

Center for Advanced  
Reproductive  
Services

# fertilityfactors

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## 4 REASONS TO SEE A FERTILITY SPECIALIST

There are several reasons  
to see a fertility specialist...  
and not all of them have  
to do with fertility.

*Also in this issue:*

**THE MANY PATHS TO PARENTHOOD • GENETIC SCREENING • AFFORDING TREATMENT  
MEDITATION & FERTILITY • GET TIME BACK ON YOUR SIDE • CT'S MOST ADVANCED IVF LAB IS HERE**



## HOW ADVANCED TECH AND AN EXPERT TEAM INCREASE YOUR CHANCE OF GETTING PREGNANT

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.

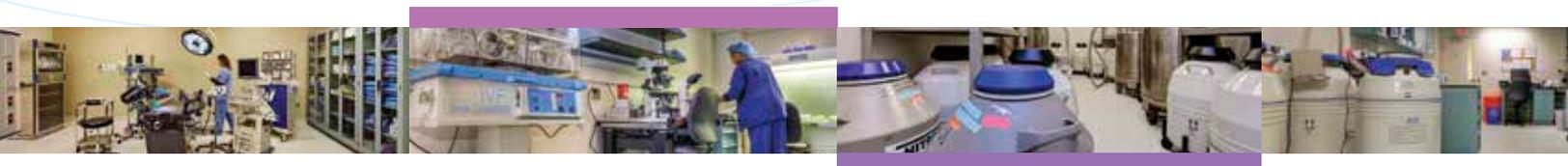
Since so many of the contaminants that can affect the development of embryos are airborne, maintaining stringent air quality is critical. As explained on its website, LifeAire uses a "proprietary, staged and patented technology" that "comprehensively addresses airborne chemical and biological pathogens. It is, quite simply, the most powerful defense a laboratory can employ..."

*"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.

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



Your **FERTILITY SPECIALIST** is an important part of your family planning team. Whether you're looking to start your family now, or hold off for a bit, a reproductive endocrinologist can help you avoid possible obstacles and get your journey started off right. Here are four reasons to see a fertility specialist:



### 1/ Age

Reproductive age is one of the most significant factors in the ability to conceive. If you're over 35 and have been trying for 6 months, see a specialist. For those under 35, it's a year. And for those over 40, three months.

1

### Endometriosis



### 2/ Specific medical problems that can impact fertility such as Endometriosis and PCOS

Irregular menstrual cycles, a history of miscarriages, a history of pelvic surgery or pelvic disease or if you're a male with a low sperm count. These are all common reasons to see a specialist sooner than later.

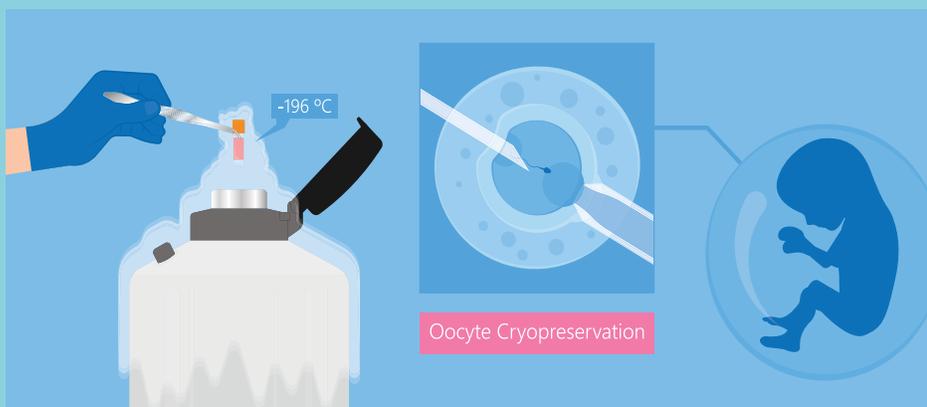
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### 3/ Genetic Screening

Comprehensive genetic carrier screening is an important part of family planning and can provide information that can help define your risk of having a child with a genetic disorder.

3



### 4/ Egg Freezing

Egg freezing continues to be popular as more women are delaying motherhood and more and more employers are helping to pay for the costs. Egg freezing allows women to store frozen, unfertilized eggs that can be used for fertilization and pregnancy at a later time.

