

Ivf An Emotional Companion

Comprehensive and accessible, *Conceivable* is the ultimate IVF companion, providing essential guidance for anyone going through the process--or supporting someone who is. By 2020, the IVF industry is predicted to be worth \$21bn. And by the year 2100, it's forecast that 3% of the world's population will exist because of in-vitro fertilization – either as IVF babies themselves, or their descendants. Science journalist Jheni Osman explains the treatments, facts and research that underpin the industry, while exploring the first-hand experiences of couples trying to conceive, and her own personal IVF story. The book will reveal the science behind how IVF and other treatments like ICSI work, the diverse reasons why people struggle to conceive, and what can be done to improve the chances of conception via IVF. It will also discuss how to handle the emotional rollercoaster, the real costs involved in undergoing treatment, and the extras and scams to look out for--what's worth investing in, and what's not. Featuring interviews with industry professionals from consultants to counselors, and cutting through the jargon and information overload, here is everything you need to know about the ever-growing and evolving world of IVF.

Well & Good will set you on the path of priming your body for a complete wellness overhaul, because fertility isn't just about babies or a thriving reproductive system, it's about taking control of your health on all levels. With plenty of tips and recipes, Nat Kringoudis shows step-by-step how to take charge of your health and wellbeing. Her knowledge is not only for those want to boost their fertility, but for anyone who wants to experience better daily health. If you are ready for healthy hormones, *Well & Good* has all the information you need: • Top-ten foods for increased fertility • Ten steps to wellness • Your Fertile Pantry handy shopping list • Special tips for boosting men's reproductive health • Tips on revving up your fertility before conception • Tips for anyone who suffers from hormone imbalances and endometriosis • More than forty delicious and simple recipes to improve fertility and hormone health • How to look after your body when your baby arrives • Debunking ovulation myths.

This book, titled *Hilariously Infertile*, is on a mission to make others who have struggled with infertility, laugh (perhaps while their feet are still in the stirrups and their vaginas are enjoying the fresh air of the fertility clinic). It is a comedic, self-deprecating, look into the harsh, scary, and often sad world of infertility. *Hilariously Infertile* will make you laugh out loud while wishing you could have a glass of wine with the author and discuss how you relate to her story is. The author pokes fun at the infertility world, with jokes, such as, equating the constant gynecological exams to her sluttiest days in college, and wondering if her husband will be home in time to stick it (the IVF ass shot) into her butt. We follow the author's journey from trying to conceive on her own, discovering she is infertile, getting pregnant, and then doing it all again for her second child. The entire journey is marked with uproarious scenes that any woman who has ever been to the gynecologist can identify with. At times, the author's candor will surely lead the reader to conclude that the outlandish stories cannot be true. But they are, all of them. Included in the journey is a chapter on being a new mom. This chapter is funny and real. It does not boast about being a parent, to those who still may be on that path; rather, it speaks candidly about the adjustment to a new life that the author worked hard to achieve, via fertility treatments, and yet still was not ready for. There is no filter for the author of *Hilariously Infertile*. This book tells it like it is, from sex, to infertility, to being a mother and a wife. If you have thought it somewhere deep down inside, this book says it aloud.

