

Center for Advanced
Reproductive
Services

fertilityfactors

Volume 8 Issue 3

Also in this issue:

Middlebury

PCOS

Age & Fertility

Third Party Reproduction

Boosting Fertility Naturally

Egg Freezing

Insurance Renewals

WELCOME
MAYA BARSKY, MD

AND INTRODUCING
OUR **NEW**
MIDDLEBURY OFFICE

**WE ARE THRILLED TO INTRODUCE YOU
TO THE NEWEST PHYSICIAN ON OUR TEAM**

MAYA BARSKY, MD



Dr. Maya Barsky joins us as Lead Physician and Assistant Professor in the Department of Ob/Gyn at UConn School of Medicine with the goal of helping individuals and couples from all walks of life in their family-building journey. Dr. Barsky is an experienced physician with special interests in polycystic ovarian syndrome (PCOS), reproductive surgery, diminished ovarian reserve, recurrent pregnancy loss, fertility preservation, and third-party reproduction.

Dr. Barsky is board-certified in OB/GYN and Reproductive Endocrinology and Infertility (REI). Prior to joining The Center for Advanced Reproductive Services, she was part of a private fertility practice in Austin, TX for several years. She earned a competitive combined undergraduate and medical degree at Brown University, completed her OB/GYN residency at Baystate Medical Center/Tufts University and her REI Fellowship at Baylor College of Medicine. Dr. Barsky has a Master of Science degree in Clinical Investigation, received Open Door Professional Training from Family Equality, and is a fellow of the American College of Obstetricians and Gynecologists (ACOG) and the American Society for Reproductive Medicine (ASRM). She has won numerous awards for her work and is active in research to help advance the field and improve reproductive care.

Dr. Barsky was born in Ukraine, lived in Israel and grew up in New York City. 🌸

We're Making It Easy. Announcing our Middlebury office!

Although no one can say fertility treatment is exactly easy, what is easy is access to specialized care. We have offices throughout Connecticut and Western Massachusetts. Our newest? Middlebury!

Whether you're in Waterbury, Naugatuck, Oxford, Southbury, Woodbury, Danbury or Middlebury itself, you'll find our newest office located at **751 Straits Turnpike** a great place to get your fertility program started. Wherever you're located, all our offices are easy to get to from major roadways with private parking, private waiting areas, comfortable, patient-friendly rooms and a team of expert physicians and fertility professionals. Dr. Barsky will soon be available to connect with patients via telehealth appointments, with in-person appointments beginning in January 2024. The new Middlebury office will be open Monday-Friday from 7:00 a.m. – 5:00 p.m.



Polycystic Ovary Syndrome

It's a fairly common syndrome. In fact, 5-10% of women have it. And, it can contribute to infertility. But unfortunately PCOS can be difficult to diagnose because not everyone has the same symptoms. So, to determine whether you have Polycystic Ovary Syndrome (or PCOS), your doctor has to follow the clues to look for a combination of problems.

YOU NEED TWO OF THE THREE

To be diagnosed with PCOS, you need to exhibit two of the following three symptoms:

- 1) A chronic lack of ovulation (anovulation)
- 2) Symptoms of high testosterone or high hormone lab values (hyperandrogenemia)
- 3) Many follicles on ultrasound or high AMH (where the name polycystic came from)

So, how can your doctor determine whether you have PCOS?