4

# SARTresults

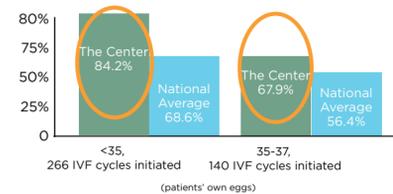
Choosing a quality Center is paramount to having successful outcomes. Not all Centers provide the same infertility treatments, offer the same approach or have the same results. Important criteria used to evaluate a Center's success include its:

- Experience level or volume
- Live birth rate, and
- Triplet or higher birth rate

We're pleased that 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 17,000 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](http://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.

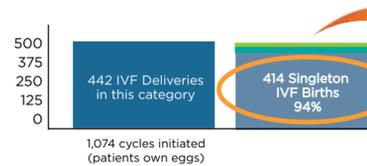
## Live Birth Rate per New Patient



**70-80% success**  
rate of IVF patients, up to age 37, becoming pregnant within the first year of IVF treatment

Source: Society for Advanced Reproductive Services (SART) 2019 Final Annual Report <https://fb.gy/dv7mg>

## Cumulative Outcome Per Egg Retrieval



**94% singleton births**  
As a result of expert clinical management such as eSET the overwhelming majority of our IVF births are singleton deliveries. This results in more healthy mom's and babies.

	<35	35-37	38-40	41-42	>42
Cycles Starts	382	230	250	145	87
Live Births	64.4%	44.8%	31.2%	14.5%	8%
Singletons	94.4%	93.2%	92.3%	90.5%	100% (7/7)

Source: Society for Advanced Reproductive Services (SART) 2019 Final Annual Report <https://fb.gy/dv7mg>

## Likelihood to Recommend Clinical Provider and Practice



**96% satisfied**

Patients will receive great clinical care and have a fantastic experience. Survey says!

Source: Press Ganey Q1 2022 Patient Satisfaction Survey



17,000  
BABIES

As one of the leading fertility programs in the country, we focus on what you want most: family.

96%  
PATIENT SATISFACTION

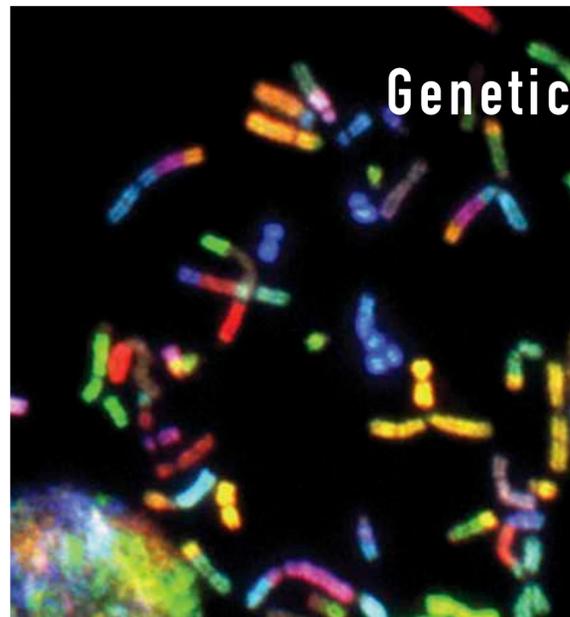
Our highly trained, compassionate staff will help each step of the way. \*Press Ganey 2022 Satisfaction Survey

70-80%  
SUCCESS RATE

The rate of IVF patients, up to age 37, becoming pregnant within the first year of treatment \*SART 2019

4  
OFFICES

Our easily accessible offices allow you to get most of your treatment closer to where you work or live.



## Genetic Screening

Comprehensive genetic carrier screening is an important part of family planning. It's a type of genetic test that can tell you whether you carry a gene for certain genetic disorders. When it's done before or during pregnancy, it allows you to find out your chances of having a child with a genetic disorder.

Comprehensive genetic carrier screening, as prescribed by your Center doctor, covers screening for 100+ genetic disorders, including cystic fibrosis, fragile X and spinal muscular atrophy. The Center strongly recommends genetic carrier screening for all people beginning the family building journey. In fact, not having this testing done could limit some of your treatment options and choices.