Infertility can make women - and their partners - feel completely powerless. This clear, perceptive and incredibly helpful book enables women to empower themselves to not only deal with infertility but navigate the often difficult and confusing path through IVF. Written by experienced counsellor Claire Hall and fertility expert Dr Devora Lieberman, *Empowered Fertility* is a practical guide for women to help them cope with their psychological wellbeing, their emotions, family and friends and their attitudes during a very difficult time. It contains clearly structured and expressed information and offers women practical steps to assist them as they go through the experience of and treatment for infertility. The steps are: 1. How Did You Get Here? 2. Accepting What Is 3. Letting Go of Expectations 4. Feeling a Bit Off-Kilter? 5. A Conversation with Fear 6. Releasing Control 7. Building Your Emotional Toolkit 8. Handling Family and Friends 9. Relationship Bumps 10. Moving Forward 11. When Enough is Enough 12. Embracing The reader can work through at their own pace, making use of the coaching tools and exercises to help with each step. For readers who are starting or in the midst of IVF treatment, the last section of the book forms an IVF Cycle Handbook, to guide women through their experience. Included in the handbook: Milestone 1: The Injection Phase Milestone 2: The Egg Collection Milestone 3: The Embryo Transfer Milestone 4: The Waiting Game Milestone 5: Taking the Test The book concludes with a list of resources for readers who seek more information, and includes online resources for Australia, New Zealand, the United States of America and the United Kingdom. Claire Hall (Author) Claire Hall is a counsellor/life coach who writes a variety of coaching articles that have been published in several popular magazines, including *Wellbeing* and *Cosmopolitan*. She also writes and delivers tailored workshops and presentations on a broad range of topics. Dr Devora Lieberman (Author) Devora Lieberman joined Geneva in 2003, when it was still called Sydney IVF. Prior to that, Devora had spent 3 years as Associate Medical Director, Women's Health at Organon (now part of MSD). Devora now devotes most of her clinical work to infertility and miscarriage management. Devora has also been a clinician in the Menopause Clinic at Sydney's Royal North Shore Hospital since her arrival in Australia in 1998. She served as President of Family Planning NSW from June 2003 to March 2014. She became a Director of Sexual Health and Family Planning Australia in 2003, and served as its President from 2006-2008. Devora has also been a Director of the Board of the Fertility Society of Australia from 2005-2013, and held the office of Vice President from 2007-2009.

Reclaim Yourself on the Rollercoaster Ride of IVF When you're diagnosed with infertility and undergoing IVF, you often feel like things are out of your control. Riding the emotional rollercoaster of this journey can feel incredibly overwhelming, lonely and painful. How do you stay hopeful and not lose yourself or your dreams for your family in this process? Author, IVF mentor and occupational therapist, Lisa White, OTR/L, illuminates the path showing you how to navigate your fertility challenges feeling more empowered, inspired and connected to yourself and your future baby. Inside these pages, White reveals the process she used to beat the odds and achieve IVF success with only one healthy embryo. Read on to learn how to:-Empower yourself by taking an active role in your fertility journey-Connect with what you can control in order to thrive during IVF-Stay grounded through the emotional ups and downs of this path-Reap the benefits of a holistic approach to your fertility, including physical, mental, emotional, spiritual and social support -Deepen your sense of trust in yourself and your baby-to-be Coping with Infertility is an essential source of emotional support for any couple struggling with involuntary childlessness. The book offers proven techniques and real-life examples from both men and women, in order to outline common emotional reactions and remind couples that they are not alone in their ups and downs. The coping skills discussed in the book have been assembled from years of working with individuals in clinical trials and have undergone rigorous scientific testing. These state-of-the-art techniques have been shown to be effective in helping couples deal with the stress, depression, relationship problems, and grief often associated with infertility. *Coping with Infertility* is an easily accessible and problem-focused guide for couples to use in overcoming the emotional roadblocks of infertility.

IVF: An Emotional Companion HarperCollins UK

More and more couples are turning to IVF each year to help them conceive, and yet there are still many questions to be answered. "What makes IVF successful?" and "what else can we do to support our treatment?" are two of the most important queries couples can have, and here, Zita West offers solutions. Nutrition and lifestyle advice, psychological and emotional support and a positive mindset all play an important part in helping couples conceive, and can even make the difference between a successful and unsuccessful outcome. This book not only advises how to prepare for IVF, but why it's so important, and the step-by-step diet and lifestyle plan is a clear way to support your treatment.

Welcome to the world of infertility; population: you. Or at least that's how we felt. From two strong women who have endured numerous miscarriages, faced their fear of invasive tests and injections, and coped with the great possibility of cycle failure comes a must-have resource for anyone dealing with infertility. Authors Sarah Tursi, MSW, and Lea McCarthy understand how difficult it is for you to see IVF: The Wayward Stork and know that you need it. They get it, girlfriend-and they're here to help you though it! Discover how to alleviate the mystery and fear that is often associated with in vitro fertilization (IVF). Learn the tricks necessary to cope with treatment, overcome apprehension associated with needles and tests, and engage your support network to provide a compassionate environment. By incorporating medically accurate information presented in laymen's terms, Tursi and McCarthy share their expertise regarding the plethora of IVF topics, including: Emotional survival IVF cycle expectations Tests, injections, and procedures Understanding your IVF treatment The down-to-earth and witty advice in IVF: The Wayward Stork also stresses the importance of the doctor-patient relationship. Become empowered to be an active participant in your care; after all, no one will be as invested in your care and a successful outcome as you.

