



The Fertility Center

Grand Rapids- 3230 Eagle Park Drive NE, Suite 100
 Grand Rapids, MI 49525 toll-free 877.904.4483
 phone: 616.988.2229 fax:616. 988.2010

Lansing- 1200 E. Michigan Ave, Suite 700
 Lansing, MI 48912 toll-free: 877.904.4483
 phone: 616.988.2229 fax:: 616.988.2010

Kalamazoo- 5659 Stadium Drive
 Kalamazoo, MI 49009 toll-free 877.500.1658
 phone :269.324.5100 fax :269.324.5041

Issue 412



FREE FERTILITY INFORMATION SEMINARS

Do you know someone who is “thinking” about fertility treatments but is looking for more information? We have the perfect opportunity for them! Contact Amy, at awade@mrvf to learn the date and join our next FREE seminar.

Newest Additions to Our Family



A Word from Dr. Dodds



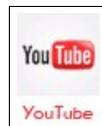
Predicting Fertility Potential

It has always been known that there is a strong association between female age and fertility. The first drop in fertility occurs when a woman reaches 30-32 years of age with more significant drops occurring approximately every 3-4 years thereafter, i.e. age 34, 37, 40, and 43. It is also true that fertility potential varies substantially among different women. A recent study has found antimullerian hormone (AMH) is a new and a more precise fertility marker. More importantly, we now can get an AMH level, and using a patient’s age, make important calculations about that person’s present and future fertility. A person with a high AMH at age 34 has a much better fertility potential than a 34 year old with a lower AMH level. We can also make good predictions on when that person can expect to enter menopause. From that information, we can calculate that their fertility will be largely extinguished approximately 8-10 years earlier than the expected menopause date. This information can be critical in fertility planning. Two 34-year-olds could have wildly different fertility extinguished ages, i.e. one predicted at age 42 and another at age 36. Clearly the one with the calculated fertility extinguished age of 36 may want to know that information to better help plan the fertility choices they wish to make. Here at The Fertility Center, we’re excited to announce that we will be using the AMH levels to help calculate this information for our patients.

“Hope” Meet our new mascot!



Be sure to “like” our [Facebook](#) page and follow what Hope is up to, get up to date information, and share your journey with our “friends”!



www.fertilitycentermi.com



Drs - Dodds - Young - Leach

Tips for Coping with the **HOLIDAYS...**

Attending Holiday Parties

DO be selective about accepting invitations to parties and holiday celebrations, especially the ones at which you know there will be a lot of children or pregnant women. Remember: you don't have to say yes.

DON'T feel guilty about not participating in all the traditional family events. You're going through a difficult time, and you need to concentrate on helping yourself and your partner get through the holidays.

Visiting Family and Friends

DO plan to spend time with couples or friends who don't have children if family festivities are too much to bear this year. Consider arriving just in time for the holiday dinner, rather than the night before if you find it painful to be around your young nieces, nephews and cousins.

DON'T rely completely on family traditions to fulfill your present needs.

Celebrations

DO spend time doing things you like best: preparing a spectacular meal, taking long walks, going horse-back riding or jogging, or curling up by a fire with a good novel. Plan a special trip just for you and your partner: a ski weekend, or a few nights at a cozy country inn. You may have to put up with comments like, "How can you be so selfish?" or "The holiday won't be the same without you." But those remarks may be easier to bear than a holiday table packed with children. Begin your own family traditions: a special ceremony or ritual that says that you and your partner are already a family, and that you can rejoice in your love for each other, with or without children.

DON'T pretend that there's nothing wrong and carry on with "business as usual."

Sharing Your Feelings

DO decide in advance how you will handle difficult and insensitive questions. You may even want to rehearse your answers. (You can decide to be honest with friends and relatives as to why you can't join certain celebrations and traditions which are just too painful right now.) Express your appreciation to friends and relatives who have given you their love and support. Be sure to keep in close contact with friends who are also struggling with fertility issues; many of them are in the same boat and can understand and offer the support that perhaps your family cannot.

DON'T be caught off guard by unexpected or embarrassing questions about your plans for having a family. Plan your responses, but don't feel that you have to disclose all the details of your situation either.

Stay Tuned in to Your Partner's Needs

DO set aside time to share your feelings with each other. Allow yourself to feel sad, deprived or depressed. Infertility is a major life crisis, and you are entitled to those feelings. Talk with each other about your feelings. Your spouse may be able to help you through rough times. Give yourself, and each other frequent pats on the back for making it through the holidays. Remember to capture the "spirit" in each holiday which makes it special. Participate in activities which bring meaning to you at this time; create the joy intended in celebrating the holiday for its own sake.

DON'T get caught up in the whirlwind of the holidays and forget about each other you need each other's comfort more than ever.

Seeking Help

DO talk to our counselor, Kristin, if you are having difficulty with the holidays and these suggestions are not helping you. Kristin is here to help and listen to your feelings. She is available to meet at the Grand Rapids location or can talk by phone. There is no charge to meet with her. You can schedule appointments with the office staff.

DON'T feel as there is something "wrong with you" if you need help outside your family and friends. It is difficult for them to know what to say or not say to a family member or friend that is struggling with fertility issues.

We hope these suggestions are a help to our patients during this time. This information is adapted from RESOLVE and is also available through their website.

The Fertility Center offers on-site confidential counseling at the Grand Rapids location for individuals or couples at no cost. You may schedule an appointment with our front desk or by calling the office at 616-988-2229.



Our "exhale" group is off to a successful start. We are looking forward to continually improving the group activities during this upcoming year.

We would like to encourage everyone to consider attending. This is a **free** one-hour informal program teaching healthy ways to cope with the stress of fertility. If you would like more information about

exhale.

Please contact Kristin at 616.988.2229 ext 104 or kblackwell.@mrivf.com