

Berkson: Infertile Couples can Conceive



Mindy Berkson

There is no doubt that infertility is on the rise. Today, one in five couples struggle with infertility — the biological inability to conceive or carry a pregnancy to full term. The infertility diagnosis can be devastating and demoralizing. Unable to become pregnant or carry a pregnancy to term, women often feel inadequate, alone and depressed. These feelings can overcome them and their lives and many women fall into what I call a paralyzed mode. They're almost too scared and too overwhelmed to do anything about it.

I understand these emotions because I experienced them myself 16 years ago when my husband and I tried to conceive our second child. I was so overwhelmed with the whole situation. I didn't know where to look, who to talk to and what options were available to me. When I was in the doctor's office I was so discouraged that I just sat there, expecting my doctor to come up with a solution and "fix this." Little did I know at the time, but your healthcare is only as good as the questions you ask. But I was so overwhelmed that I couldn't empower myself to seek out the solutions.

I am here to tell you that there is hope. You CAN be successful in creating the family you've always wanted...whether that be having your first child, or expanding your current family.

So, as I learned, stop feeling sorry for yourself and learn everything you can about your situation, research the best type of questions to ask your doctors and look for the best treatment options for you...some of which I have laid out below. You will be happy to know that once I had processed my emotions and taken control of the situation, I was able to conceive two twin boys who are now teenagers and I've seen many similar cases with my clients.

- **In-Vitro Fertilization** – IVF is a process where the woman undergoes hormone therapy to increase egg production. At a specific point in her cycle, the woman or egg donor then undergoes a minor surgical procedure to remove eggs from the ovaries. These eggs are then fertilized by intended father or donor sperm. An embryo is created. The embryo is carefully monitored in the laboratory to watch for appropriate cell division and growth. Three to five days later, an embryo is transferred into the intended mother or surrogate uterus in hopes that implantation will take place and a pregnancy will continue to flourish.
- **Egg Donors** – think about using an egg donor, a woman between the ages of 21 and 32 years of age. Using egg donors can increase success rates for pregnancy up to about 65 percent.
- **Surrogacy** – this is a wonderful and viable option for those with uterine complications who may not be able to achieve pregnancy or carry a pregnancy to term.
- **Egg Banking** — provides women up to the age of 38 a chance to stop their biological clock and effectively plan and preserve their fertility for the future. Also, for those undergoing cancer treatment, this is a way to freeze viable eggs before treatment begins, instilling hope for a family in the future.

For more information on infertility and available treatment options, please visit my Web site at <http://www.LotusBlossomConsulting.com> or call me for a complimentary consultation at 312-854-7089.

By Mindy Berkson

Mindy Berkson founded Lotus Blossom Consulting (LBC) to help intended parents explore their options for biological families in the U.S. and globally. Through strong strategic alliances nationwide, LBC Consultants bring together the unbiased resources and professionals necessary to accomplish the end family building goal and serve as a guide through the often stressful demands of the infertility process. For more information, please visit www.LotusBlossomConsulting.com.