

*Karande & Associates S.C. is doing business as*

### **InVia Fertility Specialists**

As you can see by our new logo, we are delighted to announce that we are changing our name. Effective immediately, Karande & Associates S.C., will be doing business as **InVia Fertility Specialists**.

When going through the process of selecting a name for our practice, we knew we wanted to fully express both who we are as a practice and how we can help patients. We found the right name with **InVia Fertility Specialists**. Family building is a journey that each individual and couple experiences in their own unique way. InVia is derived from the Latin for “on the path.” As a natural evolution of the name, we added the tagline: “Pathway to Pregnancy.”

Innovation has always been one of our guiding principles. We were one of the first practices to offer preimplantation genetic diagnosis. We continue to apply this technology on an individualized basis to those couples who may benefit.

While we have always coordinated egg donor cycles, two years ago we made the decision to begin recruiting donors ourselves. Our rigorous screening process allows us to select only the most qualified young women. As a result, we can now boast pregnancy rates above 70% per cycle. These rates are 20% above the national average, and the best in Illinois.

Our name is different, but no other aspect of our practice will change. We continue to be contracted with nearly all insurers. These include: HMOI (all sites), Cigna, Blue Cross Blue Shield, and Aetna.

In the spring of 2009 we will be opening an office in Crystal Lake. This office, along with our locations in Hoffman Estates, Arlington Heights, and Deerfield, will provide our patients with the opportunity to make their appointments at the location that is the most convenient.

We look forward to your continued support!



Vishvanath C. Karande, MD, FACOG  
Director, IVF Program



Sigal Klipstein, MD, FACOG  
Director, Donor Egg Program

#### **In This Edition**

##### **Fertility 101 - Stress and fertility**

Page Two

##### **Services Provided**

Page Two

##### **Office Locations**

Page Two

##### **Ask Dr. Sigal:**

##### **HMO Insurance coverage**

Page Three

##### **The Effect of a Hydrosalpinx on Fertility**

Page Four

##### **Cancer and Fertility Preservation for men and women**

Page Five

##### **New office location**

Back Cover

# Fertility News Update

---

---

*More locations to better serve patients.*

**We have full-service offices located in:**

- Hoffman Estates
- Arlington Heights
- Crystal Lake\*
- Deerfield

Appointments for all sites may be made by contacting us at:

**847-884-8884**

**or**

**[www.inviafertility.com](http://www.inviafertility.com)**

\* Opening Spring 2009

---

## ***Services Provided by InVia Fertility Specialists***

*(may be listed in directories as  
Karande & Associates S.C.)*

- Clomid
- Gonadotropins
- Intrauterine Inseminations
- In Vitro Fertilization (IVF)
- Intracytoplasmic Sperm Injection (ICSI)
- Assisted Hatching
- Preimplantation Genetic Diagnosis (PGD)
- Egg Donation
- Sperm Donation
- Embryo Donation
- Gestational Surrogacy
- Psychological Counseling
- Mind/Body Programs
- Acupuncture

## ***Fertility 101 Stress and fertility***

While there have been no direct links between stress and fertility, there are many indirect ways in which stress may affect fertility.

- Stress can impact a woman's cycle by either delaying the release of an egg or not allowing the release to take place at all.
- Stress can affect intimacy, and lead to missed opportunities for conception.
- Some studies have shown that increased stress changes the levels of certain hormones in the ovary, which may impact the outcomes of fertility treatments.
- Stress may become overwhelming, leading couples to discontinue fertility treatments before achieving success.

It is critical to take the time to reduce stress both prior to and during undergoing fertility treatments.

There are ways to reduce the amount of stress you are under.

- Keep the lines of communication between you and your partner open during your treatment.
- Realize that you are not alone. Join a support group and talk to others that share your experience. Read books describing the experience of undergoing fertility treatments.
- Learn stress reduction techniques such as meditation, yoga, massage or acupuncture.
- Exercise regularly and follow a healthy diet to release physical and emotional stress.
- Talk to your physician about the amount of stress you are feeling and devise a treatment plan that you and your partner are comfortable with
- Educate yourself: learn as much as you can about causes of infertility and treatment options. Being well-informed regarding the fertility path will remove much of the mystery and help you understand what to expect every step of the way.

# Fertility News Update

---

---



*Ask Dr. Sigal*

## *Does my Insurance Cover Fertility Treatments?*

**Q: *If I have an HMO policy, do I have insurance coverage for fertility treatments?***

There is no short answer to this question. In Illinois, insurance companies are mandated to provide fertility benefits to their subscribers (with some important exceptions). According to the Illinois Insurance Facts, Insurance Coverage for Infertility Treatment (more information available on their website [www.idfpr.com/DOI/HealthInsurance/Infertility.asp](http://www.idfpr.com/DOI/HealthInsurance/Infertility.asp)) Illinois law requires insurance companies and HMOs to provide coverage for infertility to companies with over 25 employees. The law does not apply to self-insured employers or to trusts or insurance policies written outside the state of Illinois. For HMOs, the law does apply in certain situations to contracts even if they are written outside of Illinois under certain conditions: 1) the HMO member is a resident of Illinois and 2) the HMO has established a provider network in Illinois. To determine if your HMO provides infertility benefits, you should contact the HMO directly or check your certificate of coverage.

