

Diamond Institute for Infertility and Menopause

May 2012

Dear Patients, Physicians, Staff Members and Friends of Diamond Institute

“Hand in Hand with Patients” The Assistance You Require With The Care You Desire,

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Every year in May, Diamond Institute celebrates its anniversary in conjunction with our yearly Family Day Party.

We have chosen to dedicate this May's newsletter to fertility awareness and preservation.

It is currently estimated that about 7.5 million Americans suffer from infertility. More than ever before, young women today are aware of the decline of fertility potential with age. Women are not alone in this situation. Men have their share of issues also. We have just recently learned that older males have more risk of having a child with neurological/personality problem such as bipolar disorder or autism.

As a result of the aforementioned, we at Diamond Institute see a slow shift in young couples and single men and women who are interested in consulting about their fertility potential. Although many men and women are postponing having children until later in life, many of them are curious and/or concerned about their future fertility potential. Common phrases that we hear from some of our patients are, "I/We are not planning to have children yet but would like to know that things are ok. or" "What problems may we face in the future?" A survey performed a few years ago indicated that over 90% of infertility patients would seek treatment earlier if they were aware of future obstacles.

Simple blood tests combined with ultrasound images have a predictive value for women as far as their fertility potential and ovarian reserve. These tests may be followed on a yearly basis. Although they do not guarantee future fertility the result may help young women with the decision

about when to start a family. In a similar way a semen analysis is a great indicator of any male factors.

Obviously, health and well being are number one factors in healthier pregnancies as well as reproductive function with men and women. What about ovarian reserve? How long can we wait before it is too late? How long can a male wait before increasing his potential to father a child who may suffer from neurological problems such as autism? There is no one answer to all these questions. Can we predict it? To help answer this question, Diamond Institute offers evaluation for men and women to determine their fertility potential and recommend individual solutions for fertility preservation.

A solution for men is simple. If they choose to wait to father a child a male can freeze his sperm at a younger age. The sperm can be used anytime in the future with a reduced risk from advanced age of the future father.

In the same manner we see more young women today who are considering egg freezing for future fertility use.

Although, some define egg freezing as an experimental procedure, we at Diamond Institute have good experience with the technique achieving success with pregnancies and deliveries. Obviously, one can lose some of the advantages of freezing eggs or sperm if you wait too long.

If we can debate about what is the



right age to have children, there is no debate about the fact that younger is better when it comes to egg freezing and/or sperm freezing.

Although, most of the patients we currently see for egg or sperm freezing are doing that due to the misfortune of having a medical condition such as cancer, still the same technique can equally apply and help when it comes to men and women who are not ready to have children yet but would like to keep their options open.

When a patient is diagnosed with a condition such as cancer the treatment can impair their future fertility. During this time in their life the patient maybe incapable of spending the time and energy to preserve their future fertility through egg and/or sperm freezing. In collaboration with our patients OB/GYNs, oncologist, as well as their primary care physicians we believe that it is our responsibility to consult and support them through the process preserving their hope for future fertility.