## Conditions Related to Fertility

There are numerous medical conditions that can make conception difficult and result in infertility. At the Center, we diagnose and treat both women and men for these conditions with the goal of enabling our patients to have a baby.

Some of the more common conditions that we treat include:

- ✓ Endometriosis
- ✓ PCOS (Polycystic Ovarian Syndrome)
- ✓ Uterine Fibroids
- ✓ Miscarriage/Recurrent Miscarriage
- ✓ Ovulatory Dysfunction
- ✓ Pelvic abnormalities
- ✓ Premature ovarian failure
- ✓ Unexplained infertility



[www.uconnfertility.com](http://www.uconnfertility.com) | (844) HOPEIVF



Female-female couples have many options, including conception with donor sperm. Another option is family building with IVF treatment, called shared conception or reciprocal IVF. This is done with one partner providing her eggs and the other partner carrying the pregnancy with the utilization of sperm donation.

With male-male couples, each of the male partners may have the opportunity to provide sperm, and egg donors are used. In all cases, we do need to use a gestational carrier.

Many of our transgender patients are not aware of the services we can provide in helping them build a family. For those who want to have a genetic link to their child we can provide fertility preservation services. We can freeze sperm in male patients who are transitioning to a female identity and vice versa. Female patients who want to freeze their eggs for future use can do so before they transition either medically or surgically. ❖



**"I initially started IVF** in 2010 with another doctor but unfortunately it didn't work out. After some time trying to become a mother, I found Dr. David Schmidt. Thanks to him and nurse Marsha, I finally had my dream come true and became a mother after 10 years of trying. My baby boy is now 2 years old and thriving. I will forever be grateful to Dr. Schmidt. He will make your dreams come true just like he did mine. Don't ever give up and trust Dr. Schmidt!"



# GET TIME BACK ON YOUR SIDE

Women choose to freeze their eggs for a number of reasons. Some are medical. But there are a number of other reasons to choose this option. You may not feel that you're in the right relationship. You may have career opportunities you wish to pursue. Perhaps it's a financial consideration. Or, perhaps you're just "not ready" to be a parent. Whatever your reason for wanting to delay, egg freezing offers you options.

Harvesting and freezing eggs for future use can be a good choice for many women. The ideal age range for the procedure is between 27 and 38 years. While it's not a guarantee that you will get pregnant, egg freezing does offer many women the ability to get time "back on their side." If you feel that it might be a good option for you, talk with your physician. Our goal is help you make informed decisions and provide you with the greatest change to have a successful, healthy live birth ... when you're ready.



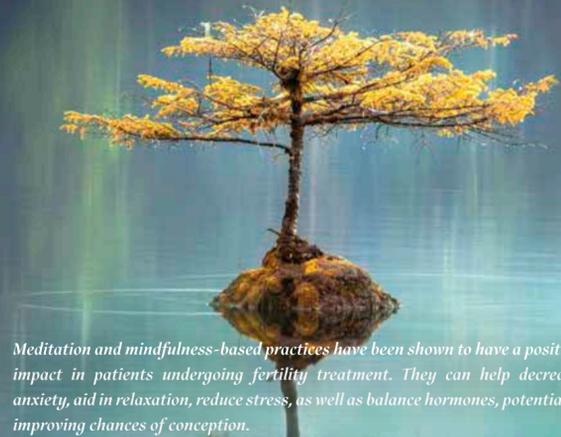
## Helping our patients afford treatment

The dream of having a baby can be difficult to plan for financially, and even more difficult for those who are on the IVF journey. Our top priority at the Center is to help our patients realize their dreams, and that includes helping our patients find ways to pay for their care.

We understand how stressful fertility treatments can be, especially for those who don't have insurance coverage for the treatments they need. That's why, for each of our patients, we provide a financial consultant specialized in dealing with insurance companies and looking for ways to make the financial impact as affordable as possible — and that includes fertility medications.

Fertility drugs are a very necessary, and often costly part of the fertility treatment process. However, patients often lack coverage for the medications they need as part of their treatment plan. It is our mission to work closely with our patients to identify the absolute best, low-cost option for them. We have researched, identified, and partnered with many different programs that are designed to assist both insured and uninsured patients. Our financial counselors work to ensure each patient receives any, and all, assistance that is available to them.