**Q: *I want to be a patient at InVia Fertility Specialists. How do I obtain a referral to your office?***

For all insurance policies except HMO, just contact our office to schedule a consultation with one of our specialists. **If you are a Blue Cross Blue Shield HMOI patient**, you will need to obtain a **global referral** from your physician. This will allow you to see the infertility specialist of your choice, without restrictions. Because infertility is mandated in Illinois, the coverage is carved out of your insurance plan. Simply put, by obtaining a **global referral** from your referring physician, you have given yourself the ability to select your infertility specialist of choice. Since our office bills the insurance company directly, you do not need to process the referral through your IPA and are not restricted in your choice of specialist.

**Q: *What treatments are covered under the mandate?***

Illinois requires that group insurance and HMO plans to cover the diagnosis and treatment of infertility in the same way that all other conditions are covered. Insurance plans are prohibited from applying any unique copayments or deductibles for infertility coverage. Benefits include, but are not limited to:

- **Testing**
- **Prescription drugs**
- **Artificial Insemination**
- **In Vitro fertilization (IVF)**
- **Intracytoplasmic Sperm Injection (ICSI)**
- **The medical costs associated with Egg Donation**
- **The medical costs associated with Sperm Donation**

## The Effect of a Hydrosalpinx on Fertility

The fallopian tubes are directly attached to the uterus. Normally, ovaries release eggs into the fallopian tubes, where they meet with sperm and fertilize. The embryo then travels into the uterus, where it implants. Problems with the fallopian tubes can impact the fertilization of eggs, the implantation of embryos in the uterus, and the growth of these embryos.

### ***What is a hydrosalpinx?***

A hydrosalpinx is an enlarged, fluid-filled fallopian tube. This is a sign of damage to the tube. Often, the tube is also blocked.

### ***What causes a hydrosalpinx?***

The most common cause is an old infection in the fallopian tubes. This could have been caused by a sexually transmitted disease. Other causes include a history of endometriosis which led to adhesions (scarring), or previous surgery in the pelvic region.

### ***Does a hydrosalpinx cause symptoms?***

Many women experience no symptoms. Some women complain of a watery vaginal discharge. There may also be lower abdominal pain.

### ***How is a hydrosalpinx diagnosed?***

Most often, this is done with the help of a hysterosalpingogram (HSG). This is a test in which dye is injected into the uterus where it is watched with real-time X-ray as it flows to the tubes. If the tubes are open, fluid will be seen spilling from the ends. In a hydrosalpinx, fluid will fill and dilate the tube but will not be able to flow out of it.

A hydrosalpinx may also be diagnosed during surgery, or via an ultrasound.

### ***How does a hydrosalpinx affect fertility?***

If one or both tubes are blocked, then fertilization can not occur. Damaged tubes increase a woman's chance of having an ectopic (tubal) pregnancy, which can not develop normally. Finally, there is evidence that the fluid from a hydrosalpinx can flow into the uterus, and be toxic to an early embryo.

### ***How can a hydrosalpinx be treated?***

Most often, an outpatient surgical procedure to remove the hydrosalpinx is required. This will prevent the fluid from the hydrosalpinx from entering the uterus, and negatively impacting the embryo. If both tubes are damaged and need to be removed, then in vitro fertilization (in which egg and sperm are fertilized outside of the body and placed back in the uterus through the cervix) would be required to achieve a pregnancy.

## Cancer and Fertility Preservation

### Background

- An estimated 1,372,000 people were diagnosed with cancer in 2005
- 4% of these individuals were under the age of 35
- Therefore, there are at least 55,000 individuals in their reproductive prime who may benefit from fertility preservation and reproductive counseling **each year**
- Improvements in cancer treatment have led to increased survival, and many of these survivors will wish to have children. In fact, 5-year survival rates for some malignancies may be in excess of 90% (i.e. testicular, hematologic, breast).
- The most common cancers diagnosed in those under 40 are:
  - Breast
  - Melanoma
  - Cervical Cancer
  - Non-Hodgkin's lymphoma
  - Leukemia
- The treatments for many of these cancers place men and women at risk for decreased fertility and/or sterility. Many of these individuals do not yet have children, or have not yet completed their family plan.
- Interventions are available to preserve fertility for many of these patients, but these must be initiated **prior to treatment**.

### Treatment Options for Men

- Freezing of semen samples prior to starting radiation or chemotherapy.
- Samples may be stored for years and used later for insemination.
- If the counts are low, or the supply is limited, in vitro fertilization (IVF) with intracytoplasmic sperm injection (ICSI) may be required to achieve pregnancy.

### Treatment Options for Women

- An IVF cycle may be initiated prior to starting radiation or chemotherapy; the resultant embryos may be frozen for years, to be used once treatment is completed and the couple is ready to build a family.
- If sperm is not available, eggs may be frozen for later use.
- If radiation therapy is necessary, one option is repositioning the ovaries in the pelvis to place them safely away from the radiation field.



*New Crystal Lake Office  
under construction*

We are expanding to better meet our patients needs!!! Watch for more news on our Crystal Lake office located on Congress Parkway scheduled to open in the spring of 2009.

**Our newsletter is now available online at**

**[www.inviafertility.com](http://www.inviafertility.com)**

1585 N. Barrington Road, Suite 406  
Doctor's Building II  
Hoffman Estates, IL 60169

