

# Fertility Matters

Health Professionals Newsletter June 2008

## Happy Birthday... Fertility East turns 1



Dr Joel Bernstein and his team. From left, Helen, Auburn, Christine, Carolyn, Lakshmi

On 1st June 2007, Fertility East opened its doors with the aim of providing a boutique IVF service to its patients through five star patient care and medical excellence.

The first year of any life is filled with many milestones and Fertility East is no exception. From the first clinical pregnancy (presence of fetal heart) in mid July 2007, our team of experts, through their collective experience, have achieved a success rates of 36% for IVF (clinical pregnancies), while keeping patient care at the forefront of all treatment.



Dr Julie Lukic

"We are delighted with our success rate, which is an exceptional result from a start up position" said Dr Julie Lukic. "What sets us apart is our commitment to quality and personalised care for every patient."

Dr Joel Bernstein, Medical Director of Fertility East says, "Fertility East has provided fertility treatment to a wide range of couples and individuals over the last year. We treat each patient with dignity and respect regardless of their circumstance and we ensure that we are aware of and adhering to the changing laws and guidelines for the IVF, particularly in regard to donor programs in New South Wales."

"This year has certainly been a time for learning and growth", said Dr Bernstein. "As we celebrate our first birthday, we do so together with the babies that we have helped create over the last year."

For all appointments & enquiries:

02 9389 1177

  
Assisted Conception Clinic



Dr Joel Bernstein

## Perfection in Pre-conception Planning & Preparation (Chart overleaf)

### Female Health Check

#### Do you:

- Suffer with any chronic medical problems?
- Have any family history of birth defects?
- Currently take any form of medication?
- Smoke?
- Regularly drink more than 4-5 drinks per week?
- Take any form of 'recreational drugs'?

#### Have you:

- Had your 35th birthday?
- Had problems with having children?
- Been trying to conceive for more than one year?

#### Do you have:

- Irregular menstrual cycles and/or <25 or >35 days?
- Bleeding in the middle of a cycle?
- Spot bleeding for more than 1 day before your period?
- Very painful periods?
- Pain with intercourse?
- Bleeding with intercourse?
- Polycystic Ovaries?

#### Have you had:

- Any sexually transmitted disease?
- Pelvic inflammatory disease?
- Operations on your reproductive organs?
- Fibroids or endometriosis or those problems in the family?
- Irregular periods?
- More than 2 miscarriages?
- Problems with sexual intercourse?
- Any form of cancer or tumor?

### Male Health Check

#### Do you:

- Suffer with any chronic medical problems?
- Have any family history of birth defects?
- Currently take any form of medication?
- Smoke?
- Regularly drink more than 4-5 drinks per week?
- Take any form of 'recreational drugs'?
- Do you suffer any problems with sexual intercourse?

#### Have you:

- Had your 45th birthday?
- Been trying to conceive for more than one year?
- Had problems with having children before?
- Noticed any lumps in your scrotum or testis?
- Ever had a sperm count that was NOT normal?
- Ever had any form of cancer or tumor?
- Had any form of sexually transmitted disease?

#### Do you have:

- A varicocele?
- Any brothers that suffer with infertility?
- Problems with an erection or ejaculation?
- Pain in the testis or penis
- Discharge from the penis
- Burning when you pass urine?

## Couples planning to have a baby

- It is common for couples to assume that when they decide to have a baby, it happens naturally and within one or two cycles.
- It is a fact that one in six couples will experience symptoms of infertility when trying to have a baby.
- We recommend a couple's first step in seeking any form of 'assisted conception' is to consult with their General Practitioner who should refer the couple to a Fertility Specialist if further investigations are necessary.
- This chart can assist in assessing what course of action a couple will most likely take to achieve their goal...a healthy baby.



**Dr Joel Bernstein**  
Fertility Specialist  
Medical Director



**Dr Julie Lukic**  
Fertility Specialist  
and Obstetrician

### Pre-conception Planning Questionnaire (Health Checks overleaf)

Once the questions overleaf are answered a pre-conception preparation path can be determined.

If a couple's answer to any of the questions in the female or male health check is 'yes' we advise that they see a fertility specialist, if 'no' they should proceed under the direction of their GP.

Answers to  
Male & Female  
'Health Check'  
Questionnaire  
(over leaf)

## Perfection in Pre-conception Planning & Preparation

