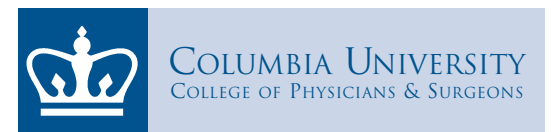


# Patient Fertility Education Workshop

MAR. '12 – AUG. '12

**NOW IN MANHATTAN  
 AND WHITE PLAINS**



**THE CENTER FOR  
 WOMEN'S REPRODUCTIVE CARE**

Columbia University Infertility Center, the Center for Women's Reproductive Care (CWRC) is a group practice staffed by full-time faculty of Columbia University. The Center offers: fertility assessment, IVF, egg donation, male infertility care, PGD (preimplantation genetic diagnosis), egg and embryo cryopreservation (freezing and storage), and other advanced treatments.

One of the hallmarks of the Center is the ability to make the most innovative, cutting-edge research, and fertility treatments available to a wide population of patients through affordable, accessible care.

**IN-NETWORK INFERTILITY CARE**

We are pleased to be one of the very few medical school programs in the United States that offers comprehensive infertility care while accepting in-network managed care contracts for IVF. **If you have insurance coverage for IVF, you can save thousands of dollars by selecting an "IN-NETWORK" provider.**

To locate us under your Insurance Directory as In-Network providers, look up 'Center for Women's Reproductive Care at Columbia University' OR one of our individual physicians' names:

- |                                      |                           |
|--------------------------------------|---------------------------|
| Janet M. Choi, MD                    | Rachel A. McConnell, MD   |
| Cary Dicken, MD                      | Beth Rackow, MD           |
| Nataki Douglas, MD                   | Briana Rudick, MD         |
| Michael M. Guarnaccia, MD            | Melvin H. Thornton II, MD |
| Rogério A. Lobo, MD                  | Ralf C. Zimmerman, MD     |
| Mark V. Sauer, MD (Program Director) |                           |

If you do not have insurance coverage for IVF, please contact our Admissions Counselor at **646-756-8294** to learn about our **financial assistance** options or if you have any other questions regarding our program.

Income-based financial support for IVF is available through **NYS Infertility Demonstration Program** if/when funding becomes available.

**PATIENT SUPPORT SERVICES**

A team of social workers and a staff psychiatrist are available at the CWRC to help patients deal with the personal and emotional challenges of undergoing fertility treatment. We are committed to making your experience with us as supportive and positive as possible through a range of services, such as:

- patient support groups
- individual and couples counseling
- psychiatric counseling and evaluation

For a detailed description of services, please call **646-756-8294** or visit our website at [www.columbiafertility.org](http://www.columbiafertility.org).

Columbia University College of Physicians and Surgeons  
 Center for Women's Reproductive Care  
 at Columbia University  
 1790 Broadway @ 58th Street  
 New York, NY 10019

**Comprehensive Fertility Treatment Center  
 Columbus Circle & White Plains**  
 • Fertility Assessment • IVF • Donor Egg (No Wait)  
 • Male Infertility • Endoscopic Surgery • PGD  
**Appointments: 646-756-8282**  
**Information: 646-756-8294**  
[www.columbiafertility.org](http://www.columbiafertility.org)  
 Insurance accepted (**IN-NETWORK**) upon verification:  
 United Healthcare, GHI, Oxford, Aetna / US Healthcare,  
 Cigna, Empire Blue Cross/Blue Shield, MVP, Emblem  
 Health, Empire Plan, UnitedCare, Pomco, HIP, and 1199.  
 Financial Assistance Options available.

**Instructions**

Fax to: 646-756-6297

OR

Mail to:

Nora Spielman, Patient Services Manager  
 Center for Women's Reproductive Care  
 at Columbia University  
 1790 Broadway @ 58th Street  
 New York, NY 10019

Nora Spielman, Patient Services Manager  
 Tel: 646-756-8297  
 Fax: 646-756-6297  
 E-mail: [ns2444@columbia.edu](mailto:ns2444@columbia.edu)



Columbia University  
 College of Physicians and Surgeons  
 Department of Obstetrics and Gynecology  
 Division of Reproductive Endocrinology  
**Center for Women's Reproductive Care**  
**Manhattan Office: Columbus Circle**  
 1790 Broadway, 2nd and 4th floors  
 (between 57th and 58th St.)  
 New York, NY 10019  
 Tel: 646-756-8282  
**Westchester Campus: White Plains**  
 244 Westchester Avenue West, Suite 209  
 White Plains, NY 10604  
 Tel: 914-288-0408

## Fertility Education Workshop

The Center for Women’s Reproductive Care (CWRC) is pleased to announce the next Fertility Education Workshop series. The workshops will be presented by CWRC physicians, staff, and special guest speakers covering fertility-related topics. Come and meet experts in the field to:

- learn more about fertility problems and treatment options
- consider emotional and psychological aspects of treatment and coping techniques
- explore life style changes and the maintenance of overall health (mental, emotional, physical) in supporting the best conditions for fertility care
- explore alternatives on how to finance advanced fertility treatment
- find a supportive environment with professionals committed to help you in your decision to take charge of your fertility.

