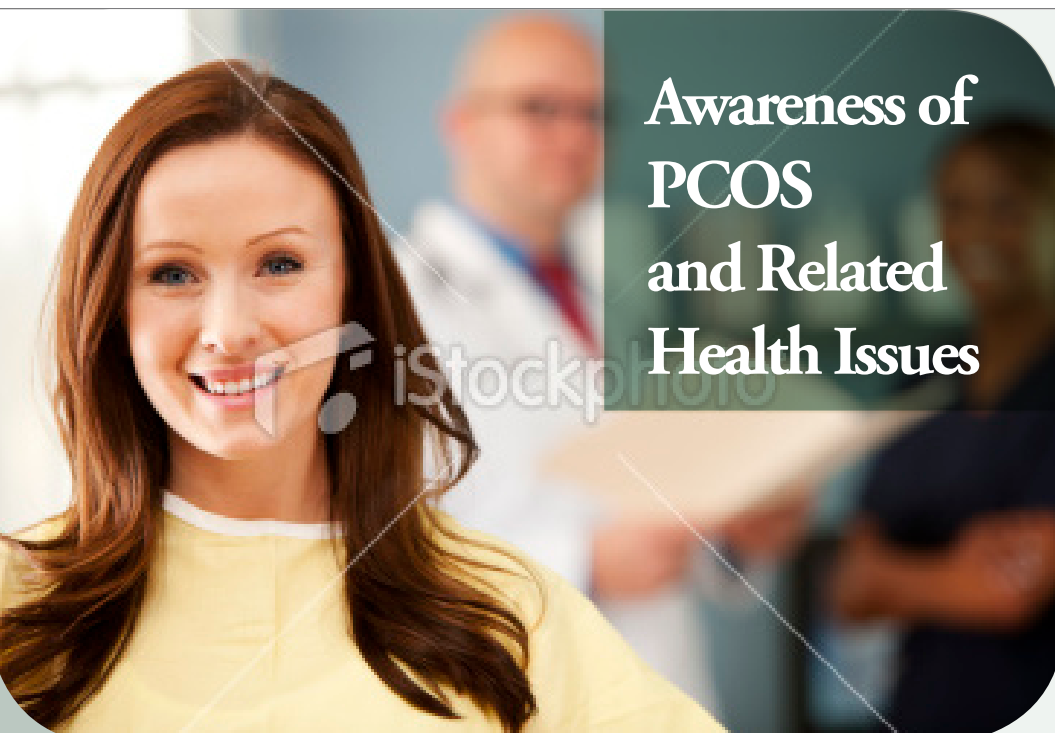


Making Miracles Happen



Awareness of PCOS and Related Health Issues

Polycystic Ovarian Syndrome, commonly referred to as PCOS, is a female endocrine disorder that is characterized by an imbalance of hormones. Symptoms can include irregular menstruation or no periods at all, obesity, acne or other skin abnormalities, excessive body or facial hair, painful periods and inability to get pregnant.

Affecting 5-10% of women within childbearing age, PCOS is a leading factor in female infertility. It can sometimes be difficult to diagnose because it cannot be determined based on one specific test. However, left untreated, PCOS can increase a woman's risk for a variety of other health issues. Given these facts, Abraham K. Munabi, M.D., Board Certified Reproductive Endocrinologist and Medical Director at Reproductive Science Institute, Suburban Philadelphia, P.C. encourages women to pay attention to their bodies and certainly see a

specialist about treating and living with PCOS if you have been diagnosed with it.

"If you recognize some of the symptoms of PCOS in your body then you should speak with your doctor. The results may determine that you do not, in fact, have PCOS but in the event that you are diagnosed with it then beginning to treat it as soon as you know is the best way to combat other health issues that can be associated with PCOS. Keep in mind that a cure for PCOS does not currently exist but following the advice of your doctor can help relieve some of your day-to-day symptoms."

