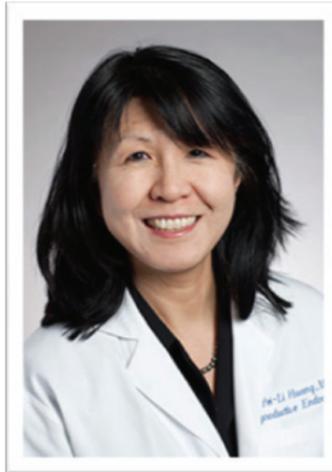


Meet Dr. Pei Lei Huang, Partner and Founder of Fertility Solutions

Dr. Pei-Li Huang sees Fertility Solutions™ as a “family willing to bend over backward to provide the best care to its patients.” She has displayed this extraordinary level of sensitivity and professional commitment from the very beginning of her career, graduating cum laude from the six-year BA/MD program at Boston University, with a dual degree in medical science and English Literature. Upon graduation, she was awarded the Benjamin Tenney Prize in obstetrics and gynecology. She has received recognition from various publications including being listed in the Guide to America's Top Obstetricians and Gynecologists by the Consumers' Research Council of America. Dr. Huang has a wealth of qualifications, including board certifications from the American Board of



“Fertility Solutions is a family willing to bend over backward to provide the best care to its patients”

Obstetrics and Gynecology and the American Board of Reproductive Endocrinology and Infertility. Her clinical interests include the treatment of amenorrhea, pituitary disorders, anovulation, Polycystic Ovarian Syndrome, recurrent pregnancy loss, and both primary and secondary infertility.

In her spare time, Dr. Huang competes in amateur pianist competitions and has performed both solo and chamber music at the annual Massachusetts Medical Society Music and Arts Festival. She also enjoys writing, having recently won the Massachusetts Medical Society Creative Writing Exposition with an essay about her experiences as an amateur pianist and infertility physician.

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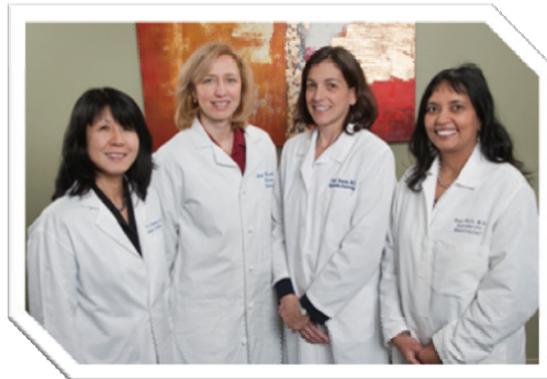
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Fertility Solutions™ is dedicated to helping women and couples overcome infertility. Founding Doctors' Anania, Kowalik, Wold and Huang are all board certified in Reproductive Endocrinology and OB/Gyn. Dr. Wold also holds board certification in Clinical Genetics. Together, these top doctors have more than fifty years of clinical experience and have helped build thousands of families.



“Where infertility threatens dreams, Fertility Solutions offers hope- helping patients achieve their dreams through intelligent and affordable Fertility Solutions.”

The doctors at Fertility Solutions are accepting new patients. Call 877-813-0159 to schedule a consultation with a board-certified specialist.

The information contained herein is not a substitute for medical advice from your doctor; it is for informational purposes only. This newsletter is written and maintained by Amy DaSilva. Your feedback or article suggestions are welcome, email amy.dasilva@yourfertilitysolutions.com



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Tubal Reversal vs. IVF, Options for Pregnancy after Sterilization Surgery

The tubal ligation procedure (or, having your “tubes tied”) is a fairly common procedure for women who desire permanent birth control. For many, the decision to have sterilization surgery comes following the birth of one or more children, though sometimes the procedure is performed on women who do not wish to bear children, or have medical issues that would make pregnancy unsafe for them. As we all know, almost everything in life changes with time, whether it is our opinions, beliefs, our health, financial situation or even our marital situation; we may find ourselves in a position later in life wondering if it is possible to bear a child following tubal ligation. With today's technology, it is possible for many women to get pregnant and have a child after a tubal ligation, either through a tubal reversal procedure or IVF (in-vitro fertilization).

To understand your options for reversal, it is important to understand what was done during the initial tubal ligation procedure. During a tubal ligation, the fallopian tubes are cut, blocked and/or cauterized to permanently prevent the egg and sperm from fertilizing and creating a pregnancy. Depending on the woman's age, the method that was used to cut, cauterize or block the fallopian tubes, and how many children the woman desires to have, each situation is unique so talking to your doctor about these important issues will help you decide together whether a tubal reversal or IVF would be more effective for you. Before deciding which procedure would be best for you, your doctor will likely perform some routine laboratory tests. A blood test to check your reproductive hormones and a semen analysis for the male partner, allows your doctor to gather important information about your overall fertility as a couple, which will help guide you and your medical team in the right direction for choosing the most successful procedure.

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To help guide you, answer ‘yes’ or ‘no’ to the following questions:

- Are you 35 or older?
- Do you wish to have only one more child?
- Do you have menstrual, hormonal or sexual dysfunction of any kind?
- Were your fallopian tubes cauterized?
- Does your partner have a low sperm count?