UNCOVERING DIFFERENT CONDITIONS REQUIRES DIFFERENT METHODS

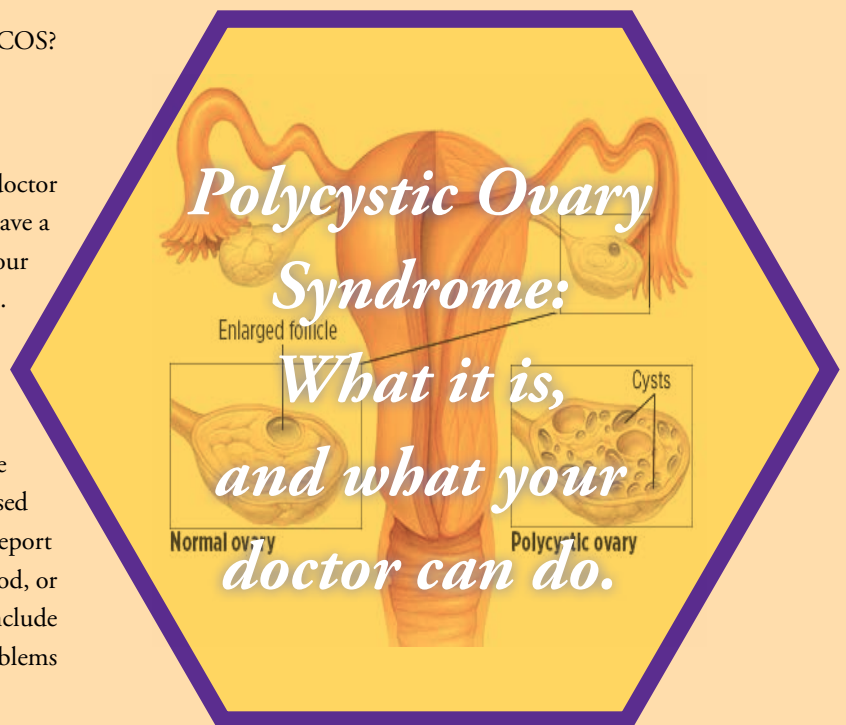
To determine whether you have “two of the three,” your doctor will need to do a variety of things. First, you'll need to have a physical exam and go over your menstrual history with your doctor. You'll also need to have a transvaginal ultrasound. And, you'll need to have some blood work done. These three diagnostic methods will help determine whether you have the conditions that add up to PCOS.

Even though not everyone has the same symptoms, there are some commonalities among women who are diagnosed with PCOS. For example, women with PCOS typically report having irregular menstrual periods. They may skip a period, or go a long time between periods. Other common signs include being obese, having increased hair growth, or having problems with excessive acne.

Ultrasounds typically reveal that women with PCOS have enlarged ovaries with a number of small cysts. High levels of blood sugar, cholesterol and testosterone (the “male hormone”) are also commonly found in the blood tests of women with PCOS.

ARE THERE RISKS TO HAVING PCOS?

Absolutely. Besides making it difficult to get pregnant, there are health risks associated with irregular ovulation. Studies reveal that over 50% of women with PCOS will develop diabetes (or pre-diabetes) before they're 40. Women with PCOS are at greater risk for developing high blood pressure, having increased levels of “bad” cholesterol (LDL) and lower levels of “good” cholesterol (HDL), as well as having a heart attack. Women with PCOS are also at risk for sleep apnea, anxiety and depression.



Did You Know?

Reproductive age is one of the most significant factors in the ability to conceive. If you're over 35 and have been trying for 6 months, see a specialist. For those under 35, it's a year. And for those over 40, three months.

building your family
is our only goal



We know there are many different paths to parenthood. We know because we help build families every day. Since 1983, we've helped over 2,000 LGBTQ+ families, with nearly 2,500 live births to LGBTQ+ individuals or couples. And now, we are proud to see Connecticut lead the way in expanding fertility care coverage, making the state's health plan more inclusive of LGBTQ+ and single people.

Boosting Fertility Naturally: The Power of Movement



The Center's Board Certified Health Coach, Ami Chokshi, explains how it works:

When enhancing your fertility, there's no time to start making positive changes like the present. Getting physical is one of the simplest yet most effective ways to kick-start your fertility journey. It isn't about shedding a few pounds or getting toned; it's about creating an environment conducive to conception. Here's how it works:

Enhanced Blood Flow: Physical activity increases blood circulation, including your reproductive organs, ensuring your ovaries, uterus, and fallopian tubes receive the nutrients and oxygen they need to function optimally.

