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# ART *works*

## The Earnie Golding Building Families Foundation *Second Annual Fundraiser Benefit is a Huge Success!*

The second annual fundraiser event held for the Earnie Golding Building Families Foundation on Sunday, March 21, 1999 at Arman's was a huge success! Similar to last year, the format for the evening was champagne, hors d'oeuvres and dinner. A silent auction and live auction were also held. This year's highlight was a raffle held for a Hawaiian vacation.

Tom Miller was our auctioneer for the evening, and we thank him for the wonderful job he did. For several months prior to the event, a committee consisting of Dr. Kathryn Honea, Monica Hawk, Dianne Drummond, Elizabeth Cornay, Tina Lacey and Lenora Pate planned the event. Donated goods and services from many local merchants and artists were presented in the live and silent auctions. Attendees were able to bid on items such as a vacation in Beaver Creek, vacations in Florida, jewelry, paintings, portraits, photography, gourmet dinners and many more marvelous items.

The Earnie Golding Building Families Foundation is an Alabama non-profit Foundation dedicated to helping infertile couples in Alabama. The initial Foundation planning began many years ago by Dr. Kathryn Honea and her late husband, Earnie Golding. The Foundation is named and was incorporated in July 1997 in honor of Earnie.

This year's fundraiser raised close to \$20,000. One hundred percent of the money raised will stay in Alabama. It will

be used for education of the public regarding the medical, emotional and financial aspects of infertility; providing financial assistance to couples seeking infertility treatment through any SART-approved program in Alabama; and supporting couples with high-risk multiple births or poor outcomes through financial and emotional resources. We hope to begin distribution of funds by August 1999.

For those who attended and made donations, we appreciate it. For those who were not able to make it, look for our third annual fundraiser next Spring.

For additional information regarding the Foundation or next year's fundraiser event, please call Monica Hawk at 205-870-9784 or 1-800-476-9784.

### *E-mail and Web Page*

If you would like to reach us via e-mail, please write us:

**ART\_Program@msn.com**

We hope you will visit our WEB site at:

[www.artprogram.com](http://www.artprogram.com)

Please do not send e-mail that consists of cancelled appointments or treatment questions. We ask that you call the front desk to cancel an appointment or the nursing message center for treatment questions. Thank you for your cooperation.

### *Health Fairs and Seminars*

#### **Birmingham Business Fair**

The ART Program participated in the Birmingham Business Fair on March 17 and 18 held at the Birmingham-Jefferson Convention Complex.

The booth was set up to display photos and information about the ART Program, as well as information about our Egg Donor Program.

IVF Coordinator, Melissa Nelson, RN, Egg Donor Coordinator, Linda Jones, RNC, as well as our Endocrine Lab Supervisor, Sissy Casterlin and Executive Assistant, Monica Hawk worked the booth.

Thanks to all those patients, former patients and potential patients who stopped by to say hello.

#### **Wellness First Weekend**

We look forward to participating in a women's wellness fair on **Saturday, May 8, 1999** at the Wynfrey Hotel (Riverchase Galleria Mall) from 8:30 a.m. – 4:00 p.m. This health fair is free to the public and will focus on education, information and resources for the general public. Linda Evans, star of "The Big Valley" and "Dynasty" will be the Keynote Speaker at a paid luncheon.

## Public Seminar

A free public seminar will be held at our Brookwood offices on **Thursday, May 13, 1999**. This seminar will be free to the public and will include information about general infertility, blastocyst, TESA and Q&A. If interested, please contact Monica Hawk at 205-870-9784 or 1-800-476-9784 for reservations.

## Brookwood Health Fair

We will also have a booth set up at the upcoming Brookwood Health Fair. The free Health Fair will be held at the Brookwood Village Mall, **May 14 and 15, 1999**. The health fair will coincide with mall hours.

## Infertility Panel Discussion

The ART Program will be participating in an infertility discussion panel to be sponsored by Barnes & Noble Bookstores, Riverchase location, on **Monday, May 17, 1999** beginning at 7:00 p.m. For further information, please contact Monica Hawk at 205-870-9784 or 1-800-476-9784.

