MONTHLY EVENTS

FREE FERTILITY TESTING
OCTOBER 26
10 am–2 pm
Farmington

FREE COMMUNITY ACUPUNCTURE EVENT
OCTOBER 27
2–4 pm
Farmington

For more details and to register, please go to our website at unconnfertility.com

FIRST & THIRD Wednesdays
FERTILITY COMMUNITY YOGA
5:30-6:30 pm
Farmington
Once a month at our Branford office (check Facebook for times & dates)

THIRD Thursdays
RESOLVE Infertility Peer Support
7–8:30 pm
Farmington
Branford

For the most up-to-date information, like our Facebook page and follow us on Twitter, Instagram, or LinkedIn

KEEP YOUR FERTILITY OPTIONS OPEN WITH EGG FREEZING ➔

ACUPUNCTURE
An ancient treatment offers new comfort and hope.

WHY OUR IVF LAB MAKES A DIFFERENCE
It’s what’s not in the air that matters. What’s behind the scenes?

AMH TESTING
AMH levels and how it might impact your decision of when to start a family.

AFFORDING TREATMENT
A top priority at the Center is to help patients realize their dreams.
You might want to start or add to your family, but right now just doesn’t seem right. Obviously, you can’t stop the biological clock, but there is an option: Egg freezing can let you decide when to become pregnant. Perhaps you haven’t found the right partner. Maybe you’re focused on your career. Or, maybe you face medical issues, like cancer treatment, that pose a risk to your ability to become pregnant. Whatever your reason for wanting to wait, egg freezing can help keep your options open and give you more control over your reproductive health.

WHEN IS THE RIGHT TIME FOR EGG FREEZING?
That is up to you, but here are some facts to consider:

✧ You’re born with all the eggs you’ll ever have.
✧ As you age, your ovarian egg reserve diminishes naturally.
✧ By age 35, you’ve lost 95% of your eggs, and those that remain are aging rapidly.
✧ At age 21, you have a 25% chance of conceiving each month. By the time you reach 40, your chance drops to 5%.

Retrieving your eggs for freezing doesn’t diminish the total number of eggs you can produce. Again, that number is fixed at birth. Harvesting only collects the eggs you would naturally produce during the month you have the procedure.

WHAT CAN YOU EXPECT DURING THE PROCESS?
First, we’ll do a comprehensive evaluation of your health and fertility. We’ll also discuss the financial and insurance issues. Above all, you can be sure that we will only recommend egg freezing if you are a suitable candidate.

To start, you’ll take small injections of fertility drugs to stimulate your ovaries. During this process, which usually takes 10 to 14 days, you will be monitored closely to check your health and, if necessary, adjust the level of hormones you’re taking.

Once our experts are sure that your hormones and follicles are at the right level, you’ll be given a “trigger injection” that will allow the eggs to mature and start the ovulation process.

About 36 hours after the “trigger injection,” you’ll be asked to come in for egg retrieval. You will be sedated, and your eggs will be harvested using a small needle that’s inserted into the vagina to reach your ovaries and aspirate the eggs out. The procedure takes about 10 to 15 minutes, and you can go home the same day. You may experience a little soreness, but you’ll be able to resume your normal activities the next day.

Your harvested eggs will then be immediately frozen in a cryoprotective solution and stored securely at our facility. Later, when the timing is right and you’re ready to become pregnant, your eggs will be thawed, warmed and fertilized through intracytoplasmic sperm injection, and transferred to your uterus.

Egg freezing has become a popular option, as more and more women choose to become pregnant later in life. If that’s your goal, we’re proud to offer the expert, personalized care you’ll need to make sure “the time is right.”

At this point in her life, Leah Anne Kaye is dedicated to meeting the demands of her busy career as a physician. That’s why she chose to have some of her eggs frozen at the Center for Advanced Reproductive Services. She shares her thoughts about making the decision:

“It’s a little like an insurance policy…”

Leah is not alone. Many women, for many different reasons, are opting for egg freezing. To see if it’s right for you, just talk with our specialists.
When you can back it up with the facts, it’s not bragging, right? To put it simply: We have the most advanced IVF lab in the state. With state-of-the-art design, advanced technology and an experienced team of experts, our IVF lab offers our patients the greatest chance possible of a successful outcome.

**IT STARTS WITH SMARTER DESIGN.**

Human embryos are incredibly fragile and very susceptible to Volatile Organic Compounds (VOCs) and other kinds of environmental contaminants. That’s why our team worked with Alpha Environmental, Inc., a leader in environmental testing and engineering for IVF labs, to design the best possible physical environment. Alpha’s robust lab designs have delivered proven results in real-world applications: increased productivity, higher implantation rates, higher pregnancy rates and fewer breakdowns of environmental controls and technology.

