassionate Care Program is designed to help uninsured, income eligible patients overcome financial barriers and better afford fertility medications.

Eligible patients may save 25%, 50% or 75% off the self-pay price of Gonal F, Cetrotide and Ovidrel.

WE STRIVE TO WORK WITH CLIENTS TO MAKE CARE AFFORDABLE AND TO FIND THE FINANCIAL ARRANGEMENT THAT BEST SUITS YOU.



# You're Not Alone

## SUPPORT AT CNY FERTILITY

It goes without saying that infertility can be a stressful experience. Experts often say that infertility is a life crisis for some couples. The emotions that arise are very real and can be difficult to navigate. Caring for your emotional well-being is as important as treating your infertility, and we understand that each couple's experience and needs are different.

CNY Fertility provides the support you need to help you and your partner through all stages of your fertility journey. Often couples struggling with infertility find it difficult to confide in friends and family. And sometimes well-intentioned comments such as "When are you going to start a family?" or "Just relax and it will happen" only make the situation more stressful. Sharing your frustrations, anxiety, and sadness with others enduring the same struggle can help. Whether you're more comfortable in a group setting, one-on-one or as an observer, CNY Fertility has the support you need to reduce the stress associated with infertility from a medical, emotional, and financial perspective.

## Fertile Friends One-On-One Program

Fertile Friends pairs clients together based on their experiences with infertility. This program was created because many clients have said that friends and family who have helped them cope with other life issues just can't compare to the understanding and support provided by another person who is going through the same struggle to conceive.

## Circle of Hope Support Group

The Circle of Hope Support Group meets monthly at each CNY Fertility Center/CNY Healing Arts Center location. The group is moderated by one of our team members, and is open to all clients. During the group session, clients are invited to share their personal experiences, seek support, and gain helpful tools for coping with the emotional ups and downs of infertility. Guest speakers will also occasionally join the group to share knowledge and their own personal journey.

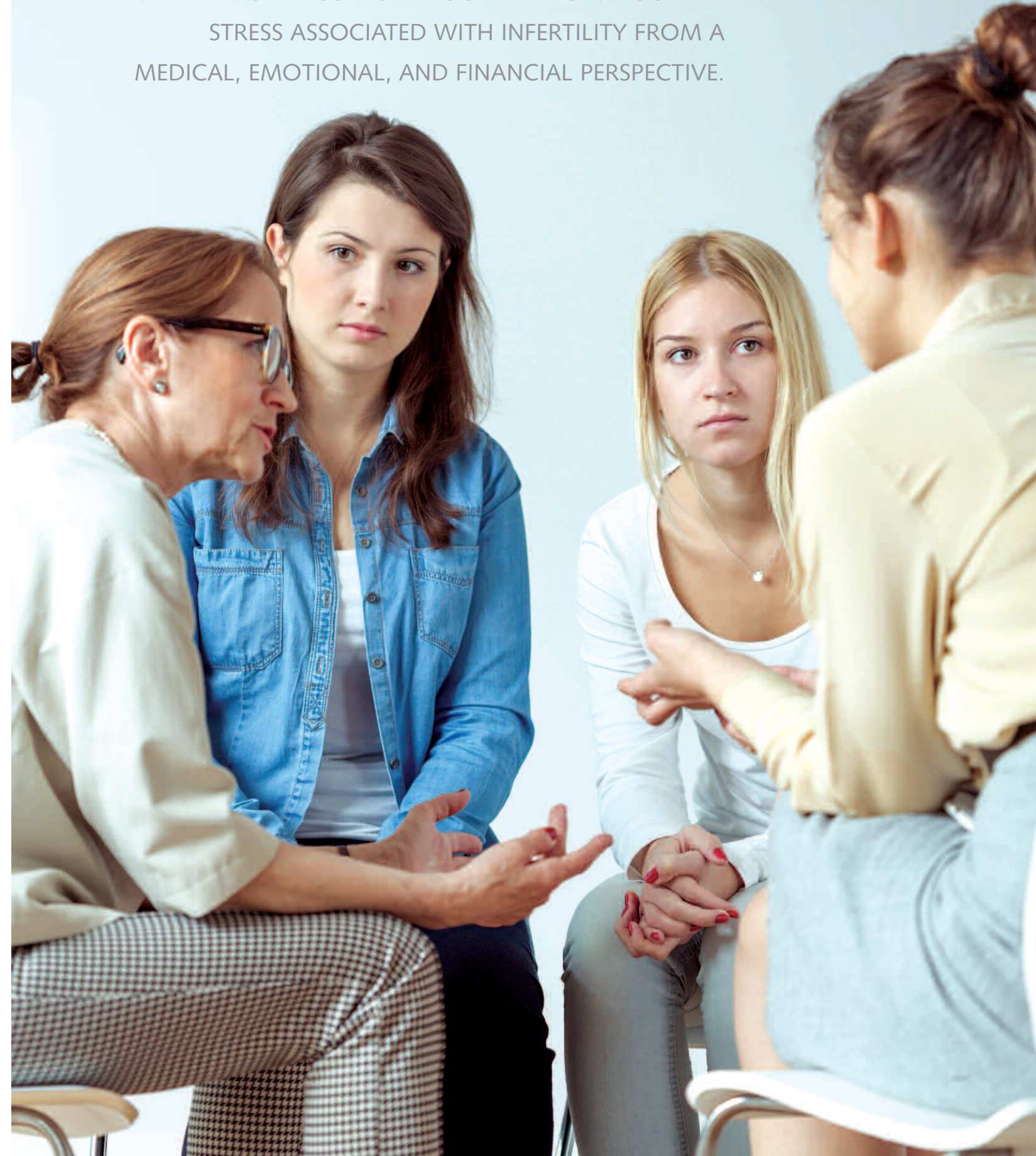
## Monthly Support Webinar

We recognize that some of our clients are unable to make it to in-office support meetings. Luckily, we are able to offer an Interactive Fertility Support Webinar. This allows clients to listen in and ask questions from the comfort of their own homes. Additional information and calendar can be found on our website [www.cnyfertility.com](http://www.cnyfertility.com).

## Private One-On-One Support

If you are looking for a more private one-on-one support situation, CNY Fertility can recommend several counselors who have successfully worked with fertility clients in the past.

WHETHER YOU'RE MORE COMFORTABLE IN A GROUP SETTING, ONE-ON-ONE OR AS AN OBSERVER, CNY FERTILITY HAS THE SUPPORT YOU NEED TO REDUCE THE STRESS ASSOCIATED WITH INFERTILITY FROM A MEDICAL, EMOTIONAL, AND FINANCIAL PERSPECTIVE.





# Adoption



CNY Fertility Center is committed to offering information about each family building option. Some of our clients have found adoption to be their most promising path for creating a family. There are many things to consider when planning to adopt: eligibility, financing, domestic or foreign, adoption provider, and if embryo adoption is a possibility. There are many children who need loving homes.

Adoptions can be performed by a private agency, public agency or through an adoption lawyer. Choosing a reputable adoption provider is important for a positive adoption experience.

When deciding to adopt a child from the US, there are many avenues available. There are different types of agencies which provide domestic adoptions. You may choose to use a private agency or to use an adoption attorney for an independent adoption. Adopting a child from a foreign country is another way to build your family. International adoptions must comply with the laws of the adoptive child's country, and typically require travel to that country.

There are also many children in foster care awaiting safe and happy homes. The parental rights of many children who are placed in foster care will eventually be terminated, allowing them to then be adopted. The majority of these children are older and have special needs, however infants are sometimes available.

## **EMBRYO ADOPTION**

Couples who have completed their family building after fertility treatments may have extra frozen (cryopreserved) embryos. Some couples decide to give their extra embryos to an embryo adoption agency. Following a screening and qualification process, a recipient couple can adopt the embryos and have a frozen embryo transfer. Legal documents and agreements will be signed by all, the embryo adoption agency will step couples through this process.

CNY Fertility is happy to provide additional information about all of these alternatives.







Founder  
Dr. Robert Kiltz



**We Make Miracles Happen Every Day**

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**Making Priceless Affordable®**