## Southern Women's Show

The ART Program will again be exhibiting at the Southern Women's Show this year. The Show will be at the Birmingham-Jefferson Convention Complex **September 30 - October 30, 1999**.

We certainly hope you can visit us at any or all of the above health shows/seminars.

We will be participating in other health fairs around the state, as well as hosting several public seminars this year. We will post all activities, as they are planned, on our WEB page at [www.artprogram.com](http://www.artprogram.com).

## Suggestions

Remember our suggestion line. This confidential voice mail has been set up for you to give us your suggestions and feedback on all areas of our services, both positive and negative issues. With your input, we can identify opportunities for improvement at the ART Program. To leave your confidential message, please call 205-803-1996. All messages are retrieved by management personnel who are not part of the routine patient services and will follow up on the issues as needed.

## Service Awards

Several of our employees have recently achieved or will achieve their 10-year mark with the ART Program.

**Donna Free** began employment on January 1, 1989. Donna has worked as an Embryologist/Andrologist in the laboratory. Donna received her Master's Degree in Biology at UAB.

**Linda Jones** became a part of the nursing staff on July 17, 1989. Linda received her nursing diploma from Burge School of Nursing in Springfield, MO. She is also certified in Reproductive Endocrine/Infertility nursing, and became registered by the American Registry of Diagnostic Medical Sonographers in January 1998. Linda is currently the coordinator for our Egg Donor/Recipient Program.

**Penny Monella** came to us on September 1, 1989 after seven years in the hotel business. Penny is the Financial Manager, overseeing insurance claims, financial counseling and scheduling. Penny has currently been successful in implementing our new practice management computer system.

Thank you to Donna, Linda and Penny for jobs well done. We appreciate your wonderful years of service and hope for another 10!!!

## Blastocyst Culture

Traditionally, when undergoing in vitro fertilization (IVF) procedures, embryos have been transferred into the uterus at the 4-8 cell developmental stage. This usually occurred two to three days following the egg retrieval. Recent research, as well as clinical data, has shown that by culturing embryos for an additional two to three days (to allow them to develop the blastocyst stage), pregnancy rates per embryo transferred may be increased. Because of this improvement, fewer embryos can be transferred resulting in lower rates of high-risk multiple pregnancies.

Given the benefit of this new technique, the ART Program feels it is in the best

interest of those patients who quality to pursue this opportunity. Candidates for blastocyst culture for embryos transfer would include all patients who achieve good quality embryos in excess of two more than the desired number to be transferred by day 3. A transfer of blastocyst(s) typically occurs on the fifth or sixth day following ultrasound retrieval.

Patients who do not produce embryos in excess of the number to be transferred, due to increased maternal age, low egg production or recovery, low sperm recovery and/or decreased fertilization or development rates, will proceed with embryo transfer on the second or third day after ultrasound retrieval.

## IVF Successes

July 1997 - December 1998 \*  
In Vitro Fertilization

### All Patients, All Protocols

• Cycles Started	301
• Cancelled Cycles	31
• Retrievals	270
• Transfers	264
• Clinical Pregnancies	96
• Rate/cycle start	32%
• Rate/retrieval	36%
• Rate/transfer	36%

- ❖ Excludes women 40 years of age and over and Clomid cycles.
- ❖ Excludes egg recipient cycles.
- ❖ Excludes cryobanking and TESA cycles.

## TESA (Testicular Epididymal Sperm Aspiration) Successes

January 1997 - December 1998 \*

### All Patients, All Protocols

• Cycles Started	24
• Cancelled Cycles	5
• Retrievals	19
• Transfers	19
• Clinical Pregnancies	5
• Rate/cycle start	21%
• Rate/retrieval	26%
• Rate/transfer	26%

- ❖ Excludes Clomid cycles.
- ❖ Excludes cryobanking.

## Egg Donor Program

The ART Program of Alabama is proud to offer an Egg Donation Program. This program is designed to allow a woman with healthy eggs to donate some of her eggs to an infertile couple who might otherwise be unable to have a family.

The first egg donor pregnancy occurred in 1984. Since then, over 5,000 babies have been born in the U.S. as a result of donor eggs. Experience and studies have shown that offspring of donor eggs are generally healthy children with no greater risk of birth defect than all children in the general population.

