



CONCEIVABLE SOLUTIONS

www.fertilitysolutionsne.com

Tel: 877.813.0159

Food for Thought: Diet Tips for Conception and Beyond

With the New Year in full swing, by now many of us have strayed off the path to our diet resolutions. But if you're trying to conceive, your diet is an important piece of the conception puzzle. The age old advice of following the food pyramid and eating your greens does hold true, but for those of us who live on planet Earth, who have deadlines to meet, time cards to punch, a picky spouse who won't eat anything green and a home to maintain, well, the pyramid can start to look more like a circle. A circle of pre-packaged food containing preservatives and artificial sweeteners that most of us cannot pronounce, a circle of drive-thru windows that offer a quick meal at a cheap price and beverages that offer the nutritional value of a rock but the calories of a small breakfast. Below, Dr. Anne Wold suggests tips to help break old eating habits, find easy ways to slip good nutrition into our lives and promote overall health and wellness, especially when priming our bodies for conception and beyond.

Know your BMI

Your BMI- body mass index- is a measurement of body fat based on height and weight (You can find your BMI by using an online BMI calculator). A BMI of 18.5-24.9 is considered the 'normal range'. While BMI does not account for muscularity and frame, knowing how far off-or close- to that range you are can assist you in making the right diet choices. Weight has a big impact on fertility and pregnancy-being over or underweight can be detrimental to conception and pregnancy. According to the American Society of Reproductive Medicine (ASRM) obesity(a BMI of 30 or greater) can cause fertility issues such as irregular

or infrequent menstrual cycles, increased risk of miscarriage, increased surgical risks and decreased success with fertility treatments. Obesity can cause pregnancy complications such as an increased risk of high blood pressure during pregnancy (pre-eclampsia), increased risk of gestational diabetes, increased risk of birth defects and increased risk of high-birth weight infants and an increased need for c-sections. Being underweight (a BMI under 18.5) can also cause infertility and problems like absence or irregular ovulation, irregular or absent menstrual cycles and decreased infertility treatment success.

Less White, More Color

A realistic tip for a healthy diet isn't to eliminate your favorite foods, but to find healthier versions or substitutions for the foods you love. An easy tip for a healthy diet is to replace white bread, pasta and rice with the whole-grain versions. Not only do refined ("white") carbs have less nutrients than whole grains, but they also have the potential to make insulin levels in the bloodstream surge, causing sugar crashes and rebound hunger. For women with polycystic-ovarian syndrome (PCOS), a condition that is associated with infertility, it is especially important to keep insulin levels consistent, to reduce symptoms and promote healthier weights. In addition to eliminating as much white for "brown" (whole grain) as possible, think color- and not just green.

Please see *Diet Tips* on page 3

In This Issue:

Food For Thought: Diet Tips for Conception	1
Go Green! Five Ways to Save Money This Spring	2
Dr. Carol Anania; Super Doctor	2
Its O.K. to Say "No"	3
About Fertility Solutions	4

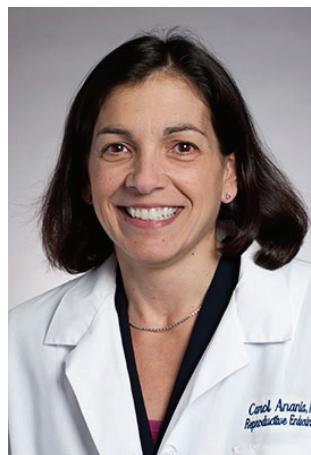
Go Green! Five Ways to Save Money this Spring!

Fertility Solutions™ knows about going green. In fact, our new state-of-the-art facility in Dedham, MA was built eco-friendly, with low-emission paint, auto-off lighting and a paperless records system to make our carbon footprint that much smaller. Below are 5 small changes you can make today to start saving money and be eco-friendly this spring.

1. Re-usable bags are not only IN, but a great way to save money and reduce waste. Re-usable shopping bags aren't just for groceries. Use them any time you shop, to tote your lunch or paperwork or as a beach bag. Also, instead of putting your sandwich in foil or a plastic baggie, use Tupperware.
2. Get moving! Walk or bike as often as possible instead of driving. The exercise is great for your physical and emotional well-being.
3. Purchase a water filter to purify tap water. Bottled water is expensive and generates a lot of waste. Bring a re-usable bottle (preferably aluminum) to work or the gym.
4. Make your own cleaning supplies. With a few simple ingredients like lemon juice, baking soda and vinegar, you can make non-toxic and effective cleaning solutions.
5. Wash clothes in cold water when possible. And, with the nice weather of spring why not line-dry your clothes for even more energy and money conservation?

Dr. Carol Anania Super Doctor

Fertility Solutions, one of New England's leading Fertility centers, is proud to announce that Dr. Carol Anania has received four physician honors in recent months. This impressive series of honors and awards included her selection as a top fertility physician in Boston Magazine's 'Top Docs' by Castle Connolly Medical Ltd. Thousands were surveyed for the December issue of Boston Magazine, and only the top percentage of doctors from 55 specialties were included in the prestigious directory. Dr. Anania was also recognized in the list of



the Best Doctors in America® for 2011-2012 by BestDoctors.com, placing her in the top 3-5% of her specialty as determined by a survey of more than 45,000 physicians in the United States.

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.