Stress Reduction: Exercise is a natural stress buster as it triggers the release of endorphins, your body's feel-good hormones. Reducing stress levels can regulate your menstrual cycle and improve your chances of conceiving.

Blood Sugar Balance: Maintaining stable blood sugar levels is crucial for fertility. Regular physical activity helps to prevent insulin resistance, lowering the risk of conditions like polycystic ovary syndrome (PCOS), which can hinder fertility.

Nature's Antidepressant: Struggling with mood swings or feeling emotionally overwhelmed? Exercise can combat depression and anxiety, helping you maintain a positive mindset.

Step Your Way to Fertility

Walking is the simplest and most accessible way to introduce movement. Aim for at least 7,500 steps a day, but remember, it doesn't have to be all at once. Every step counts, whether strolling around the block or walking briskly during lunch. Seemingly mundane activities like housework and other routine tasks also contribute to your step count and overall physical conditioning.

Tailoring Movement to Your Cycle

Energy levels can fluctuate throughout the menstrual cycle, so consider synchronizing your activity. The first half of your cycle, or ovulatory phase, is a period of higher energy and could coincide with higher-impact workouts, such as circuit training or High-Intensity Interval Training (HIIT). Aim for shorter bursts of 15 to 20 minutes three times a week. Post ovulation, during low-energy phases, focus on longer-duration, lower-impact exercises like extended walks.



Moving your body is a powerful tool for enhancing fertility - improved blood flow, reduced stress, stabilized blood sugar levels, and a more balanced hormonal environment - all of which can significantly improve your health and boost your chances of conception. So, take that step, quite literally, towards a healthier, more fertile you.

18,000
BABIES

As one of the leading fertility programs in the country, we focus on what you want most: family.

96%

PATIENT SATISFACTION

Our highly trained, compassionate staff will help each step of the way. *Press Ganey 2022 Satisfaction Survey

80.5%

SUCCESS RATE

New patients aged ≤ 35 with first live birth IVF cycle in the reporting year. *SART 2020

6

OFFICES

Our easily accessible offices allow you to get most of your treatment closer to where you work or live.



TODAY'S FINANCIAL TIP

Considering new health insurance for 2024? Start by understanding what fertility coverage is included and investigate if there are other plans that may work better for you. Higher limits, medication coverages... these can vary greatly depending on the plan. And don't forget to use up all your benefits before the year ends! Feel free to call our office and talk with one of our financial counselors if you have questions.

www.uconnfertility.com | (844) HOPEIVF

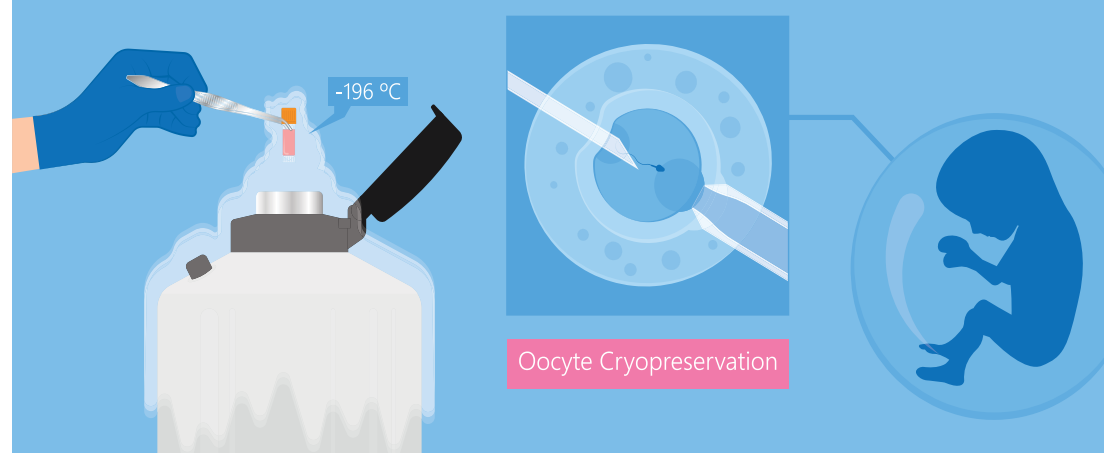
"Deciding to use a donor was one of the hardest decisions I have ever had to make. From the moment I delivered my child, I knew that this was the baby I was meant to have. Forever grateful to our wonderful donor!"



"We are a lesbian couple and we felt very welcomed and supported through the entire journey. Most importantly they are as excited and enthusiastic for you as you are!"



Today's Wall of Hope Portrait



Oocyte Cryopreservation

Your biological clock, your timeline.

Egg freezing continues to be popular as more women are delaying motherhood and more and more employers are helping to pay for the costs. Egg freezing allows women to store frozen, unfertilized eggs that can be used for fertilization and pregnancy at a later time.

Genetic Screening

Comprehensive genetic carrier screening is an important part of family planning. It's a type of genetic test that can tell you whether you carry a gene for certain genetic disorders. When it's done before or during pregnancy, it allows you to find out your chances of having a child with a genetic disorder.

Comprehensive genetic carrier screening, as prescribed by your Center doctor, covers screening for 100+ genetic disorders, including cystic fibrosis, fragile X and spinal muscular atrophy. The Center strongly recommends genetic carrier screening for all people beginning the family building journey. In fact, not having this testing done could limit some of your treatment options and choices.



www.uconnfertility.com | (844) HOPEIVF

Conditions Related to Fertility

There are numerous medical conditions that can make conception difficult and result in infertility. At the Center, we diagnose and treat both women and men for these conditions with the goal of enabling our patients to have a baby.

Some of the more common conditions that we treat include:

- ✓ Endometriosis
- ✓ PCOS (Polycystic Ovarian Syndrome)
- ✓ Uterine Fibroids
- ✓ Miscarriage/Recurrent Miscarriage
- ✓ Ovulatory Dysfunction
- ✓ Pelvic Abnormalities
- ✓ Primary Ovarian Insufficiency
- ✓ Unexplained Infertility
- ✓ Male Factor Infertility



An academic affiliate of UConn School of Medicine

THE CENTER continues to demonstrate success: Not only in the percent of live births achieved, but also in our ability to lessen the potential for pregnancies with twins, triplets or more. With over 18,000 babies born since our inception, we continue to lead in both the region and the nation.

To learn more about our success rates and those of other programs, please visit the Society for Assisted Reproductive Technologies website (www.sart.org). Click on IVF Success. A comparison of clinic success rates may not be meaningful because patient medical characteristics and treatment approaches may vary from clinic to clinic.



OUR STORY: The Center is an academic affiliate of the UConn School of Medicine. We are a specialized program of the division of Reproductive Endocrinology and Fertility and one of the largest and most successful IVF programs in the Northeast. We offer one of less than 40 postgraduate fellowships for Reproductive Endocrinology and Infertility (REI) in the United States. Due to our national reputation as a “Center of Excellence,” acceptance to one of our fellowship positions is very competitive. Fellows also participate in ongoing clinical research. This has resulted in several first author publications and national conference presentations for our fellows. Over the past three years, the fellows have presented 18 abstracts at national meetings and have published 13 articles in peer reviewed journals. Plus, we not only have REI fellows, but also Ob/Gyn residents and medical students training here as well.

make an appointment

It's easy to make an appointment at any of our offices:
Farmington, Hartford, Branford, Middlebury,
New London and Springfield.

Go to uconnfertility.com and fill out the
Make an Appointment form and we'll be in touch.
Or call 844.467.3483.

MEET OUR DOCS



Reeva Makhijani, MD



David Schmidt, MD



Andrea J. DiLuigi, MD



Claudio Benadiva, MD, HCLD



Maya Barsky, MD, MCSI



Lawrence Engmann, MD, MRCOG



Prachi Godiwala, MD



Daniel Grow, MD, MHCM



Kelly Lynch, MD

Offices in Connecticut & Western Massachusetts



uconnfertility.com
844.HOPEIVF