

Hope & Help-o-Gram

THE FERTILITY CENTER OF LAS VEGAS

JUNE 2007



Drs. Shapiro & Daneshmand's Latest Research to be Presented in Europe

A recent study by the Fertility Center of Las Vegas hypothesized that egg quality, while important, is not the sole indicator of pregnancy success in IVF and that the endometrium—where the embryo implants—is equally important.

Despite continual advancement in IVF techniques, many IVF cycles still fail. Sometimes great embryos are transferred, but no pregnancy results. When this happens, one likely cause is poor timing, also known as synchrony, between embryo development and endometrial development.

The endometrium is receptive to embryo implantation for no more than 48 hours, perhaps less, and the embryos must be at a specific stage of development while the endometrium is receptive. Unfortunately, ovarian stimulation for IVF tends to advance the endometrium, probably due to the high

levels of hormones needed to develop many follicles and eggs. If the endometrium gets too far ahead of the embryos, implantation becomes much less likely even for the best embryos.

The good news is that we can identify which cycles are most likely to have such advanced endometrial development, and can freeze those embryos for future transfer.

This research, lead by Drs. Daneshmand and Shapiro in conjunction with the University of Nevada School of Medicine, resulted in an invitation from the European Society for Human Reproduction & Embryology (ESHRE). This is a sentinel meeting on reproductive medicine, where many of the world's leading experts will gather to present their findings and exchange ideas.



Is Your Kid a Junior Picasso? Enter our Art Contest!

In anticipation of The Fertility Center of Las Vegas' 20th anniversary, we're calling all junior artists to create our commemorative materials. The theme is "What Family Means to Me" and all kids 15 years and younger may enter their paintings or drawings for some great prizes. For complete rules and entry information, please [click here!](#)



Trans Fat and Infertility: Is That Cookie Worth It?

Trans fats have made headlines and not just because they're bad for you and outlawed in some states. It's no secret that trans fats can increase heart disease risks, diabetes, and packing on extra pounds but now researchers at Harvard School of Public Health have found they also have an effect on fertility.

Trans fats and hydrogenated oils, commonly found in commercially baked and fried foods, obstruct the activity of cell receptors involved in glucose metabolism, insulin sensitivity, and inflammation. Drugs that activate these same cell receptors have shown to increase the fertility rate in patients with Polycystic Ovarian Syndrome (PCOS), a relatively common but hard to diagnose disease of reproductive age women. Harvard School of Public Health studies show that a mere 2% increase of ingested calories from trans fats increased a woman's risk of infertility by 73%. Theory is, that trans fats diminish efficient ovarian functions.

It is now required by The Food and Drug Administration that manufacturers must label their product if it contains a half-gram or more of trans fat per serving. By checking food labels, it's easier to steer clear of the trans fats which are typically identified by names such as hydrogenated and partially hydrogenated oil. Doing so would help ensure greater overall health and possibly conception.



Gratitudes

Dear Dr. Shapiro,
Soon I will be no longer coming to the Center, which I'm very sad to see happen. Because of you and your wonderful staff, a true miracle has happened that my husband and I were able to "conceive"...and to top it off twins! My husband and I were just discussing the other day how it's too bad that you get to see the start of all this happen, but you don't get to see it through to the end—something we would love to happen... I want to let you know how truly AWESOME your staff is—absolute angels! Thanks again for everything!

—A & R

"How Can I Help You?"

"The greatest part of my job is helping patients and answering their questions. You can count on me to

explain your cycle and other parts of the IVF process. I've been there myself so I know there is a lot of information and it's easy to get overwhelmed. Don't worry...we're here for you and handholding is just part of our services. Let me know how I can be of service!"

Contact me: Tracey@FertilityCenterLV.com.



Tracey Marrotte, IVF Coordinator

June's Patient Education Seminar Series: The Secrets to Getting Pregnant

Free seminar, Wednesday, June 13, 6 PM. Summerlin offices of Fertility Center of Las Vegas. Learn the little known secrets for getting pregnant more easily and affordably as told by the experts themselves—Drs. Shapiro and Daneshmand. Plus, all guests receive a \$300 gift certificate to redeem for any service or procedure at Fertility Center of Las Vegas! Space is limited and reservations are necessary. [Click here to RSVP now!](#)

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Medical Editors

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