

Making Miracles Happen

Welcome to the premier issue of *Making Miracles Happen*, our quarterly newsletter designed to keep you informed on the latest information pertaining to infertility and your overall health and wellness.

As a leading state of the art fertility center specializing in male and female infertility, our expertise with In-Vitro Fertilization, ICSI, Donor Egg, and Preimplantation Genetics Diagnosis and now Oocyte Cryopreservation puts us at the forefront of fertility care. Our patients travel from throughout Pennsylvania, Delaware, New Jersey, New York, Ohio and beyond. Our board certified and board qualified reproductive endocrinologists are well versed in all aspects of infertility, including the treatment of repeated miscarriages, tubal obstructions, endometriosis, uterine abnormalities and other reproductive organ disorders which may require surgical repair. In addition, surgical harvest of sperm in men and treatment of obstructive azoospermia are now available.

Visit our website, www.rsiinfertility.com to view our IVF success rates.

Over the past three years, we have made significant strides in expanding our geographical reach. We opened our Wyomissing, PA location as well as our state-of-the-art surgical center in Chesterbrook, PA.

We are open 365 days a year, providing quality care and meeting patients needs.

Additionally, we have embraced new ways of providing information and communicating with our patients including:

- **The launch of our Blog:** www.rsiinfertilityblog.com
- **Posting Tweets on Twitter:** <http://twitter.com/RSIInfertility>
- **Free Downloads available at:** www.rsiinfertility.com/freereports.html

You may contact us regarding non-medical issues, by email, at cwaite@rsiinfertility.com

Our most exciting news is the addition of Hyacinth Nicole Browne, M.D. to our practice. Dr. Browne brings impeccable credentials and a fresh perspective to Reproductive Science Institute.

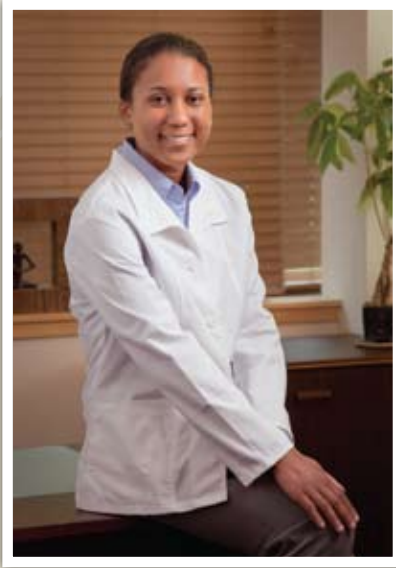
Many of these changes are described in various articles throughout this newsletter. Please enjoy!

Sincerely,

Abraham K. Munabi, M.D.

Medical Director





Hyacinth Nicole Browne, M.D.

Hyacinth Nicole Browne, M.D. is a graduate of Dartmouth College (B.S.) and Yale School of Medicine. She completed her residency in Obstetrics and Gynecology at Yale University Hospital in 2006 where she achieved top distinction for academic excellence.

Dr. Browne is board qualified in reproductive endocrinology and infertility, having completed a clinical and research fellowship at the National Institutes of Health in 2009. During her fellowship at NIH, she was a Lieutenant Commander in the Public Health Service and a clinical instructor at the Uniformed Services University of the Health Sciences at the Naval Medical Center in Bethesda, MD.

She was the recipient of the distinguished John J. Meehan-Clifford R. Miller Award for exemplary scholastic attributes of Obstetrics and Gynecology in residency. She also received the Outstanding Resident Research Award and achieved the highest scores among her peers on the national medical competency examinations. She was an honorary mention for the prestigious Bailey K. Ashford Research Award, by the Walter Reed Army Medical Center for distinguished clinical research during her fellowship.

Dr. Browne's special interests include fertility preservation and premature ovarian failure, in addition to the treatment of hirsutism, acne and polycystic ovarian syndrome. She published multiple peer-reviewed scientific articles and has presented abstracts at national and international conferences.

She is an active member of the American Society for Reproductive Medicine, the Society for Gynecologic Investigation, the Endocrine Society and is a Junior Fellow of the American College of Obstetrics and Gynecology.

Meet Our Nursing Team

The nurses at RSI believe in providing one-on-one interaction with our patients. Each nurse does her best to ensure all patients have experiences that meet their individual needs.

During your visits, you may see many of our nurses as they are cross trained to handle all patient cases. We accomplish this in part due to the longevity of our nursing team. Combined, our nurses have been with us for thirty-three years. This dedication reinforces our commitment to our patients and RSI.

RSI believes in continuing education and promotes all aspects of nurses advancing their education and knowledge in the field of infertility.

You will find RSI's nursing team to be one that is compassionate and knowledgeable. We are here to help you with your infertility issues and to ensure the most positive outcome possible for you. Our goal is to make you feel as comfortable as possible while seeking care at the Reproductive Science Institute.

In the Spotlight



Sheri Graeff, RN, Nurse Manager

Location: Wyomissing, PA

"Although I am an administrator, I insist on having daily interaction with patients. I care about our patients and believe it's important for me to be in touch with their feelings."

Education: Graduated from Nursing School in 1981

Currently Reading: Romance Novel

Pets: Dog Lover

Hobbies: Avid Outside Walker (even in the snow!)

Favorite Vacation: Cruise to Bermuda

Family: Married to Bob for 25 years. Proud mom of Sarah, 16 and Ben, 21



Regina Plunkett, RN, Nurse Coordinator

Location: Chesterbrook, PA

Education: Graduated from Frankford Nursing School in 1994 and obtained her licensing in 1995.

