

The Center for Advanced Reproductive Services



Fertility Testing & Treatment • IVF • Counseling • Egg & Sperm Donor Programs • Pregnancy Loss Evaluation

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Myths, Rumors, Facts: Helping Patients Understand In Vitro Fertilization

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Today, there are far greater amounts of medical information readily available to the public than ever before. More self-testing, more self-diagnosis, and more self-administered treatment. Does this equal well-educated health consumers or does it just add to the confusion?

Through regularly scheduled information sessions on in vitro fertilization at The Center for Advanced Reproductive Services, we provide valuable information in a comfortable and supportive environment. These information sessions give patients an objective look at IVF—from the physical side to the emotional side of infertility.

What is right for one couple may not be right for another—physically, financially, or emotionally.

At our patient information sessions, as many common questions arise as those that are unique. Some of the most often asked topics and concerns include:

Our results

Statistics on live births are top of mind. Of increasing concern to patients are efforts to minimize higher order births—triplets or greater. Patients are also concerned about success rates relative to maternal age. The Center's latest SART data is presented, along with our success with reducing higher order births. We also present guidelines for numbers of embryos transferred per age category, and discuss age concerns and implications.

The process

How does IVF work? We find that patients tend to be somewhat familiar with IVF, but only in a very general way. Our goal is to help our patients be as informed and comfortable during their treatment as possible. At these sessions, we walk through the IVF procedure—from ovarian stimulation, to egg retrieval, to embryo transfer. We also familiarize them with other treatments such as ICSI and assisted hatching as well as cryopreservation of embryos.

About medications

Ovulation inducing agents have been available for clinical use for approximately thirty years. With the advent of modern assisted reproductive technologies (ART) their use has escalated. In view of this increase, it is understandable that patients are often concerned about their possible adverse effects. Long-term effects of infertility medications have been in the recent news, with reports quoting numerous studies, both positive and negative. At our sessions, we take a look at some of the studies as well as these medications, including potential side effects and risk comparisons. Plus, we provide additional support to our patients by not only educating them on the medications, but also by offering teaching classes focused solely on the administration of medications.

The emotional side of infertility

As our psychological counselor, Mary Casey Jacob, PhD, has said, "Infertility is a pretty unnerving experience." It entangles the emotional and physical lives of tens of thousands of people every year. We believe that strategies for coping are critical to success. And through our information sessions, we give patients not only a better understanding of the IVF process and a better understanding of the emotional issues...but also the hope and support they are looking for.

Registration and more information

Patients can register for the sessions either by telephone at 860.679.4580 or online. A listing of the available dates can also be found online at <http://www.fertilitycenter-uconn.org>. The sessions run approximately two and a half hours, and are held at the John Dempsey Hospital in Farmington. The physician presenting the session rotates between Dr. John Nulsen, Dr. John Maier, Dr. Claudio Benadiva, or Dr. David Schmidt.

If you would like to discuss these seminars, or any of the information presented at the sessions, please don't hesitate to call us at (860) 679-4580 or email Susan Lyko at lyko@nso1.uhc.edu.

Please remember to visit our website at: www.fertilitycenter-uconn.org