

Achieving balancing during the fertility journey

The need to achieve balance is being touted in all areas of contemporary life: work versus personal time, a healthy lifestyle versus an indulgent one, technology versus nature. This desire for balance may also be manifested during the fertility journey.

Infertility is a condition that affects ten percent of the reproductive age population in the United States, or approximately 6.1 million individuals. Dr. Michael Doyle, a specialist in reproductive endocrinology and medical director of Connecticut Fertility Associates (CFA) states that, "Of those seeking treatment, only about 10% of

patients actually need advanced reproductive technologies (ART) such as in vitro fertilization (IVF). The vast majority of fertility related conditions, such as hormonal imbalances, anatomical blockages, endometriosis, fibroids, male infertility, and even unexplained infertility can be treated simply, often with medications, insemination, and surgical procedures. What we do at CFA is listen to what our patients want and try to balance the simplest approaches for some with the most advanced treatments for others." Since 1991, Dr. Doyle and his CFA team have used this approach to help more than 2,500 Connecticut

couples achieve their dreams of parenthood.

Not all patients can or want to use artificial or advanced technology, and many desire a more balanced, natural approach whenever possible. Connecticut Fertility's Mind/Body Alliance meets this need by employing holistic healthcare plans to supplement more traditional fertility treatments. The Alliance is led by an experienced team of specialists in complementary and integrative medicine that work closely with the CFA fertility specialists. The program offers onsite treatments including acupuncture, massage and reflexology, Chinese and herbal

medicine, and nutritional counseling and metabolic testing. The program's primary goal is to achieve mind-body wellness and health before pregnancy occurs. By working side by side with the medical and laboratory team at CFA, the practitioners can integrate their services to complement the traditional medical therapies offered at CFA already, rather than competing with them. Dr. Doyle adds, "Patients can now choose to supplement the traditional reproductive technologies with more holistic and natural practices. In the past, some patients have had to spend considerable time and energy to seek out alternative

healing practitioners. The Mind/Body Alliance now integrates these holistic treatments into a couple's fertility treatment plan."

Connecticut Fertility Associates is a specialty practice dedicated to reproductive medicine and infertility with offices in Norwalk (148 East Avenue), Bridgeport (4920 Main Street), and Orange (339 Post Road).

For more information about fertility, and natural approaches you can use to optimize it, visit www.CTfertility.com or www.CTwellness.com. Or call the center at (203) 855-1200, (203) 373-1200, or (203) 799-1200.