## Information Sessions – Manhattan Hours and Location

Time: 6:30 PM – 7:30 PM (sign-in starts at 6:15 PM)  
Location: 1790 Broadway (between 57th and 58th St.), 4th Fl. New York, NY 10019

### GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING

Daniel Kort, MD, and Melissa Kline, MSW  
An invaluable guide to navigating our program with a comprehensive overview of infertility treatment.  
March 7, 2012

### In Vitro Fertilization (IVF)

Cary Dicken, MD  
An overview of the process and a discussion of who would benefit from this treatment along with expected success rates.  
March 14, 2012

### Donor IVF: Screening, Matching, and Cycling

Melvin Thornton, MD  
Provides an overview of the egg donation process from the point of view of the donor and the recipient.  
March 21, 2012

### Same-Sex Marriage in NYS: Fertility Options and the Law

Panel: Melissa Brisman, Esq; Briana Rudick, MD; Michelle Aszodi, LMSW  
Same Sex Marriage in New York is now legal. This seminar will examine the law’s effect on biological parenting options for same-sex female couples. A physician, social worker and reproductive lawyer will explore these new parenting options.  
March 28, 2012 (6:00pm-8:00pm)

**The Lesbian, Gay, Bisexual & Transgender Community Center**  
208 West 13th Street, Room 301  
New York, NY 10011  
A, C, E, F, L, 1, 2, 3 trains to 14th Street

### GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING

Sahadat Nurudeen, MD, and Nora Spielman, LCSW  
An invaluable guide to navigating our program with a comprehensive overview of infertility treatment.  
April 4, 2012

### Covering the Cost of Treatment: In-Network, Out-of-Network, and More

Arthur McGrath, LCSW, MPA  
Meet with our Administrative Director to learn about costs and payment options, including an overview of insurance coverage for fertility, including the risk of shared risk.  
April 11, 2012

### Fertility and Yoga

Barrie Raffell, RYT  
Learn about yoga that is designed to support reproductive health and aid in conception and pregnancy. A brief yoga demonstration included.  
April 18, 2012

### Intrauterine Insemination (IUI): How Does It Fit Into Your Treatment Plan?

Beth Rackow, MD  
Why is it done? When to start and for how long?  
April 25, 2012

### GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING

Daniel Kort, MD, and Esther Carvalhaes  
An invaluable guide to navigating our program with a comprehensive overview of infertility treatment.  
May 2, 2012

### Fertility and Acupuncture

Angela Le, L.Ac.  
This workshop provides comprehensive information about acupuncture with special emphasis on fertility issues.  
May 9, 2012

### Fertility Preservation

Janet Choi, MD  
There are a variety of reasons you might not be ready to become pregnant; explore fertility preservation options to better understand methods of potentially providing future opportunities.  
May 16, 2012

### What Are My Chances? Increasing the Odds

Mark Sauer, MD  
What works in fertility care? Director of the Division of Reproductive Endocrinology at Columbia University and pioneer in the field of reproductive care reviews the use of treatments proven to increase chances of pregnancy.  
May 23, 2012

### Understanding Ovarian Reserve: What Is the Deal with FSH and MIS/AMH?

Ralf Zimmermann, MD  
An explanation of FSH and MIS testing and how they relate to your treatment.  
May 30, 2012

### GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING

Sahadat Nurudeen, MD, and Nora Spielman, LCSW  
An invaluable guide to navigating our program with a comprehensive overview of infertility treatment.  
June 6, 2012

### Nutrition and Infertility

Angela Le, L.Ac.  
How might your diet affect your fertility? This session will dispel misconceptions about the relationship between what you eat and your reproductive health. Practical advice also will be provided on healthier eating habits and food preparation.  
June 13, 2012

### Single and Going through the Fertility Process

Anne-Marie Maman, LCSW  
More and more single women are exploring fertility treatment; Assistant Director of “Single Mothers by Choice” and a CWRC social worker are on hand to provide information and support.  
June 20, 2012

### Innovations in Genetic Screening

Michael Guarnaccia, MD  
Screening an embryo for certain conditions such as genetic disease or chromosomal abnormalities prior to embryo transfer using Preimplantation Genetic Diagnosis (PGD) is now an option. For whom?  
June 27, 2012

### GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING

Sahadat Nurudeen, MD, and Esther Carvalhaes  
An invaluable guide to navigating our program with a comprehensive overview of infertility treatment.  
July 11, 2012

### Fertility Treatment: The Male Experience

Arthur McGrath, LCSW, MPA  
Exclusively for men, this workshop, conducted by the Program Administrator, who is also a licensed social worker, provides a forum to discuss the unique male experience of going through the fertility treatment process.  
July 18, 2012

### Donor IVF: Screening, Matching, and Cycling

Briana Rudick, MD  
Provides an overview of the egg donation process from the point of view of the donor and the recipient.  
July 25, 2012

### GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING

Daniel Kort, MD, and Melissa Kline, MSW  
An invaluable guide to navigating our program with a comprehensive overview of infertility treatment.  
August 1, 2012

## Information Sessions – White Plains Hours and Location

Time: 6:30 PM – 7:30 PM (sign-in starts at 6:15 PM).  
Location: 244 Westchester Avenue West, Suite 209 White Plains, NY 10604

Note: If you are using a GPS navigational system please enter “Harrison” as the destination city instead of White Plains.

### GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING

Benjamin Dolson  
An invaluable guide to navigating our program with a comprehensive overview of infertility treatment.  
March 12, 2012

### Fertility and Yoga

Beth Gibney-Boulden, MS  
Learn about yoga designed to support reproductive health and aid in conception and pregnancy. This workshop will include a brief yoga session.  
April 9, 2012

### Infertility: Causes and Treatment

Daniel Kort, MD  
This medical overview of reproductive care discusses male and female factors leading to infertility, the diagnosis process, and treatment options, including IVF.  
May 7, 2012

### The Fertility Treatment Process: A Nursing Perspective and Guide

Angela Buzzeo, NP  
An inside look at the fertility treatment process and the advantage of hearing about your care from the nurse in charge.  
June 4, 2012

### Fertility and Acupuncture

Jaesun Yoo, L. Ac  
This workshop provides comprehensive information about acupuncture with special emphasis on fertility issues.  
July 9, 2012

## Fees

No charge to registered participants.

## Registration

The Informational Series is open to the public, however application is required. You can register by mail, fax or phone or by visiting our website at [www.columbiafertility.org](http://www.columbiafertility.org). Please use the attached reply card to register. Space is limited, early application is recommended.

If you have any questions please contact the Patient Services Manager, Nora Spielman, at 646-756-8297 or by e-mail: [ns2444@columbia.edu](mailto:ns2444@columbia.edu).

### Want to attend various workshops in a single afternoon?

6TH ANNUAL  
PATIENT FERTILITY EDUCATION CONFERENCE  
Sunday, October 28, 2012 (12:30 - 5:00 pm)

**Location:** The Crowne Plaza Hotel, White Plains  
66 Hale Avenue, White Plains, NY 10601  
[www.crowneplaza.com](http://www.crowneplaza.com)

For more information, please call 646-756-3866 or email: [am2028@columbia.edu](mailto:am2028@columbia.edu).

ONLINE APPLICATION AVAILABLE AT  
[WWW.COLUMBIAFERTILITY.ORG](http://WWW.COLUMBIAFERTILITY.ORG)  
PLEASE COMPLETE THE APPLICATION FORM BELOW,  
DETACH IT AND MAIL OR FAX IT TO US

## APPLICATION FORM

Name \_\_\_\_\_  
CWRC patient:  Yes  No

How I learned about this program: \_\_\_\_\_  
\_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_ Zip: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Phone: \_\_\_\_\_

## FERTILITY EDUCATION WORKSHOP I would like to attend the following:

### Manhattan Sessions

- GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING*  
March 7, 2012
- In Vitro Fertilization (IVF)*  
March 14, 2012
- Donor IVF: Screening, Matching, and Cycling*  
March 21, 2012
- Same-Sex Marriage in NYS: Fertility Options and the Law*  
March 28, 2012
- STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING*  
April 4, 2012
- Covering the Cost of Treatment: In-Network, Out-of-Network, and More*  
April 11, 2012
- Fertility and Yoga*  
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- Intrauterine Insemination (IUI): How Does It Fit Into Your Treatment Plan?*  
April 25, 2012
- GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING*  
May 2, 2012
- Fertility and Acupuncture*  
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- Fertility Preservation*  
May 16, 2012
- What Are My Chances? Increasing the Odds*  
May 23, 2012
- Understanding Ovarian Reserve: What Is the Deal with FSH and MIS/AMH?*  
May 30, 2012
- GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING*  
June 6, 2012
- Nutrition and Infertility*  
June 13, 2012
- Single and Going through the Fertility Process*  
June 20, 2012
- Innovations in Genetic Screening*  
June 27, 2012
- GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING*  
July 11, 2012
- Fertility Treatment: The Male Experience*  
July 18, 2012
- Donor IVF: Screening, Matching, and Cycling*  
July 25, 2012
- GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING*  
August 1, 2012

### White Plains Sessions

- GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING*  
March 12, 2012
- Fertility and Yoga*  
April 9, 2012
- Infertility: Causes and Treatment*  
May 7, 2012
- The Fertility Treatment Process: A Nursing Perspective and Guide*  
June 4, 2012
- Fertility and Acupuncture*  
July 9, 2012

TEAR OFF HERE