

Delaware Valley Institute of Fertility & Genetics Conceptions

Fall 2006

First IVM Birth at DVIF&G

For Christine and John Mozes of Lumberton, NJ, Saturday, September 30, 2006 was a day to rejoice. Only a year before they weren't sure they could even conceive another child. Now they were holding 10-week-old Joseph Theodore in their arms at his christening as big sister Riley, age 5, looked on.

Joseph Theodore (lovingly known as "J.T.") is one of approximately 500 babies born world-wide through in vitro maturation (IVM) and the first of several ongoing pregnancies with this new assisted reproductive technology developed through START® (Success Through Assisted Reproductive Technologies) at DVIF&G.

Although several attempts were made in the past to achieve pregnancies through In Vitro Maturation (IVM) of oocytes (unfertilized egg cells) in the U.S., they were short-lived and abandoned for a failure to deliver consistent and reproducible results.

During this procedure a minimal amount of injectable medication is given to stimulate egg production by the patients' ovaries, and oocytes are retrieved when they are still immature. The retrieved oocytes mature in the laboratory using a special culture solution. The matured oocytes are then fertilized with intracytoplasmic injection of the partner's sperm (ICSI procedure), and the process continues as if the patient had a conventional In Vitro Fertilization – Embryo Transfer (IVF-ET) procedure.

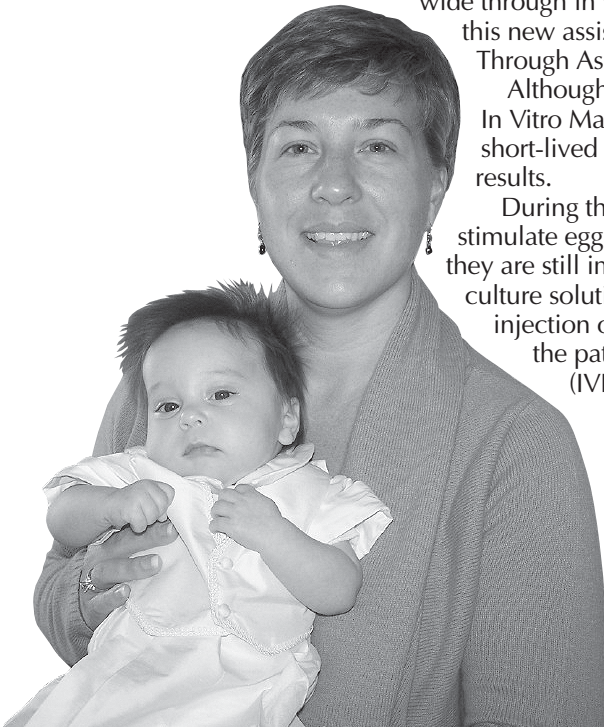
Besides reducing the treatment time, exposure to medications, and cost to the patient, IVM is the treatment of choice for many patients that suffer from Polycystic Ovarian Syndrome (PCOS), a leading cause of infertility in female patients. Patients that suffer from PCOS are at risk to develop ovarian hyperstimulation syndrome (OHSS) when treated with gonadotropins (follicle-stimulating hormones) in preparation for IVF-ET. OHSS can lead to serious medical conditions requiring prolonged medical treatment, hospitalization, and surgical procedures.

Christine Mozes had suffered with PCOS her whole life but had never been formally diagnosed with the condition until she and her husband sought help for infertility. She had irregular periods and

other clinical signs of PCOS, but she didn't know how to manage the condition until she met with the experts at DVIF&G. "After taking fertility drugs the first time at a practice near my home in South Brunswick, New Jersey to conceive my daughter, my doctors retrieved 33 eggs and after ICSI [intracytoplasmic sperm injection], only three embryos were viable for transfer. None were left over for freezing," says Mozes.

Although she and her husband succeeded in conceiving their daughter on their very first try with IVF, the fertility drugs made Christine very ill. She was forced to stay in bed for a week due to swollen ovaries, which caused excess fluids to move from her blood vessels into her stomach and chest. As the fluids poured in, her kidneys stopped making urine, which made her belly balloon even more.

After moving to Lumberton a few years ago Christine and her husband, John, sought the help of the DVIF&G staff when a neighbor highly recommended the practice. After meeting with DVIF&G's team of specialists, Christine learned that she had PCOS and would be in danger of



developing serious health problems if she underwent traditional IVF-ET to conceive. Even at the lowest dose of gonadotropins, several ovarian cysts started to develop.