Medications or even surgery are methods for treating your PCOS, but there are also natural ways it can be managed in your daily life. By working with your doctor to change your diet and exercise routines, you can alleviate some of the symptoms to an extent. More importantly, though, making these healthy lifestyle changes

will decrease your chances of developing other health problems, such as depression, sleep apnea, metabolic syndrome, high blood pressure, heart attack, insulin resistance or diabetes.

Of these, metabolic syndrome is significant to be aware of because it is fairly overarching, effecting weight, cholesterol, blood pressure and blood sugar levels. Women with PCOS have a propensity towards obesity which is a large factor in their increased risk of developing metabolic syndrome. Again, the best way to prevent metabolic syndrome is through exercise and diet, which will both boost your metabolism and keep it healthy. Some simple tips for your diet are to decrease the amounts of sodium, saturated fat and refined sugar you eat. Salt affects your blood pressure, saturated fat affects your cholesterol and simple sugars can increase insulin resistance, which is already a concern in women with PCOS. Increasing the number of vegetables, healthy fruits, whole grains and lean protein you eat are a good way to balance your diet and improve your health because of the vitamins, minerals and fiber that characterize these food groups.

Diabetes is also highly associated with PCOS since one characteristic of PCOS is insulin resistance. It is important, then, to make sure that your doctor is keeping an eye on your glucose levels to be sure that you receive the right treatment if it is discovered that you are in the early stages of diabetes. Diabetes also has no cure at this time, but a healthy diet and exercise are the best ways to manage it and avoid complications.

In summary, both metabolic syndrome and diabetes can be prevented and managed in similar ways. Dr. Munabi emphasizes to, "always consult your doctor for advice in helping you manage your polycystic ovarian syndrome. Even though there are things you can do on your own to manage the disease, your doctor is key in helping you to monitor it and to advise additional treatment options when they are necessary."





RSI
Welcomes
Rhonda
Hearn,
M.D.,
F.A.C.O.G.

**Rhonda Hearn,
M.D., F.A.C.O.G.**
is Board Certified
in Reproductive
Endocrinology and

Obstetrics and Gynecology. She matriculated in chemistry at the University of Maryland and received her medical degree from the Georgetown University School of Medicine in 1993. Dr. Hearn completed her residency in Obstetrics and Gynecology at the University of Medicine and Dentistry of New Jersey. She achieved her fellowship in Reproductive Endocrinology and Infertility at the National Institutes of Health (NIH) in Bethesda, Maryland.

Dr. Hearn was an Associate Professor at the Uniformed Services University of the Health Sciences (USUHS). She continued her research and clinical care in endometriosis and other infertility disorders while on staff at the NIH and the Walter Reed Army Medical Center. She is currently on the staff at the Walter Reed Army Medical Center.

Dr. Hearn was the Director of Reproductive Endocrinology and Infertility at Franklin Square Hospital Center in Baltimore, Maryland where she supervised resident training in infertility and practiced as a Reproductive Endocrinologist. Her most recent appointment was with Genetics and IVF Institute in Fairfax, Virginia as a Reproductive Endocrinologist where she practiced for four years.

Dr. Hearn is a member of the American College of Obstetrics and Gynecology, the American Society for Reproductive Medicine, the Society for Reproductive Endocrinology and Infertility and the American Medical Association. She has authored and co-authored many peer-reviewed publications on endometriosis and assisted reproductive technologies.

Dr. Hearn's other interests include preventive medicine and physical fitness. She is a Certified Health Counselor and is on the Governor's Advisory Council for Physical Fitness in the state of Maryland.

RSI Launches New Website: www.RSIInfertility.com

The Reproductive Science Institute of Suburban Philadelphia, P.C. announces the launch of its new website, designed with a fresh, user-friendly experience and impactful presentation of information.

This new website features expanded content and streaming media including a What to Expect video created for new patients.

Highlights of the website include:

- Expanded Patient Resources section with downloadable articles.
- Survey to help determine if fertility treatment is right for you.
- Treatment & Services section outlining the robust offerings available.
- Recent Success Rates.
- Social Networking: Twitter, Facebook, and an informational Blog
- Dedicated section for physicians.