Everything about Fertility Solutions is made to ease the emotional, physical and financial burden for patients facing infertility. From the soothing environment in all five offices, to the lowest cost IVF cycles around, to the patient portal that allows patients to view their test results in real time, and to the use of the most cutting-edge technology in ART today, Fertility Solutions was created to improve the patient experience and to be a calm and sensible alternative.

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

Additionally, Dr. Anania was listed in the 2011 Guide to America's Top Obstetricians and Gynecologists by the Consumers' Research Council of America. Most recently, she was named a 'Super Doctor' by SuperDoctors.com. Physicians are peer nominated for the Super Doctors award and then evaluated by researchers on 10 indicators, with only the top five percent of physicians earning the award.

Double board certified in Reproductive Endocrinology & Infertility and Obstetrics & Gynecology, Dr. Anania is one of the founders of Fertility Solutions. She has contributed to thousands of successful pregnancies throughout her career while providing compassionate care.

Diet Tips Continued from Page 1

Did you know sweet potatoes are healthier and more nutritious than regular white potatoes? Fruits and vegetables not only deliver a wealth of vitamins and minerals, they also are abundant with antioxidants. Brightly colored fruits and vegetables, like spinach, tomatoes, red peppers, and blueberries are great examples of nutrient-packed produce. Lean protein like skinless chicken or small amounts of fish like cod and salmon are great to satisfy hunger for long periods of time and fulfill nutritional needs. Eggs and red meat, contrary to popular belief, do not need to be avoided, but limit portion sizes to nothing larger than an adult fist.

To make it easier to stay on target, start by replacing only one item in each meal for a healthier alternative. For breakfast try whole-wheat toast instead of white toast and/ or exchange whole milk for skim. Replace the chips you have with your sandwich at lunch for some lightly salted cucumber slices. Exchange your snack of M&M's for a handful of strawberries, serve vegetable medley with your grilled chicken dinner rather than butter mashed potatoes. If you are a chocolate lover, try indulging in a small piece of dark chocolate (which is healthier) to satisfy your craving. If possible, eliminate soft drinks altogether. Whether the soft drink is diet or regular, you can and should live without the added sugar (or sugar substitutes), chemicals and caffeine normally contained in these nutritionally-deficient drinks. Water is a great way to hydrate and cleanse your body- aim for at least 8 glasses per day. If caffeine is a must in your life, limit yourself to 1-2 cups daily. At the end of the day, small substitutions add up and make a big difference. To fill any holes in your diet, be sure to take a pre-natal vitamin, even if you aren't pregnant but are trying to conceive. Pre-natal vitamins contain the iron and folic acid a woman's body needs to maintain a healthy pregnancy.

The “Other” Stuff

The ‘other’ category. We all know what is in the ‘other’ category usually isn’t good, so let’s be brief and basic. If you shouldn’t do it while you’re pregnant, you probably shouldn’t do it while you’re trying to conceive. That means if you smoke, drink or use recreational drugs, now is the time to quit! Don’t wait until you are pregnant, you should quit while trying to conceive so that it allows time for your body to heal and cleanse out the toxins. In terms of food, artificial sweeteners, chemicals

and preservatives are in almost everything. While it isn’t always realistic (or affordable) to buy organic, limit the amount of chemicals you take in by reading labels. If you find that the light yogurt you love has more artificial sweeteners and preservatives than you’d ever thought possible- think about substituting it for another brand or a half cup of cottage cheese with fruit. Be sure to wash your fruits and vegetables well, to remove pesticides or other toxins that could be coating them.

The bottom line: there are many factors out of our control when dealing with fertility, conception and pregnancy. One cannot change the impact that their age, family history or genetic makeup has on fertility- but the factors that we CAN control, such as a healthy diet, maintaining a healthy weight, not smoking and reducing or eliminating toxin exposure can not only help us- but empower us during one of the most challenging and important journeys in our life.

Dr. Wold is accepting new patients. If you’d like to schedule a consultation, call 877-813-0159.

It's O.K. to Say "No"

Whether you’ve been trying for 6 months or 6 years, baby showers and celebrations focused on children and family can be difficult for those of us suffering from fertility challenges. These celebrations remind us what we are longing for, and it can be a painful reminder that we haven’t reached our goal just yet. If you are feeling especially down, it’s OK to say “Sorry, I’m not available to attend.” Send a thoughtful card via mail instead. And then try a few of these pick-me-up tips:

- Enjoy your favorite take-out food with your spouse
- Rent a comedy for some laughs
- Write your thoughts down in a journal or spend some time blogging
- Go for a massage, get your hair/nails done or go shopping for a great new outfit

About Us

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.

Everything about Fertility Solutions is made to ease the emotional, physical and financial burden for patients facing infertility. From the soothing environment in all five offices, to the lowest cost IVF cycles around, to the patient portal that allows patients to view their test results in real time, and to the use of the most cutting-edge technology in ART today, Fertility Solutions was created to improve the patient experience and to be a calm and sensible alternative.

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

Fertility Solutions

877-813-0159

www.fertilitysolutionsne.com

Dedham, MA

45 Sturgis Way, Dedham, MA 02026

Woburn, MA

12 Alfred Street, Woburn, MA 01801

Cambridge, MA

330 Mount Auburn Street, Cambridge, MA 02138

Peabody, MA

1 Essex Center Drive, Peabody, MA 01960

Providence, RI

758 Eddy Street, Providence, RI 02903

Follow Us On:

