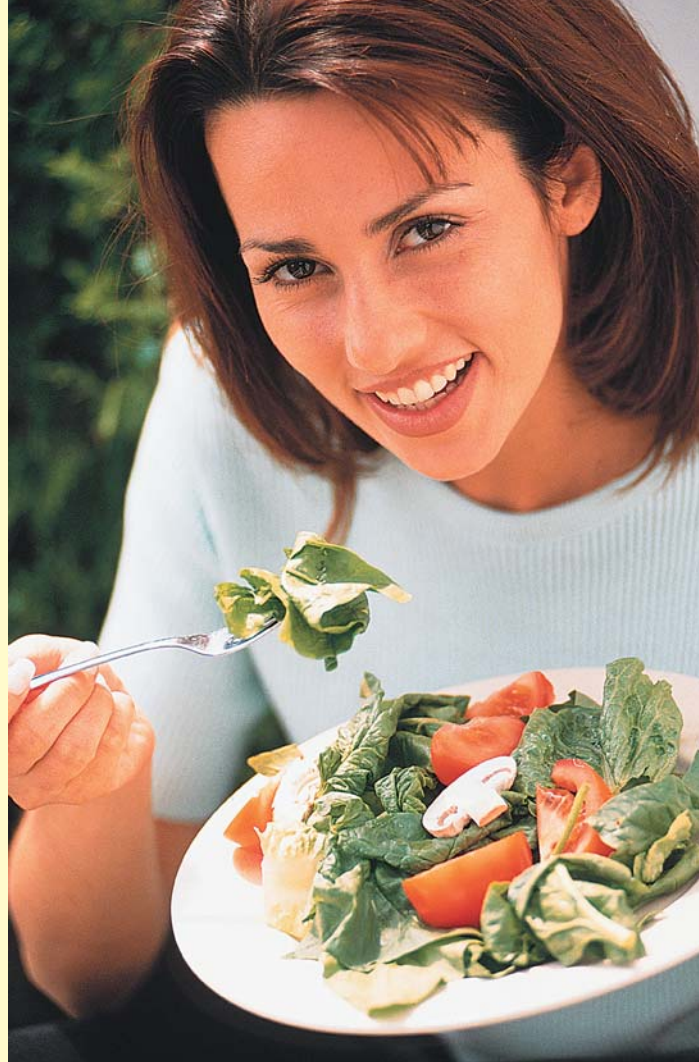


*“Infertility problems and weight go hand in hand. Research has found that obese women are two times more likely to be infertile than women of healthy weight. This is due to having too much insulin in the body resulting in a condition called ‘Syndrome X.’*

*Syndrome X can not only impede a woman’s ability to become pregnant, but her ability to carry to term as well. The good news is that most people can lose weight by exercising regularly, eating well-balanced meals, and developing a positive attitude. DVIFG’s Medical Nutrition Therapy service can help you lose the weight and keep it off.”*

*Chung H. Wu, M.D.,  
Director of DVIFG’s Syndrome X Early  
Detection and Treatment Program.*



**Did you know that being overweight can affect your ability to conceive?**

**DVIF&G**  
Delaware Valley Institute  
of Fertility & Genetics



6000 Sagamore Drive, Suite 6102, Marlton, NJ 08053

**856-988-0072**

**[www.startfertility.com](http://www.startfertility.com)**

**DVIF&G**  
Delaware Valley Institute  
of Fertility & Genetics



The Delaware Valley Institute of Fertility & Genetics (DVIFG) offers state-of-the-art infertility treatments to help you conceive the baby you always wanted. As part of this team approach, DVIFG provides a full range of nutrition/weight management counseling services with a board-certified medical nutrition therapist.

## Beyond Nutrition

A professional who practices medical nutrition therapy is a crucial part of the infertility treatment team. A medical nutrition therapist can help you and your family understand why eating particular foods are crucial to good health and how to follow a sensible diet/exercise regimen to achieve a healthy weight. A medical nutritional therapist understands that these changes take time and develops gradual plans for changing food intake patterns. The goal of medical nutrition therapy is:

- to help you separate food and weight-related behaviors from psychological issues.
- to develop an action plan for changing food intake patterns.
- to create a life-long sensible diet/exercise program for maintaining a healthy weight.
- to promote overall good health to increase your chance of conceiving, to enhance self-esteem, and to improve metabolic control.
- to help couples make behavioral changes and to utilize support and referral sources to keep them on track.

Besides individualized counseling, DVIFG's Medical Nutrition Therapy service offers:

- educational literature on nutrition
- personalized meal planning
- exercise tips that really work
- easy low-fat cooking tips
- referrals for support groups and other services.

## Let Us Help You Achieve A Healthy Weight

Most insurance companies will cover nutritional counseling as part of your infertility treatment plan. To schedule a weight-management consultation with Melissa Bennett, RD, CDE, call the Delaware Valley Institute of Fertility & Genetics at (856) 988-0072.