**IT’S WHAT’S NOT IN THE AIR THAT MATTERS.**

Since so many of the contaminants that can affect the development of embryos are airborne, maintaining stringent air quality is critical. Our center in Farmington is one of only two IVF labs in Connecticut (and 44 nationwide) to utilize LifeAire Systems. As explained on its website, LifeAire uses a “proprietary, staged and patented technology” that “comprehensively addresses airborne chemical and biological pathogens. It is, quite simply, the most powerful defense a laboratory can employ …”

“(The Center) quite simply has the highest air quality of any IVF lab we have tested in the world.”

“In our 25 years of testing IVF Lab air quality, we were surprised and pleased to see the results at the Center for Advanced Reproductive Services. It quite simply has the highest air quality of any IVF lab we have tested in the world. This is in part due to the design efforts of Alpha Environmental and the technology of the LifeAire System.”

— Antonia Gilligan - CEO of Alpha Environmental, Inc.

With exceptional care and support, plus rigorous quality control and a state-of-the-art lab, we’ll provide you with the greatest chance possible of bringing a healthy new baby into the world.
Not only do we focus on bringing new babies into the world (and we’ve now brought in over 13,000!), but we also place a high priority on the well-being of the individuals and couples we treat.

"Aft[er dealing with infertility issues due to endometriosis, I refersed to Dr. Engmann. He and his staff are warm, friendly, understanding, and on top of everything!”

"Dr. Nulsen is a miracle worker! I spent several years there undergoing several rounds of treatments. And now I’m so lucky to be preparing for my own insurance coverage, as well as the many different programs we offer.

"I just started to see Dr Schmidt, and already feel MUCH better. He has listened to my concerns and approached my treatment in a personalized manner.”

Women are born with their lifetime supply of eggs, and these gradually decrease in both quality and quantity with age. Anti-Mullerian Hormone, or AMH is a hormone that generally is a good indicator of ovarian reserve. Ovarian reserve is the term used to describe the number of good quality eggs left within a woman’s ovaries.

AMH levels are determined through a simple blood test, and unlike other hormones, levels do not vary significantly through the menstrual cycle. Women with diminished ovarian reserve can have diminished fertility and an increased risk of miscarriage. If you have a low number, it’s important to know early on so you can make decisions on when to start having a family and when to access assisted reproductive technology if required.

The Center is offering free AMH testing at our Free Fertility event, Saturday, October 26th from 10-2. More information and sign-up is available on our website at uconnfertility.com/affording-treatment. We know the journey is different for every couple or individual going through fertility treatment, so we work as a team to ensure that each and every one of our patients receives a personal and intimate experience.

The doctors at the center are organized into different teams. Each doctor has two nurses, a clinical nurse and an IVF nurse. Clinical nurses focus on navigating patients through the journey, from assessment through treatment plans, while IVF nurses work specifically with patients who are engaged in our IVF program and IVF cycle.

Our nurses are then supported by medical assistants who help patients manage the details of treatment, such as requesting any necessary medical records, returning non-urgent, non-clinical phone calls and being on hand to help shepherd patients through the entire journey.

A financial representative and front desk scheduler is also part of every team to help patients navigate their insurance plans and the financial aspect of treatment, and manage the treatment schedules.

Learn more about how we come together to make the journey of fertility treatment as smooth and caring as possible. Visit our video library to see the video: Introduction to the Center for Advanced Reproductive Services.

Why Test For AMH Levels?

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The Center continues to demonstrate success: Not only in the percent of live births achieved, but also in our ability to lessen the potential for pregnancies with twins, triplets or more. With over 13,000 babies born since our inception, we continue to lead in both the region and the nation.

To learn more about our success rates and those of other programs, please visit the Society for Assisted Reproductive Technologies website (www.sart.org). Click on IVF Success. A comparison of clinic success rates may not be meaningful because patient medical characteristics and treatment approaches may vary from clinic to clinic.

Looking for a fertility friendly recipe? Here’s an easy, tasty snack courtesy of Cooking to Conceive.

Open Face Veggie Melt

What You’ll Need:
1 slice of hearty, whole-grain bread
Dijon mustard
1 to 2 thin slices red onion
4 to 6 thin slices cucumber
1/2 ripe avocado
Sea salt
Freshly ground pepper
1 slice (about 1 ounce or 28 grams) Swiss cheese

How You’ll Make It:
1. Preheat broiler
2. Spread the bread generously with mustard. Scoop the avocado flesh from the peel with a spoon and slice lengthwise. Fan the avocado on the mustard. Arrange the onion slices and cucumber over the avocado and sprinkle lightly with salt & pepper. Top with the cheese.
3. Place under broiler until cheese is just melted and bubbling, about 1 minute.
4. Enjoy!