



Building Families

Using Assisted Reproductive Technology (ART) to Achieve a Family

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Twelve years ago, I was confronted with my own infertility struggles. After having a successful first pregnancy, my husband and I were not able to get pregnant a second time and I was eventually diagnosed with unknown secondary infertility. Over the next several years, I went through numerous insemination cycles and several in-vitro fertilization cycles before becoming pregnant with twin boys. Treatment was difficult, both physically and emotionally and at times strained what was, until then, a very happy union.

Going through all this instilled a desire in me to help others through their own infertility cycles, and eventually led me to start my own company, Lotus Blossom Consulting. These are the lessons I learned not only from my own treatment, but also from more than ten years of experience working in the industry and guiding others through their cycles.

I hope that these ideas help you as much as they do my clients.

ART can be a full time job

For many who have not gone through infertility treatment, or who may have just started, you might wonder why there is so much fuss about injections and cycles, and treatment. We quickly realize that it is not just the stress of not being able to have your own child; assisted reproductive technology, in all its glory, is extremely hard to undergo financially, emotionally and physically.

Infertility cycles using ART require a strict and sometimes painful treatment regimen, involving large needles for intramuscular shots, policies about when to have sex, and frequent trips to the physician. Women may need several days off over the course of treatment for recovery.

An Industry Insider's Tips on Managing Your Infertility Treatment

On top of it all, ART can be expensive, and if you are lucky, insurance might cover some of the cost. Finally, significant gaps of time pass with no results. There is a lot of "wait and see" in an ART cycle.

For many, such a strain on time, body and budget inevitably impacts their professional and personal relationships. Will you be able to get time off without having the entire office know? Do you tell your family? Will they be supportive? How long will it take to get pregnant? Can you afford more than one cycle? These issues, and a host of others, create stress even in good situations. I encourage you to consider the following to lay a foundation before treatment, so that decisions you make are ones you are glad you made.

Seven Effective Strategies to Maximize your Opportunity

These seven points help us clarify goals, examine differences of opinion and determine answers to "if, then" scenarios. This is the foundation of the family building plan.

- 1.** Enlist a team approach including multi-disciplinary professionals to address specific needs
- 2.** Establish a foundation of financial resources

3. Define the end family building goal

4. Set financial parameters and timeframes to help guide you through treatment options and know when to change the course of treatment

5. Analyze each chance of success in conjunction with the financial outlay. Enlist an independent perspective to help you since judgment is often clouded by intense emotions.

6. Communicate often and openly with your partner to identify and address each others' concerns. Work together to be effective team leaders.

7. Make informed medical decisions

ART does not have to be overwhelming. ART can be provoking, challenging, sometimes scary, often exciting and always powerful. Do not be afraid to ask questions and seek help. The rewards you reap will be well worth the time and effort devoted to the journey.

Mindy Berkson has over a decade of experience in the infertility field. Her vast resources and strategic alliances enable her to be a valuable resource and provide an insider's approach to infertility. She can be reached at: mindy@lotusblossomconsulting.com or toll free at 877-881-2685.

At Lotus Blossom Consulting, We Build Families.

Since our inception, Lotus Blossom Consulting, LLC has helped hundreds of intended parents from around the world on the path to parenthood. Our empathic and knowledgeable staff will help you manage your infertility treatment in a way that is helpful, hopeful, and ultimately successful. Learn more about how Lotus Blossom Consulting can customize a successful infertility program specific to your financial, physical and emotional needs.

Call toll-free today for your free personal consultation

(877) 881 - 2685

Or, log on to www.lotusblossomconsulting.com to register for your FREE E-book, Financing Fertility Treatment, to get valuable insurance and financial information that may help you in your quest to build a family.

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