"When I started taking the fertility drugs my ovaries became so enlarged that they shifted and were no longer visible by internal sonogram. Because of this the doctor could no longer monitor the follicle development, and the cycle had to be abandoned," remembers Christine. "Dr. Taliadourous told me that traditional IVF would continue to be risky for me and may no longer be an option. He didn't want to take the risk to my health."

After having a good cry, Christine and her husband soon learned that they had the option of trying IVM, as soon as the practice put this method to clinical use. "We started in October of 2005, and I was pregnant before Thanksgiving," she says. "We were ecstatic."

While waiting to begin IVM, Christine followed the advice of Chung H. Wu, MD, FACOG, director of DVIF&G's Polycystic Ovarian Syndrome (PCOS) Early Detection and Treatment Program. He diagnosed that Christine was suffering from insulin resistance and assigned her to a comprehensive program that includes dietary control, daily exercise, and relaxation techniques tailored to her specific needs by the experts at DVIF&G.

This new and healthy lifestyle adjustment continued through her pregnancy with The Stork's Nutrition Program®, a program exclusive to DVIF&G that provides medical nutrition therapy to pregnant women to optimize the health outcomes of both mother and child.

Christine also listened to relaxation tapes given to her by the medical behavioral therapist at DVIF&G specifically designed for IVF patients



The happy Mozes family on J.T.'s christening day (pictured left to right): Christine, J.T., John and Riley.

before retiring each evening. "They really helped relax me. I would fall asleep to them every night," she remembers.

After undergoing a C-section at Virtua Voorhees Hospital, Christine delivered J.T. on July 19th. "He was perfect. I just love to look at him. Now he's learning something new every day. We can't wait for his first laugh," says Christine.

Although sister Riley originally hoped for a sister, says Christine, she's relishing her new role as "Mommy's helper." After picking out his clothes each morning and his pajamas each night, the kindergartner loves to kiss and hold her new brother, also known as "the best baby in the world."



Riley loves her new brother, who she calls "the best baby in the world."

For more information on IVM, please call (856) 988-0072 or visit www.startfertility.com.

"Courage is grace under pressure."

— Ernest Hemingway



Karla D. Boyce Joins DVIF&G

Karla D. Boyce recently joined the DVIF&G staff. A Registered Dietitian (RD), Licensed Dietitian/Nutritionist (LDN), and Certified Diabetes Educator (CDE), Ms. Boyce brings a wealth of experience to DVIF&G's staff of medical nutrition therapists. In her position she provides comprehensive individualized nutrition counseling and education to patients.

Ms. Boyce earned her B.S. in Nutrition from Immaculata University in Immaculata, PA, where she graduated with honors. Ms. Boyce has almost 15 years of experience as a clinical dietitian, nutritionist, and educator. Her experience includes nutritional management of diabetes, renal failure, and cancer at Jefferson and Kennedy Health Systems.

Ms. Boyce is an active member of the American Dietetic Association, the Southern New Jersey Dietetic Association, and the American Association of Diabetes Educators. She joined DVIF&G this past spring.

How We Evaluate New Medical Technologies

DVIF&G believes that it is important to be able to offer our patients the best and most up-to-date technologies available. We review all new medical technologies, pharmaceuticals, and devices, as well as new uses of established technologies as they become available in order to help us treat our patients. Our technology review includes, but is not limited to:

- Reviewing medical research and scientific evidence on the safety and effectiveness of the medical technology.
- Considering position statements and clinical practice guidelines on how these technologies should be used in our medical setting.
- Determining whether these technologies are experimental or investigational.

We communicate these new and exciting technologies in the "Technology" section and the "News You Can Use" and "Ask the Experts" part of the Patient Information section at our DVIF&G website at <http://www.dvifg.com>. If you have any questions regarding any medical technologies that we offer, please call us at (856) 988-0072.

Continued from page 4

Isabela Summer Saltar, born on June 21, 2006, to Alexandra and Francisco Saltar.

Jackson David Ford, born on June 23, 2006, to Lisa and James Ford.

Sarah Angela Santoro, born on June 27, 2006, to Angela and Victor Santoro.

Samuel David Wright, born on July 1, 2006, to Karen and Ken Wright.

Angelina Faith Oliva, born on July 6, 2006, to Tammy and Anthony Aliva.

