

Patient Fertility Education Workshop

SEPT. '11 – FEB. '12

**NOW IN MANHATTAN
AND WHITE PLAINS**



COLUMBIA UNIVERSITY
COLLEGE OF PHYSICIANS & SURGEONS

www.columbiafertility.org

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:

Mark V. Sauer, MD	Susanna J. Park, MD
Janet M. Choi, MD	Briana Rudick, MD
Carey Dicken, MD	Melvin H. Thornton II, MD
Nataki Douglas, MD	Jeffrey Wang, MD
Michael M. Guarnaccia, MD	Ralf C. Zimmerman, MD
Rogelio A. Lobo, MD	

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.

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

Insurance accepted (IN-NETWORK) upon verification:
United Healthcare, CHI, Oxford, Aetna / US Healthcare,
Cigna, Empire Blue Cross / Blue Shield, MVP, Emblem
Health, Empire Plan, UniCare, Pomcoo, HIP, and 1199.

Financial Assistance Options available.

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

Instructions

Nora Spielman, Patient Services Manager
Tel: 646-756-8297
Fax: 646-756-6297
E-mail: 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

Joshua Klein, MD, and Esther Carvalhaes
An invaluable guide to navigating our program with a comprehensive overview of infertility treatment.
September 7, 2011

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.
September 14, 2011

Female Same-Sex Couples Going through the Fertility Process **NEW**

Michael Guarnaccia, MD
Patients encounter different challenges when trying to become pregnant; our Medical Director provides information for female same-sex couples attempting to achieve this goal.
September 21, 2011

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.
October 5, 2011

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

Arthur McGrath, LMSW, MPA
Meet with our Administrative Director to learn about costs and payment options, including an overview of insurance coverage for fertility, and a discussion of the risk of shared risk.
October 12, 2011

Fertility and Yoga

Barrie Raffell, RYT
Learn about yoga practice designed to support reproductive health and aid in conception and pregnancy. A brief yoga practice included.
October 19, 2011

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

Susanna Park, MD
Why is it done? When to start and for how long?
October 26, 2011

GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING

Daniel Kort, MD, and Michelle Aszodi, LMSW
An invaluable guide to navigating our program with a comprehensive overview of infertility treatment.
November 2, 2011

Fertility and Acupuncture

Angela Le, L.Ac.
This workshop provides comprehensive information about acupuncture with special emphasis on fertility issues.
November 9, 2011

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.
November 16, 2011

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.
November 30, 2011

GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING

Joshua Klein, MD, and Esther Carvalhaes
An invaluable guide to navigating our program with a comprehensive overview of infertility treatment.
December 7, 2011

Egg Donation: Disclosure vs. Non-Disclosure

Ralf Zimmermann, MD
What are the implications of telling your child about egg donation? Come for a discussion with our CWRC Reproductive Endocrinologist/Psychiatrist.
December 14, 2011

Fertility Preservation **NEW**

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.
December 21, 2011

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.
January 11, 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?
January 18, 2012

Your Embryo Transfer: Critical Decisions

Natak Douglas, MD, and Robert Prosser, Embryologist
What are the American Society for Reproductive Medicine Guidelines for determining how many embryos and at which time to perform transfer? Understand the embryo transfer process better with the help of a staff physician and embryologist.
January 25, 2012

GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING

Daniel Kort, MD, and Michelle Aszodi, LMSW
An invaluable guide to navigating our program with a comprehensive overview of infertility treatment.
February 1, 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.
February 8, 2012

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

Briana Rudick, MD
An explanation of FSH and MIS testing and how they relate to your treatment.
February 15, 2012

Couples Dealing with the Emotional Ups and Downs of Fertility Treatment

Patricia Kummel, JD, PhD
An up-front discussion with tips for couples dealing with the emotional ups and downs of fertility treatment.
February 22, 2012

Fertility Medication: How Does It Affect You?

Jeffrey Wang, MD
Learn about different types of medication, how they work, their limitations, administration, and why they are selected.
February 29, 2012

Information Sessions – White Plains Hours and Location

Time: 6:30 PM – 8:00 PM (sign-in starts at 6:15 PM)
The program includes two (2) workshops offered in a single session. In order to register, select the date of the dual session of your interest in the application form.
Location: 244 Westchester Avenue West, Suite 209 White Plains, NY 10604

Thursday, September 8, 2011

GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING

Nathaniel Pazik, MS
An invaluable guide to navigating our program with a comprehensive overview of CWRC and its financial programs.

Fertility and Acupuncture

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

Thursday, October 6, 2011

GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING

Nathaniel Pazik, MS
An invaluable guide to navigating our program with a comprehensive overview of CWRC and its financial programs.

The Fertility Treatment Process; A Nursing Perspective and Guide **NEW**

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

Thursday, November 3, 2011

GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING

Nathaniel Pazik, MS
An invaluable guide to navigating our program with a comprehensive overview of CWRC and its financial programs.

Fertility and Yoga

Beth Gibney-Boulden, MS
Learn about yoga practice designed to support reproductive health and aid in conception and pregnancy. Yoga demonstration included.

Thursday, December 8th, 2011

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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.

Thursday, January 5th, 2012

GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING

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Meditation and Relaxation Techniques **NEW**

Jaesun Yoo, L.Ac & Beth Gibney-Boulden, MS
Learn about relaxation and stress techniques to prepare your body for fertility care and overall well-being.

Thursday, February 2nd, 2012

GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING

Nathaniel Pazik, MS
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In Vitro Fertilization (IVF)

Melvin Thornton, MD (CWRC White Plains Medical Director)
An overview of the process and a discussion of who would benefit from this treatment along with expected success rates.

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. 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.

Want to attend various workshops in a single afternoon?

5TH ANNUAL PATIENT FERTILITY EDUCATION CONFERENCE Sunday, November 6, 2011 (12:30 - 5:00 pm)

Location: The Crowne Plaza Hotel, White Plains
66 Hale Avenue, White Plains, NY 10601
www.crowneplaza.com

For more information, please call 646-756-3866.
Online registration at www.columbiafertility.org

ONLINE APPLICATION AVAILABLE AT
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 September 7, 2011

In Vitro Fertilization (IVF) September 14, 2011

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Nutrition and Infertility February 8, 2012

Understanding Ovarian Reserve: What Is the Deal with FSH and MIS/AMH? February 15, 2012

Couples Dealing with the Emotional Ups and Downs of Fertility Treatment February 22, 2012

Fertility Medication: How Does It Affect You? February 29, 2012

White Plains Sessions

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GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING Fertility and Acupuncture

Thursday, October 6, 2011

GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING The Fertility Treatment Process; A Nursing Perspective and Guide

Thursday, November 3, 2011

GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING Fertility and Yoga

Thursday, December 8th, 2011

GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING The Fertility Treatment Process; A Nursing Perspective and Guide

Thursday, January 5th, 2012

GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING. Meditation and Relaxation Techniques

Thursday, February 2nd, 2012

GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING In Vitro Fertilization (IVF)

TEAR OFF HERE