"Embracing technology is a high priority at RSI. We're pleased to be able to provide our visitors with a wide array of information" says Dr. Munabi. To learn more, visit www.RSIInfertility.com

The screenshot shows the homepage of the Reproductive Science Institute of Suburban Philadelphia, P.C. website. At the top, there is a navigation bar with links for HOME, About RSI, Getting Started, Treatment & Services, Laboratory Services, Success Rates, Patient Resources, and Physician Referral. The main content area features a 'WELCOME' section with a photo of a family and a paragraph about the institute's history and services. Below this is an 'INFERTILITY UPDATES' section with three recent blog posts, each with a date and a 'Read more' link. The footer contains contact information and a copyright notice for 2010.

5 Ways to Stay Connected with RSI

1

Read our blog posts.

Three times a week we upload a new post.

Visit www.RSIinfertilityBlog.com

2

Follow us on Twitter.

You can read our daily tweets. Information is current and we welcome any of your comments.

<http://twitter.com/RSIinfertility>

3

Friend us on Facebook.

Join our group on Facebook: Reproductive Science Institute of Suburban Philadelphia, P.C.

and interact with others who share similar interests.

4

Receive this newsletter and wellness tips via email.

To receive our information electronically, please email your name and email address to info@RSIinfertility.com

5

Share Your Story.

Infertility treatment is not easy and you do not have to go through it alone!

Sharing with others often opens up lines of support and encouragement. If you'd like to share your story, please email us at info@RSIinfertility.com. We will then post it anonymously on our website.

How You Can Donate Life

An egg donor is a very special woman who desires to help a couple achieve their dreams of building a family.

The Egg Donation Program at The Reproductive Science Institute of Suburban Philadelphia, P.C. is currently seeking qualified egg donors. At RSI we have the utmost admiration and respect for young ladies who donate their eggs to help other couples achieve their dreams. Without egg donors, couples who are struggling to start a family would have little hope. Egg donation is completely anonymous.

Egg Donor Qualifications:

- Women Ages 21-32
- Physically Healthy
- Non-smoker
- No History of Drug or Alcohol Abuse
- Willing to Take Injections
- Dependable
- Mature
- Ability to Keep Appointments

Please visit www.rsiinfertility.com for more information or send e-mail to cmason-schad@rsiinfertility.com.

Donor Compensation: \$5,000 per completed donated egg cycle plus Related Medical Expenses

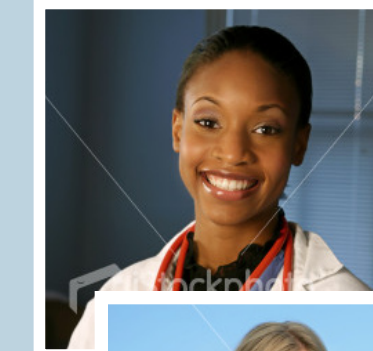
3 Reasons Local Physicians Choose to Refer Their Patients to RSI

RSI welcomes healthcare professionals and providers to refer patients to our state-of-the-art infertility center.

Three main reasons so many physicians choose to refer their patients to us:

1. We are dedicated to providing the highest quality medical care, administered with respect and compassion. We offer an individualized confidential approach and believe in providing one-on-one interaction with our patients.
2. Our practice features a state-of-the-art, office based (Class "B") ambulatory surgery center; which is accredited by The Joint Commission, as well as a Clinical Laboratory certified with the Clinical Laboratory Improvement Amendment (CLIA), and accredited by The College of American Pathologists (CAP).
3. While our offices are located in Pennsylvania, our patients come to us from Pennsylvania, New York, Delaware, New Jersey, and Maryland. We attribute this to our ongoing commitment to providing superior services to our patients as well as our impressive success rates. Additionally, our Chesterbrook facility is located just minutes away from several major thoroughfares including I-76, the PA Turnpike and Route 422, and it is conveniently within walking distance of hotel and restaurant accommodations.

Furthermore, we would like to extend a personal invitation for all medical professionals to tour our facility as well as receive a personal overview of our fertility programs. If this is of interest to you, please contact us at 610-981-6000.



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: 610-981-6000

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