

Welcome to the January issue of the Georgia Reproductive Specialists e-Newsletter. We hope that you find this monthly newsletter to be beneficial whether you are just starting to research infertility treatment options or if you are already well into your journey.

You are receiving this email because you registered at [IVF.com](http://IVF.com) and indicated that you would like to receive our newsletter. If you have questions, comments or suggestions, please email [grnewsletter@ivf.com](mailto:grnewsletter@ivf.com).

## In this issue

### **Patient Education**

#### **FREE SEMINAR: Infertility 101**

***7:00 p.m. on Wednesday, January 31<sup>st</sup> at our Meridian Mark office***

The diagnosis of infertility is often very overwhelming for patients. Not only are they faced with the news that conceiving a child is only possible through medical treatment, they are also presented with information that is totally new to them. This seminar is dedicated to educating the patient about infertility. Attendees will learn basic information about diagnoses, testing procedures and pregnancy tools along with a glossary of infertility terms and medical articles related to specific conditions and treatment options.

Please email [jmorris@ivf.com](mailto:jmorris@ivf.com) or call 404-843-2229 x154 to register for this free seminar.

#### **FREE SEMINAR: IVF...After Hours**

***7:00 p.m. on Wednesday, February 21<sup>st</sup> at our Meridian Mark office***

During this free monthly seminar, we cover issues related to the diagnosis and treatment of infertility through in vitro fertilization including the emotional, scientific and financial aspects. You will also have the opportunity to tour our state-of-the-art medical facilities, ask any questions you may have related to infertility and IVF and schedule a free, private mini-consultation with a GRS physician.

Please email [jmorris@ivf.com](mailto:jmorris@ivf.com) or call 404-843-2229 x154 to register for this free seminar.

**NEW!** If you can't attend the IVF...After Hours seminar, take a moment to view the presentation online at [IVF...After Hours presentation](#). We've introduced this new technology in order to educate and provide further information to our readers. Be on the lookout for upcoming programs to be featured online.

### **GRS Improves Service and Patient Access**

GRS has taken steps to enhance the quality of care by fully integrating the practice's clinical and administrative technology.

According to Brenda Messick, chief administrator at GRS, "The steps we have taken are enabling us to make better decisions, reduce the risk of errors and improve patient care and outcomes at the point-of-care."

- Electronic Medical Records enable physicians and clinical staff to document patient encounters, streamline clinic workflows and securely exchange clinical data with other providers, patients and information systems. "A featured benefit is improving patient access to medical records via a secure web-based patient portal," Messick concludes.
- New Software helps the practice run more efficiently by allowing the use of data to make strategic decisions. It is primarily used for accounting and scheduling and doesn't affect the patients directly, but enhances the overall quality of care.
- House Calls, the GRS appointment reminder software, will continue to be used by the practice in order to help remind patients of the time and date of upcoming appointments.
- Effective immediately, GRS has terminated service with Lab Calls. Patients will now receive a personal call from the clinical staff to discuss their lab results.

REMINDER: Due to the many insurance changes that occur this time of year, please allow time to update your insurance information when you visit GRS the first time in 2007.

### Do You Have an Opinion?

Georgia Reproductive Specialists relies on patients, psychologists, pharmacists and infertility support group representatives to help shape the practice's programming and policies. We're now recruiting participants for our new Advisory Board.

GRS Advisory Board members will come together during informal meetings to advise the practice on a variety of policy issues. In addition, Board members will recommend services, evaluate programs that have occurred and suggest effective ways to promote our services.

If you are interested in volunteering for the Advisory Board, send an email with your name, year you were a patient and a paragraph about why you want to serve on the Board to [jmorris@ivf.com](mailto:jmorris@ivf.com). Only past patients and professionals or volunteers involved in the infertility community may serve on the Board. Emails must be submitted by Wednesday, January 31<sup>st</sup>.

### Regular Exercise Prior to IVF Treatment Lowers Success Rate

While it may seem counterintuitive, women who regularly exercised for four or more hours per week in the previous nine years or less were 40% less likely to have a live birth after their first cycle of in vitro fertilization (IVF) than women who didn't exercise, according to a new study published in the October issue of *Obstetrics & Gynecology*. Regular exercisers were also twice as likely to have an implantation failure or pregnancy loss after undergoing IVF than women who did not exercise. Cardiovascular exercise, in particular, was associated with a 30% lower likelihood of successful live birth compared with non-exercisers.

[\(Click Here for Entire News Release\)](#)

### ***About Georgia Reproductive Specialists:***

Georgia Reproductive Specialists (GRS) applies medical science's most advanced fertility technologies to provide the highest standards of patient-centered, reproductive healthcare. The staff at GRS, including infertility laboratory pioneer Michael Tucker, Ph.D., is focused on providing individualized, innovative solutions for reproductive challenges and infertility, specializing in in vitro fertilization, intracytoplasmic sperm injection and other assisted reproductive technologies. Fellowship-trained reproductive endocrinologists Dr. Susan C. Conway, Dr. Carolyn Kaplan and Dr. Mark Perloe, are experts in female and male disorders including polycystic ovary syndrome (PCOS), repeated pregnancy loss, menstrual disorders and azoospermia. GRS has three offices, Atlanta, Alpharetta and Decatur, to conveniently serve patients across Metro Atlanta. For more information about Georgia Reproductive Specialists, visit [www.ivf.com](http://www.ivf.com).

If you wish to be removed from this list please respond to the email and type UNSUBSCRIBE in the subject line.