If you answered ‘no’ to all or most of the questions, your doctor *may* discuss a tubal reversal with you. If you answered ‘yes’ to all or most of the questions, your doctor *may* discuss IVF.

IVF vs. Reversal (from page 1)

The board-certified Reproductive Endocrinologists at Fertility Solutions™ are experienced in performing both IVF and tubal reversals, and can help you decide which procedure would best fit your situation.

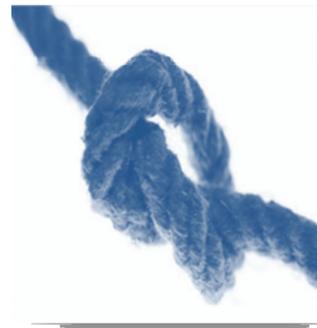
Tubal Reversal

A tubal reversal (re-anastomosis) is performed by rejoining the separated segments of previously cut, clamped or burned fallopian tubes during a delicate outpatient microsurgical procedure. Tubal re-anastomosis procedures are performed by Board Certified Reproductive Endocrinologists who have experience performing this highly specialized surgery. Using small incisions and a laparoscope, the surgeon will visualize the fallopian tubes and attempt to open and reattach them. After a short post-operative healing period, the woman and her partner may begin attempting conception with well timed intercourse (ovulation kits, sold in most drug stores, help pinpoint the most fertile days) and may find themselves pregnant within the year, or even within a few months. While tubal reversal procedures may give women the chance to become pregnant again naturally following surgery and most surgeries boast a high success rate (anywhere between 70-80%!), keep in mind that tubal reversals aren't always successful; even if you have a fertile past fertility changes over time, so if you are 35 or older you may be warned that even if the procedure is successful, you still may require fertility treatment for an age-related or tubal scarring related decline in fertility.

IVF after Sterilization

IVF (in-vitro fertilization) is a procedure in which hormone medication is given to the female patient for several days to induce the growth of several mature follicles (oocytes) in the ovaries, and when the doctor determines the eggs are ready for extraction (determined via an ultrasound) sedation is given during this simple outpatient procedure a Reproductive Endocrinologist extracts these oocytes with a long needle under ultrasound guidance. The eggs are placed in a petri dish with the male partner's sperm and allowed to incubate for 3-5 days. If fertilization takes place, on the 3rd day of development there should be a 6-8 cell

embryo ready for transfer into the female's uterus, a simple procedure performed in the office. Two weeks following the embryo transfer if implantation took place, the woman will yield a positive pregnancy test. Because this procedure bypasses the fallopian tubes altogether, there is no need for a tubal reversal of any kind, and tubes will remain tied throughout the pregnancy and beyond, great for those looking to have only one more child to complete their family.



Advances in reproductive surgeries make it possible to bear children even after having your tubes tied

Challenges after Sterilization

While the technology and options available are quite successful for couples looking to get pregnant following sterilization, there are some challenges. Financially, reversal procedures and IVF can be quite costly. While insurance typically covers infertility treatment in Rhode Island and Massachusetts, there are clauses in many insurance policies that exclude coverage if one of the partners has had a sterilization procedure. Of course, always check with your insurance company for your particular benefits. Sometimes, it is possible to get coverage for IVF in a new partnership if there is cause for infertility outside of the sterilization procedure (i.e. even though the tubes have been tied there is proven male infertility, or even with a vasectomy the woman has PCOS, and would have likely needed IVF treatment anyway).

Continued on next page

...Cont'd IVF vs. Reversal

Another challenge couples' face when choosing either option is the risk of an unsuccessful procedure. Tubal re-anastomosis may not be successful, or may initially be successful but the fallopian tubes can scar closed during the healing process. If the fallopian tubes were previously cauterized (burned), there may not be enough viable portions of the tube left to repair or re-connect. IVF also may not be successful; there is always the chance that no embryos survive to transfer, or the embryos that are transferred do not implant, which can be emotionally and



financially devastating. In either case, if the couple can afford it, it sometimes takes more than one procedure to achieve a successful pregnancy.

Fertility Solutions™ offers the most competitive pricing in New England, along with realistic information, goals and expectations. The doctors at Fertility Solutions™ want to help patients make the best decision for their particular situation and help them overcome the challenges that can be associated with pregnancy after elective sterilization. □

Never Stop Learning–Maya Angelou's Inspirational Words

Dr. Angelou is a celebrated poet, novelist, educator, producer, historian, filmmaker, and civil rights activist. Below, an inspirational quote about what she has learned through experiences:

"I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow. I've learned that you can tell a lot about a person by the way he/she handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights. I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life. I've learned that making a "living" is not the same thing as making a



"life." I've learned that life sometimes gives you a second chance. I've learned that you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw something back. I've learned that whenever I decide something with an open heart, I usually make the right decision. I've learned that even when I have pains, I don't have to be one. I've learned that every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back. I've learned that I still have a lot to learn. I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

-Maya Angelou