This is a forward-looking clinical reference of definitive authority on today's headline controversies surrounding in vitro fertilization (IVF) and reproductive genetics. Written by leading experts from medicine, education, psychology, ethics, counseling, and other disciplines studying fertility and genetics, the book contains nearly 70 chapters in seven sections. The introductory section deals with biology, business, morality and society in IVF and reproductive genetics; other sections focus on IVF outcomes, personal ethics and business, biology of the egg, sperm and embryo, implantation, IVF and society, and such 21st century topics as space travel and human reproduction, the disappearing male, and the future of motherhood. Includes bibliographic references and index. Maybe you have suffered a miscarriage. Maybe you have been told you cannot have children. Maybe you have followed every bit of advice from every doctor and self-help book, but you still aren't seeing that pink plus sign. Many women face the disheartening struggle of infertility in silence. Between the feelings of shame, the strain on marriages, and the loads of money spent on medicines and failed procedures, they don't want to admit what they often see as a personal flaw: that they cannot bear children. After four miscarriages and years of infertility, Cathie Quillet felt stuck and alone in her negative emotions. In Not Pregnant, Quillet offers a place for women who are experiencing infertility to come together, validate their emotions, and let go of their pain. This motivational and comforting book addresses infertility's effects on sex and marriage, handling the public's general ignorance about infertility, miscarriages, the plethora of emotions experienced, hormonal changes with fertility medications, and how to move on with your life. With real stories from women who have been there and an added scientific perspective from ob-gyn Dr. Shannon Sutherland, Not Pregnant is the emotional companion you need when it seems like no one else gets it. "

If you are experiencing infertility, you are not alone! Estimated on a global scale to affect one in four couples, this phenomenon causes incredible anguish to those experiencing it. Until now, support for infertile couples has been limited to medical procedures such as IVF, which fail miserably in supporting patients in a physical, spiritual and emotional capacity. Surviving Infertility and IVF offers powerful and practical selfcare strategies to ensure that you not only survive your infertility journey, but also thrive because of it. Presenting new and powerful perspectives on this global disease, this ultimate infertility guide seeks to uplift you with its authenticity and ingenuity.

Cordelia Lee has experienced something few in the Western world have even witnessed: exorcism. Demonic possession brought her to a Taoist shaman who could drive out her tormentors, but only temporarily. Cordelia's problems were multifaceted: a troubled childhood, molests, rape attempt, black magic, anorexia, unfulfilled maternal instinct, failing marriage, and depression. Given the severity of her experiences and the return of the evil spirits, Cordelia had to dedicate her life to healing if she was ever to recover. She had earlier experienced an unexpected kundalini awakening; it awakened her to the spiritual realm and the unseen energies that fill the universe. Things she used to think were illogical and nonexistent. But the spiritual realm that promised answers also held the ghosts that flooded her—and a much more human danger. Not everyone had the kindness of the shaman who exorcised Cordelia. She met other teachers on her journey, and some of these gurus wanted to manipulate her with black magic. Discerning between helpful guides and wolves in sheep's clothing proved challenging. Yet the promise of healing through earthly and spiritual means urged her forward. With the support of trustworthy friends, Cordelia would become a healer in her own right.

This book is a comprehensive guide to the diagnosis and management of infertility. Beginning with an introduction to infertility and fertility testing, the following chapters discuss the causes and treatment of both male and female infertility, In Vitro Fertilisation (IVF), guidelines for infertility treatments and birth defects. The final sections examine regulatory issues and social and emotional aspects of assisted reproductive technology (ART). Authored by renowned experts in the USA, this manual includes more than 200 colour images and illustrations.