Nicholas Antonio Mennella, born on July 6, 2006, to Fiona and Filippo Mennella.

Grant Emory Olson, born on July 7, 2006, to Kristine and John Olson.

Quinn Costello and **Rachel Costello**, born on July 14, 2006, to Kathleen and Kevin Costello.

Daniel Patrick Mumbower and **Madison Marie Mumbower**, born on July 14, 2006, to Jenine and Daniel Mumbower.

Joseph Theodore Mozes, born on July 19, 2006, to Christine and John Mozes.

Angelina Cava, born on July 31, 2006, to Vicky and Frank Cava.

Isak Wurcel, born on August 24, 2006, to Jennifer and Isak Wurcel.

Annalise Sunshine Kuppel, born on August 27, 2006, to Jill and Artie Kuppel.

Michael John Genco, born on September 13, 2006, to Tara and Michael Genco.

Chase Logan Shull, born on September 17, 2006, to Katie and Andy Shull.

Daniel Vincent Hann, born October 14, 2006, to Kelly and David Hann.

All the babies and parents are doing well. Thank you, DVIF&G!



Dr. George S. Taliadouros and Jessica Macdonald, of DVIF&G, were invited to participate in an international IVM experts meeting with other physicians and scientists from 11 countries. Only one practice from each country was invited to participate. DVIF&G represented the United States. Dr. Taliadouros and Ms. Macdonald also will share their successes with in vitro maturation (IVM) and findings at the American Society of Reproductive Medicine (ASRM) annual meeting in New Orleans in late October.

DVIF&G

Delaware Valley Institute
of Fertility & Genetics



6000 Sagemore Drive—Suite 6102
Marlton, NJ 08053



Conceptions

Conceptions is published quarterly for a select group of OB/GYNs and their patients. To receive extra copies of the newsletter or to be placed on our mailing list, please call Carla Scott at (856) 988-0072 or e-mail her at: info@startfertility.com.

EDITOR: Christine Norris

DESIGN: jldcreative/J.Levins Design

Delaware Valley Institute of Fertility & Genetics

6000 Sagemore Drive—Suite 6102
Marlton, NJ 08053
(856) 988-0072

2950 College Drive, Suite 2B
Vineland, NJ 08360
(856) 794-8080

**NEW
Location**

3100 Princeton Pike
Bldg 4, Suite D
Lawrenceville, NJ 08648
(609) 895-0088

Visit our web site at:
www.startfertility.com

Happy Birthday to . . .



Hayden Louis Wickward, born on August 22, 2005, to Shawn and Robert Wickward.

Cecily Veronica Gartan, born on October 14, 2005, to Yolanda and James Gartan.

Aneillo Martin Sachetti, born on November 30, 2005, to Kam and Stephen Sachetti.

Hannah Linn and **Hayden Linn**, born on December 10, 2005, to Carol and Thomas Linn.

Alexis Joanna Latterie and **Sarah Mary Latterie**, born on December 22, 2005, to Karen and William Latterie.

Anika Sheth, born on December 26, 2005, to Moushumi Contractor and Digant Sheth.

Emily Kung, born on January 5, 2006, to Rie Okimura and Victor Kung.

Madison Olivia Perkins, Paige Mackenzie Perkins, and Troy Blaine Perkins, born on March 13, 2006, to Holly and Troy Perkins.

Lauren Michelle DiSanto, born on March 29, 2006, to Michelle and Tony Di Santo.

Tabitha Marie Witts, born on April 20, 2006, to Amanda and Patrick Witts.

Cassandra Rose Dorner, born May 5, 2006, Nancy and Doug Dorner.

Bridget Hitchner, born on May 3, 2006, to Melissa and Matthew Hitchner.

Tyler Joseph Behrens, born on May 8, 2006, to Valerie and Harry Behrens.

Sebastian Franklin Mercantini, born on May 15, 2006, to Melissa and Sebastian Mercantini.

Natasha Nicole Ayala and **Marc Anthony Ayala**, born on June 1, 2006, to Grissell Cruz and Marcos Ayala.

Keira Dolan, born on June 6, 2006, to Damaris and Thomas Dolan.

Madelyn Shay Sperling, born on June 14, 2006, Danielle and Robert Sperling.

Alexandra Grace Paparo, born on June 16, 2006, to Theresa and Franco Paparo.

Continued on page 3