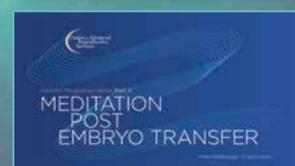
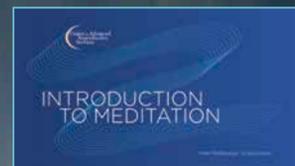
## Did you know?

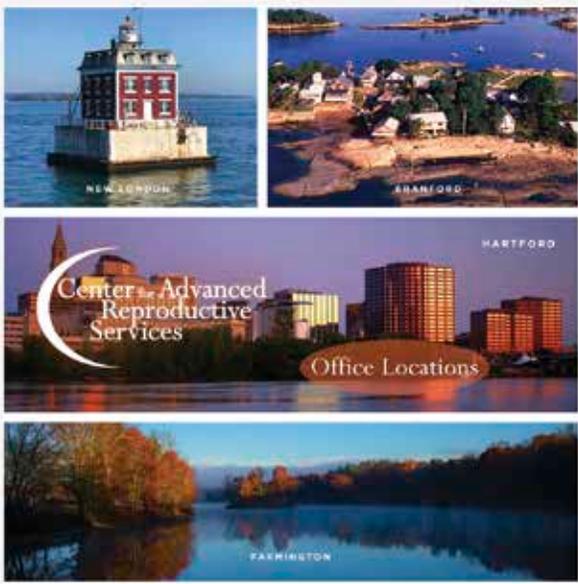


Meditation and mindfulness-based practices have been shown to have a positive impact in patients undergoing fertility treatment. They can help decrease anxiety, aid in relaxation, reduce stress, as well as balance hormones, potentially improving chances of conception.

Helen Bet Givargis, the Center's acupuncturist and a former embryologist, created several videos to help our patients while they're going through treatment.

Check them out along with our entire video library—a constantly growing and valuable resource for individuals and couples looking for information, news and support. You'll find it at [uconnfertility.com](http://uconnfertility.com) or at our YouTube channel.





An academic affiliate of UConn School of Medicine

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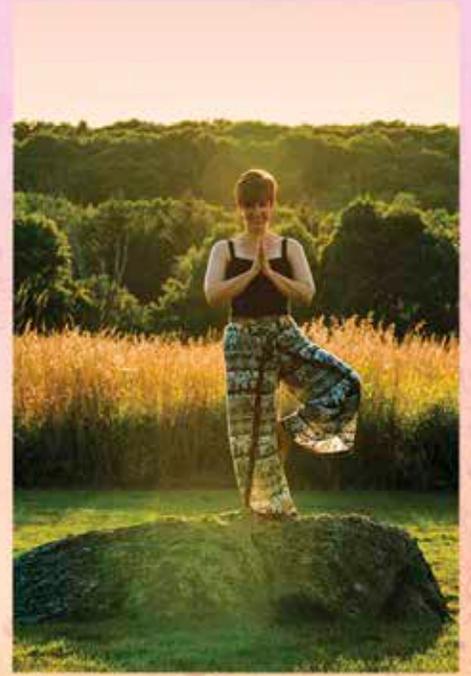
**OUR STORY:** The Center is an academic affiliate of the UConn School of Medicine. We are a specialized program of the division of Reproductive Endocrinology and Fertility and one of the largest and most successful IVF programs in the Northeast. We offer one of less than 40 postgraduate fellowships for Reproductive Endocrinology and Infertility (REI) in the United States. Due to our national reputation as a “Center of Excellence,” acceptance to one of our fellowship positions is very competitive. Fellows also participate in ongoing clinical research. This has resulted in several first author publications and national conference presentations for our fellows. Over the past three years, the fellows have presented 18 abstracts at national meetings and have published 13 articles in peer reviewed journals. Plus, we not only have REI fellows, but also Ob/Gyn residents and medical students training here as well.

Stand outside when the sun is shining and tilt your face to the sun. It is good and right to lift our faces to the sun and **soak in the energy** from this powerful source.

Do one kind thing for yourself everyday

Pause and say to yourself or your body, “I love you and I’m listening.”

Thanks to our yoga and fertility massage therapist, Carissa Spada, LMT for these wonderful thoughts.



**MEET OUR DOCS**



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