The management of infertility using acupuncture is an expanding area of practice and one which is frequently rewarding for TCM acupuncture practitioners. Acupuncture for IVF and Assisted Reproduction has been specially prepared to meet the growing demand for information in this area and draws upon 20 years combined experience of the authors together with the latest evidence from both orthodox medicine and TCM. Richly illustrated and clearly written throughout, the book takes the reader through the anatomy and physiology of reproductive medicine (from both an orthodox and TCM perspective) and explains the underlying basis of orthodox medical fertility tests and investigations. The volume then explores the pathology and aetiology of TCM syndromes and shows how common fertility-related conditions, such as endometriosis and male factor infertility, affect Assisted Reproductive Technology (ART) success rates. It explains in great detail how to take a reproductive medical history and successfully diagnose TCM syndromes. Acupuncture for IVF and Assisted Reproduction also provides guidelines on how to regulate the menstrual cycle in preparation for IVF treatment and shows how lifestyle can affect fertility and ART success rates. Placing a strong emphasis on the practical aspects of patient care, Acupuncture for IVF and Assisted Reproduction contains an abundance of case history templates, algorithmic acupuncture treatment pathways and patient fact sheets and will be ideal for all acupuncture practitioners working in this field. "A must have for the bookshelf of any acupuncturist who is ever called upon to treat fertility issues - if you have room for one book this surely must be it." Reviewed by The Acupuncture Fertility Centre March 2015 "Practitioners of all levels of experience and TCM students should find it compelling reading and an invaluable companion to their learning." Reviewed by Stephen Clarke, Journal of the Australian Traditional Medicine Society May 2015 "This book is extremely well re-searched and referenced." Reviewed by Danny Maxwell on behalf of Journal of Chinese Medicine, February 2015

This book presents the latest in-depth, case-based counseling approaches to new, increasingly complex psychosocial issues of patients requiring assisted reproduction.

Discrete Pineapple Warrior IVF Journal Dealing with infertility and treatments such as IVF can be a rough and emotional time for anyone involved. Journaling is a great way to manage emotions and thoughts through a trying time. Add to Cart Now! IVF Journal Details: Large size (6 x 9 inches) 120 pages (60 sheets) of cream blank lined paper Paperback cover with glue binding Unique matte pineapple warrior cover Ideas for How to use this IVF Support Journal Document your thoughts, prayers and intentions during your IVF process Show support for the Pineapple Warriors in your life Gift for IVF Warrior in your life Show support for IVF Warrior in your life

This comprehensive reference and text synthesizes a vast body of clinically useful knowledge about women's mental health and health care. Coverage includes women's psychobiology across the life span--sex differences in neurobiology and psychopharmacology and psychiatric aspects of the reproductive cycle--as well as gender-related issues in assessment and treatment of frequently encountered psychiatric disorders. Current findings are presented on sex differences in epidemiology, risk factors, presenting symptoms, treatment options and outcomes, and more. Also addressed are mental health consultation to other medical specialties, developmental and sociocultural considerations in service delivery, and research methodology and health policy concerns.

For people experiencing infertility, wanting a baby is a craving unlike any other. The intensity of their longing is matched only by the complexity of the emotional maze they must navigate. With insight and compassion, Drs. Janet Jaffe, Martha Diamond, and David Diamond--specialists in the field of Reproductive Psychology who have each experienced their own struggle with infertility--give couples the tools to: *Reduce their sense of helplessness and isolation *Identify their mates' coping styles to erase unfair expectations *Listen to their "unsung lullabies"--their conscious and unconscious dreams about having a family--to mourn the losses of infertility and move on. Ground-breaking, wise, and compassionate, *Unsung Lullabies* is a necessary companion for anyone coping with infertility.

IVF: An Emotional Companion is an invaluable, personal support, based on women's first hand experiences, for anyone struggling to conceive.

The most recent studies show that 40,000 cycles of IVF are carried out in the UK each year - and approximately a million are carried out worldwide. It is estimated that at least 200,000 IVF babies are born annually - and this figure is constantly rising. With assisted conception increasing year on year, *THE COMPLETE GUIDE TO IVF* offers an invaluable and insightful approach to the process. Packed with first-hand accounts of patients who have been through it, and Kate Brian's own experience of IVF, this book will de-mystify the treatment and give a 'behind-the-scenes' account of what really happens. Addressing the entire experience, right from the initial clinic visit through to the assisted conception cycle, *THE COMPLETE GUIDE TO IVF* provides an accessible, down-to-earth and reassuring account of using IVF to conceive.