"We have a very nice team. Our patients are confident that we will respect them as people and not treat anyone as just a number. Patients have told me they actually look forward to their appointments here at RSI."

Currently Reading: Twilight Series

Pets: 1 cat, 1 fish

Hobbies: Exercise and Reading

Favorite Vacation: Antigua

Family: Married to Tom. Proud mom of Sarah, 10 and Tommy, 4



Challenges of Parenting Multiples

The psychological, social, and economic aspects of multiple pregnancies have not received the same amount of attention as the medical risks, but they are just as important to consider. If you are contemplating fertility treatment that puts you at risk for multiple pregnancy, or if you are currently pregnant with multiples, familiarizing yourself with these issues will help you make informed decisions regarding treatment, and, if necessary, prepare you for the unique challenges of multiple birth and parenting. For more information on the medical aspects, please contact us for a copy of the ASRM Fact Sheet titled Complications of Multiple Gestation.

Psychological and social issues

- Multiples may be hard to tell apart even if they are not identical. Help differentiate multiples by color coding their clothing or using bracelets that spell out their names. Soon you will be able to tell them apart by their individual characteristics and personalities.
- Parents may bond to multiples differently than to single-born children (singletons). You may find yourself preferring one infant more than the others, and your “favorite” may vary from week to week. Each infant will have different needs at different times, requiring different amounts of attention.
- Managing the physical care of multiples is more difficult than managing singletons, especially in early infancy and childhood, and may lead to chronic stress and fatigue in the parents. Make sure that you reserve some time for you and your spouse as a

couple, even if only for a few minutes a day. Remember to take care of yourself as well as your children.

- Older siblings may have difficulty adjusting to multiples, especially in competing for your attention. Try to be sensitive to the needs of your older children. Involve them in the pregnancy by taking them with you to doctor visits. Ask them to help choose items

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for the nursery. Asking them to be your “helper” and soliciting their opinions on the care and raising of the multiples will help them feel needed and loved.

- Some parents and schools prefer that multiples be in separate classes to promote individually, particularly if the children have different abilities. However, some schools may not have enough classes to separate multiples, and logistical difficulties magnified if the children need to be placed in different schools.

Contact your local school system to ask about your children’s teachers to provide the best environment for your children.

- Parents of multiples may feel socially isolated. Fatigue, lack of personal time, immersion in the care of the children, and financial difficulty are common reasons. It is easy to become engrossed in caring for multiples, but don’t abandon all of your hobbies and interests. Instead look for ways to be creative in balancing your needs with those of your children.

- Multiples often attract attention. This may have positive or negative consequences depending on the personalities of the parents and children and the nature of the attention. Plan ahead how you will respond to such attention. Role play, try different scenarios, and you will less likely be caught off guard. Keeping a sense of humor is important.

- Help from family and friends is often short-term. Parents of multiples usually need additional help, even if one parent stays at home. Premature infants require smaller, more frequent feedings than full-term infants and significant time for night feedings and diaper changes. Nighttime help may be necessary until the babies acquire reasonable sleeping habits. If you are unable to have someone in your home to help, work out a schedule so that neither parent does the bulk of the work. Sleep deprivation may cause fatigue and depression. Be aware of these signs in yourself or your spouse and work as a team to overcome these difficulties.

Please email us at info@rsiinfertility.com to receive the rest of this article via email.

Share Your Story

Infertility treatment is not easy and you do not have to go through it alone! Sharing with others often open up lines of support and encouragement. If you'd like to share your story, please email us info@rsiinfertility.com. We will then post it on our website.

Join the RSI "Go Green Movement"

To receive our newsletter electronically, please email your name and email address to info@rsiinfertility.com. By helping us go green, we will send you two FREE reports: Emotional Effects of Infertility and Proper Nutrition and Infertility

Introducing Valley Forge Surgical Center to Area Physicians



The Valley Forge Surgical Center is a Pennsylvania Department of Health licensed, Joint Commission accredited, Class "B" office based ambulatory surgery center. This newly constructed, ADA compliant, state-of-the-art facility commenced operations in January of 2007.

The Valley Forge Surgical Center has two operating rooms, one is lead lined, and four pre-op/post-op stations. Our facility is open 365 days a year. We offer block time scheduling and flexibility to meet your needs and the needs of your patients.

Urologists may be especially interested in performing biopsies for azoospermia at our center. We have an onsite laboratory for sperm identification and cryopreservation if necessary.

The Valley Forge Surgical Center and Reproductive Science Institute are located immediately off the Chesterbrook exit of Route 202 in Chesterbrook, PA and just minutes away from several other major arteries; I-76, PA Turnpike and Route 422. Hotel and restaurant accommodations are within walking distance of our center. Additionally, we have free parking in front of the building for physicians, staff and patients.

If you are interested in learning more about how you can utilize this state-of-the-art Class "B" Ambulatory Surgery Center, please contact us at 610-981-6000 extension 111 or visit our web site at www.valleyforgeasc.com.



Reproductive Science Institute
of Suburban Philadelphia, P.C.

Chesterbrook Location:
945 Chesterbrook Blvd
Chesterbrook, PA 19087
Phone: 610-981-6000

Reading Location:
1340 Penn Avenue
Wyomissing, PA 19610
Phone: 610-373-4271

Appointment Hours: Evenings and weekend appointments available. Open for clinical services 365 days/year.