### **Who Can Be an Egg Donor?**

The criteria for egg donation are understandably strict. In order to donate, a woman must be between the ages of 19 and 30. She must have two normal ovaries and regular menstrual cycles. She must not smoke or use other drugs. The donor must be comfortable with injections, as the ovulation medications are by injection. The donor must agree to physical and psychological screening provided at no cost to her.

There are two types of egg donors, anonymous and known or related.

- Anonymous egg donors wish to keep their identity confidential. The anonymous egg donor is comfortable with the understanding that her donation is totally anonymous. She will not know the outcome of her donation nor will she meet or learn the names of the recipient of her eggs.
- Known donors are women known by or related to the recipient. This type of egg donation involves free exchange of information between the donor and the recipient couple. A psychological consultation is required due to the emotional issues that may arise when donor and recipient are acquainted.

### **Who Would Want Donated Eggs?**

The recipients of donated eggs are married couples with little or no chance of having their own child. The most common reason a couple seeks an egg donor is because the woman's ovaries

have stopped producing eggs too soon. She may have had her ovaries removed as a result of disease like endometriosis, cancer, benign tumors or pain. The recipient woman may carry a genetic trait that she does not want to risk passing on to a child.

Male factor infertility does not rule out the use of an egg donor. Testicular Epididymal Sperm Aspiration (TESA) and Intracytoplasmic Sperm Injection (ICSI), two of the newest treatments for male infertility may be used in combination with a donated egg. TESA involves taking sperm from the epididymis or testicle of the man and injecting the sperm (ICSI) into the egg of the woman. This procedure is done in the laboratory. Even when donated sperm is required, an egg donor may be useful.

In the past, couples with severe egg or sperm dysfunction had only two options: adoption or remaining childless. Today, egg donation, TESA and ICSI provide a third option: an opportunity for the couple to experience pregnancy and childbirth together.

### **Frequently Asked Questions**

**Q:** "I've had my tubes tied. Can I still be an egg donor?"

**A:** Yes. As long as you have two normal, healthy ovaries, you can be an egg donor. Your tubes are not necessary.

**Q:** "How can I expect to feel when I take the medicines?"

**A:** The medicines you will take to induce egg production are injections. Most women tolerate these "shots" very well, but some women experience headaches, mood swings, bloating or cramping or stinging at the injection site. Symptoms are usually mild. Egg donors are closely monitored to avoid serious problems.

**Q:** "Does it hurt when the eggs are taken?"

**A:** The egg retrieval is done in the office. The donor is sedated using IV (in the vein) medicines. There is no incision or stitches. The majority of all IVF patients, including egg donors, report minimal, if any, discomfort during the procedure.

**Q:** "Will I use up all my eggs if I donate them now?"

**A:** No, you will not use up all your eggs. Women are born with far more eggs than they can ever use in their lifetime.

**Q:** "Will donating eggs reduce the chance of me getting pregnant later in my life?"

**A:** There is no scientific evidence that donating eggs can decrease your chances of pregnancy.

**Q:** "Will I get paid for my egg?"

**A:** You are not paid for your eggs, but you are reimbursed for the time you invest in the process. If you complete the screening and are accepted as a donor you can expect to receive \$2,000.00 at the end of each completed donation cycle.

**Q:** "How much time does being an egg donor take?"

**A:** Usually up to 5 visits are needed to complete the screening process. After you are accepted as a donor and matched with a recipient, approximately 8-10 visits over an 8-week period are needed to complete one full donation cycle.

For more information about the Egg Donor Program, please contact Linda Jones at 205- 870-9784 or 1-800-476-9784.

## Egg Donor Program Seminars

For those individuals interested in our Egg Donor Program (donating eggs), we will be holding a seminar every third Thursday of each month. These free seminars will be held at the ART Program offices beginning at 6:00 p.m.

If you are between the ages of 19-30 and would like to help infertile couples have a pregnancy, you may be interested in this seminar.

Egg donor participants must successfully complete screening requirements.

Pre-registration is required for these seminars. Please contact Linda Jones at 205-870-9784 or 1-800-476-9784 to pre-register.