IVF is now established worldwide as a clinical service. Units are striving to improve their success rates, and many treatments are being advocated as 'yet another breakthrough'. The purpose of this book is to help clinicians to evaluate each of these new treatments. Each chapter is written by a recognized international expert in the field and the chapters are short and succinct, summarizing the latest evidence-based information for each topic and treatment. Sections cover patient selection and preparation, the role of AIH before IVF, stimulation, monitoring, laboratory techniques, embryo transfer, ancillary treatments and assessment of results. *How to Improve your ART Success Rates: An Evidence-Based Review of Adjuncts to IVF* is essential reading for all clinicians working with infertility and assisted reproduction, and is also a valuable addition to any medical library.

This exclusive travel guide guides the visitor through the most incredible activities to be found in Shanghai: savour the food of world-class chefs in Asia's most romantic two-seater salon; eat at the best holes-in-the-walls and discover local street food haunts; find the best tailors and quality cashmere, satins and brocades by the yard; expert

Infertility Counseling: A Comprehensive Handbook for Clinicians, 2nd edition, is a comprehensive, multidisciplinary textbook for all health professionals providing care for individuals facing reproductive health issues. It is the most thorough and extensive book currently available for clinicians in the field of infertility counseling, providing an exhaustive and comprehensive review of topics. It addresses both the medical and psychological aspects of infertility, reviewing assessment approaches, treatment strategies, counseling for medical conditions impacting fertility, third-party reproduction, alternative family building and post infertility counseling issues. Each chapter follows the same format: introduction, historical overview, literature review, theoretical framework, identification of clinical issues, suggestions for therapeutic interventions, and future implication. This edition also includes extensive appendixes of clinical tools useful to the clinician, including an Internet database of resources and an extensive glossary of terminology.

IVF can seem like a daunting prospect. An often expensive emotional and physical rollercoaster, and one that is filled with new and strange jargon. How do you choose a clinic or decide which treatment options are right for you? And how do you avoid getting sucked into a black hole of late night googling, searching for answers? This fully up to date handbook contains everything you need to know about the ever evolving world of IVF, with professional insights from top level consultants and counsellors. Science journalist Jheni Osman holds your hand through the process, taking you step by step through each stage, and cuts through the confusing terminology and information overload. Find out exactly how IVF and ICSI work, what the different medications involved do, and the costs involved. Learn about why some of us struggle to conceive, how to handle the ups and downs, and what can be done to improve your chances of conception via IVF.

"When it comes to the subject of fertility and infertility, and the weight that this delicate, complex, and sensitive journey bears, it's most important to have the right information quickly."--Synopsis.

Give yourself the best-possible odds for getting pregnant and having a baby with this concise, expert, and encouraging companion as your guide! In the only general guide to infertility written by a medical doctor who specializes in the subject, Mark Trolice, MD—who is board-certified in both OB/GYN and REI (Reproductive Endocrinology and Infertility)—shares the practical knowledge he has gained from working in infertility medicine for years, with many hundreds of patients, along with the warmth and wisdom he has acquired from getting to know prospective parents from all kind of backgrounds. The journey from infertility to fertility, from childlessness to a brand-new baby, can be long and arduous. It involves complicated medical diagnoses, a wide range of treatment options, a host of potential lifestyle changes, lots of emotional ups and downs, and—even with the best medical insurance—challenging financial decisions. Your doctors cannot decide everything for you, and that is why an authoritative and comprehensive book, written in clear and understandable language for the layperson, is essential. This is that book. The book opens with an exploration of all the possible causes of infertility, covering both couples who have never been pregnant and ones

who have had recurrent losses of pregnancies. Unique among infertility guides, this volume gives roughly equal weight to male and female causes, which is important because about 40% of infertility cases are due to men's issues—and some couples need to address issues in both the prospective mother and prospective father. It covers endometriosis, fibroids, POS (Polycystic Ovarian Syndrome), tubal factor, male factor, and other possible causes. Next it looks at your treatment options. Importantly, these are not just medical interventions, but they also include lifestyle changes you alone can make, involving sleep, diet, exercise, and other forms of self-care. Among medical options, IUI (Intrauterine Insemination), IVF (In Vitro Fertilization), and various surgical procedures are covered in detail. Some couples are lucky to have a short journey to fertility. For others, the process takes years. With a gentle and sure hand, and non-judgmentally, Dr. Trolice guides you through the many decisions you need to make along the way, such as whether or not to continue treatments, whether to change practitioners or treatments, and whether it is a good idea to continue to spend money on procedures not covered by your insurance. He understands that these are emotionally weighty decisions that involve the future of your family, and he provides ample grounds for optimism and hope, empowering you as you take this journey.

Hospital visits, calendar watching, disheartening test results and scheduled sex can make trying for a baby a stressful experience, and the strain it puts on couples and individuals struggling with infertility can impact hugely on the likelihood of successful conception. With an approach that puts wellbeing at the heart of fertility, this easy-to-follow guide by top fertility specialist Ann Bracken offers a proven successful alternative to formal counselling. Her comprehensive and supportive book gives help and guidance on how to enhance and improve the outcome. With a focus on mindfulness-based stress reduction techniques, which have been scientifically proven to help overcome the stress and anxiety associated with fertility problems, the author examines the emotional issues around fertility and conception and offers step-by-step exercises to help readers improve their chances of conceiving. With a whole chapter on nutrition by renowned nutritionist Dr Marilyn Glenville, the integrated mind/body approach in this book offers a plan for the best possible chance of getting pregnant. Offering the perfect blend of emotional support and practical advice on lifestyle changes for infertility this is a must-have book for every couple hoping to get pregnant, written by an expert author with years of experience as a Fertility Counsellor and Mindfulness-Based Therapist. 'After 20 years of supporting fertility patients I am convinced that an integrated mind-body approach delivers the best outcome. Ann Bracken has a practical and compassionate approach, as demonstrated in her brilliant new book. It is a much-needed antidote to the all-too-often stressful and soul-searching path to parenthood. I will be recommending it to my fertility patients' Emma Cannon, integrated fertility and pregnancy expert, acupuncturist and author of *The Baby-Making Bible* 'All too often the management of reproductive health is seen through the narrow prism of a particular clinician or clinic. This book provides the perfect balance outlining the integrative mind and body approach and provides an essential complement to the medical aspects of the fertility journey' Dr James Nicopoulos, Consultant Gynaecologist & Subspecialist in Reproductive Medicine, The Lister Clinic, Lister Hospital, Chelsea, London 'Ann Bracken expertly shows readers how to weave mindfulness into their lives to help them take care of their wellbeing as they live through a challenging process. Her book includes a great deal else besides, but I was impressed by how she makes mindfulness so readily accessible.' Pdraig O'Morain, mindfulness teacher and psychotherapist, author of *Mindfulness on the Go*, *Mindfulness for Worriers*

Thyroid function and reproduction are intimately connected. Pregnancy affects thyroid function and thyroid abnormalities affect many aspects of conception and pregnancy. The conference "The Thyroid and Reproduction" explored these relationships in five sessions: - Aspects of assisted reproduction - Thyroid function in pregnancy - Management of thyroid disorders in pregnancy - After delivery - mother and child - Clinical cases and guidelines As thyroid dysfunction is common in pregnancy, this volume is useful to review current clinical management guidelines in addition to more basic aspects of thyroid function and disease in pregnancy. The book will appeal to clinical endocrinologists, obstetricians, internists as well as physiologists interested in reproduction.

This book is a personal testimony from a patient who underwent 15 In Vitro fertilization (IVF) treatments over a 7 year period. It is a story about male infertility combined with the female's fertility declined with the age, which lead the partners to proceed with In Vitro Fertilization (IVF) as the only option. In today's western world one in every six couples face fertility problems and this story could become a reality for millions of couples in the world. This book is raising awareness about female fertility and reproductivity potential for women after their mid-thirties. It also reveals some of the "hidden truths" and misconceptions about IVF and demystifies information provided by the press and media. A similar book with details of the latest IVF trends, facts and experiences from the patients' perspective has never been published. The first part of the book is a chronicle of the author's experiences as an IVF patient, where she shares medical information, facts, experience and lessons learned during IVF treatments. In the second part of the book the author is offering valuable advice, recommendations, and tools, including tips on how to save money for IVF. This is also a patient's story about the emotional impact of IVF. The book is unique in presenting a serious family and marriage crisis throughout battles with infertility and how the journey through the IVF drastically affected the couple's relationship. It is also a story of a personal life crisis that the female patient was going through. The author describes her own turmoil when she decided to end IVF (IVF closure) after many years of living in the "IVF bubble," when she faced not only the cruel fact that she will never be able to have more children, but also experienced a career failure, financial difficulties and her husband being ready to leave her due to the inability to have a big family together. This book is also a relevant resource for medical practitioners to better understand patients' physical and emotional needs and improve the service in IVF clinics. Quote from the book: "My greatest hope is that reading this book leads to positive outcomes for as many women and couples as possible!"

Contemporary Dutch policy and legislation facilitate the use of high quality, accessible and affordable assisted reproductive technologies (ARTs) to all citizens in need of them, while at the same time setting some strict boundaries on their use in daily clinical practices. Through the ethnographic study of a single clinic in this national context, Patient-Centred IVF examines how this particular form of medicine, aiming to empower its patients, co-shapes the experiences, views and decisions of those using these technologies. Gerrits contends that to understand the use of reproductive technologies in practice and the complexity of processes of medicalization, we need to go beyond 'easy assumptions' about the hegemony of biomedicine and the expected impact of patient-centredness.

Created especially for the Australian customer! A guide to the medical, emotional, legal and financial aspects of IVF and life after treatment Are you trying for a baby but suspect you may have an infertility problem and need IVF to conceive? IVF & Beyond For Dummies gives you clear advice on the causes of infertility, getting ready for IVF, the steps involved in treatment and managing

the ups and downs of this difficult time. This comprehensive guide also prepares you for life post-IVF. Find out why you can't fall pregnant -- learn about the causes of infertility and what it takes to get a diagnosis Improve your chances of IVF success -- change your lifestyle to boost your fertility Understand IVF step-by-step -- get detailed, easy-to-follow explanations of what happens in a treatment cycle Navigate the system -- educate yourself about the legal and financial realities of IVF Take charge -- be empowered to make informed decisions about your IVF treatment Manage treatment stress -- discover strategies for surviving the emotional turmoil of IVF Help a friend -- get advice on how to support a loved one who's undergoing IVF Enjoy life after IVF -- find out what's special about being pregnant, giving birth and parenting after IVF

Embarking on IVF - or any assisted fertility treatment - can be a very demanding and stressful experience, but the right physical, nutritional and emotional support can lessen these stresses and strains and increase your chances of success. In Zita West's Guide to Fertility and Assisted Conception leading fertility and pregnancy expert, Zita West, offers an in-depth explanation of all aspects of fertility and, uniquely, addresses the issues involved in using assisted conception. In her clear, yet sensitive, style Zita explains: - All aspects of fertility - from preconception and trying naturally through to assisted conception - What is involved in the IVF process - How to prepare your body to increase your chances of conceiving successfully - The importance of a proactive approach to diet and nutrition - How complementary therapies, such as acupuncture, can increase your chances of success Including interviews with leading experts in the field, case histories from patients and Zita's own holistic principles, this is an invaluable guide for the growing number of people who are considering, or have already embarked on, medical intervention to enable them to conceive.

Ever had irregular periods? Do you find you're always putting on weight? Do you feel tired and emotional ,and up one minute, down the next? Or do you struggle with adult acne, hair loss, or facial and body hair where you don't want it? You could have PCOS, a hormonal health condition that affects one in ten women in the UK – and is one of the most common causes of fertility problems. So if you do have PCOS, chances are you have questions about fertility buzzing around your head: Am I fertile? What can I do to boost my chances of pregnancy? Will irregular periods stop me from getting pregnant? I've been trying for months – what next? Will fertility drugs help me? The good news is that no matter what stage you're at, this book can help. Written by two women with PCOS at different stages of their fertility journeys, it will help you: • discover how and why PCOS can affect your fertility • find out from the experts and other women how they have overcome non-conception • make a step-by-step action plan to enhance your fertility • work out which fertility treatments are best for you.

The IVF (In Vitro Fertilization) Journal is your personalized guide to surviving and thriving during your In Vitro Fertilization cycle. The author, a former In Vitro Fertilization patient, guides you before, during, and after your cycle so you can stay informed, reduce stress, and have a more positive cycling experience no matter what the outcome. With calendars, charts, logs, and worksheets, The IVF Journal is designed to be customized to your specific situation, and offers tools for every stage of your journey. Whether you are just starting your first IVF cycle or have already undergone multiple cycles, each beautifully designed section has detailed instructions and helpful hints on how to navigate every aspect of cycling. The IVF Journal will help you prepare emotionally, physically, financially, and logistically. In addition, it will help you track responses, results, and progress while organizing and storing all your cycle details in one place. The IVF Journal allows you to: • Easily log, find, and review often changing information, such as contact details, medication information, hormone levels, testing and procedural instructions, and results • Prepare for treatment and reduce stress by developing coping tools and creating a support network • Avoid confusion and keep track of important insurance and financial information • Understand the basics of In Vitro Fertilization treatment • Track and compare multiple cycles side by side Stop questioning everything and begin to have an educated, informed dialogue with your providers and loved ones. Save time, money, and headaches with The IVF Journal: the complete, all-in-one tool to help make the most of your In Vitro Fertilization experience.

One in every six United States couples experiences infertility but Catholic couples face additional confusion, worry, and frustration as they explore the medical options available to them. Filling a major void in Catholic resources, The Infertility Companion for Catholics is the first book to address not only the medical, emotional, and spiritual dimensions of infertility, but also the particular needs of Catholic couples who desire to understand and follow Church teaching on the use of assisted reproductive technology. Authors Angelique Ruhi-López and Carmen Santamaría offer the support and wisdom gained in their own struggles with infertility. They describe the options that Catholic couples can pursue in seeking to conceive, many of which are not ordinarily presented by the medical community. In an encouraging and non-judgmental tone, they address both husbands and wives and help them recognize the emotional impact of infertility on their relationship. The Infertility Companion for Catholics presents a variety of spiritual resources including prayers, devotions, and the wisdom of the saints and provides suggestions for further reading of reference materials, Catholic documents, and Catholic blogs about infertility.

Fertility is one of the major health and wellbeing issues for modern women, and Emma Cannon's Total Fertility offers clear, warm and supportive advice to help you on your own unique fertility journey. This book will help you get pregnant now, whether you are going for natural or assisted conception, and also focus on fertility preservation to help you stay fertile longer so you can get pregnant in the future. Emma Cannon answers the many nagging questions women have about fertility and conception; questions such as: How can I get a sense of my fertility? Can I preserve my fertility? When exactly should we be having sex? Does my diet really matter? Does stress lower my chances of conceiving? What exercise should I be doing? Reducing stress and approaching fertility with a calm and positive attitude is central to her approach to getting pregnant, so Emma also helps you develop a 'fertile mindset' with a toolbox of simple suggestions to cultivate emotional wellness for your particular fertility 'type'. Written in Emma's trademark optimistic, warm and non-judgmental tone, Total Fertility is a book for anyone who is thinking - or has ever thought of - getting pregnant.

This manual is a comprehensive guide to the causes and treatment of infertility. Beginning with a section on male and female physiology, the text then discusses various causes of infertility, such as hypothalamic pituitary dysfunction, endometriosis, male factors, the cervical factor and unexplained infertility. The final section explores assisted reproductive technology, including In Vitro Fertilisation (IVF), cryopreservation of embryos, intra-cytoplasmic sperm injection (ICSI) and fertility preservation in female cancer patients. A final chapter presents ethical, moral and religious issues. Authored by recognised specialists in the USA, Europe and Egypt, this book contains more than 400 clinical and scientific images and illustrations to depict different conditions and surgical techniques.

A comprehensive integrative handbook on fertility treatment, and Assisted Reproduction Techniques (ART), the book is written by

specialist contributors for health professionals and Complementary and Alternative Medicine (CAM) practitioners, and for those seriously considering ART themselves. Integrated approaches to infertility offer both a greater awareness and understanding of the combination of factors that can influence the chances of success when undergoing different types of ART. Leading experts review the evidence and discuss the benefits of different approaches to support the physiological and emotional aspects of fertility and fertility treatment. The book covers everything from identifying and treating conditions that may reduce fertility, including immunological abnormalities and specific male and female factors, to how nutrition, acupuncture, reflexology and yoga can support couples going through assisted reproduction, including helping to improve some immunological aspects. There is also a chapter that looks specifically at support for the over 40's.

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