



RMA OF MICHIGAN NEWS BLAST

Over 550 Attendees at 4th Annual Baby Reunion at Clawson Park



On Saturday, August 16 more than 550 parents and children gathered with the RMA of Michigan staff at Clawson Park to celebrate the families that were created with the help of fertility treatment. The weather couldn't have been better with plenty of sun and no rain. Guests came hungry to enjoy a BBQ lunch of hamburgers and hot dogs with all the fixings. There was face painting, a balloon animal artist, train rides and Elmo even came by to say hi! However, the highlight of the day was the RMA staff being able to reconnect with former patients and meet their new arrivals or show how big their little ones have gotten since their last visit.

Drs. Brad Miller and Lynda Wolf had high expectations when they opened the practice in 2006. In the past eight years, RMA of Michigan have helped nearly 2,000 babies enter the world. Dr. Miller and Dr. Wolf plan on helping even more patients achieve their dream of having a baby over the next eight years. Dr. Wolf stated, "Having a child is the greatest gift and if we can help in any way to make that happen for a couple or individual, that's just the best feel-



Meet Our New Lab Director, Mark Dow, PhD, HCLD



ing." Dr. Miller seconded that sentiment by saying, "Seeing how many families we have helped create is truly amazing."

Dr. Mark Dow joined RMA of Michigan in January 2014 as the new Lab Director. Dr. Dow grew up in Green Bay, WI and is an avid Green Bay Packer fan. He went to the University of Wisconsin-Madison for his bachelor's degree in Biochemistry. There he picked an undergraduate research project that involved investigating sperm fertilization and embryo development in several species. A year later (1990) he started working at an infertility laboratory. Dr. Dow later moved to Grand Rapids where he worked at an IVF lab while pursuing his PhD at Michigan State University.

Upcoming Events



Free Seminar "Infertility 101"

RMA of Michigan
Wednesday, Nov. 5
6:00-7:30 PM

Common Misconceptions About Conception

It's going to take awhile to conceive after stopping birth control pills.

Many women think that after they stop taking [birth control pills](#) it will take them several months or even longer to get back to having regular menstrual cycles. While women “wait” for their cycle to return to normal they think their chances of pregnancy are reduced. However, after stopping the pill, there may only be a two-week delay before ovulation resumes. Generally, women have a period within four to six weeks after taking the last pill. Once ovulation resumes, you can become pregnant. If this happens during your first cycle off the pill, you may not have a period at all.

Couples who want to have a baby should always try for a year before seeking fertility help.

Most doctors in the U.S. define [infertility](#) as not conceiving after one year of unprotected sex. Studies show that after 12 months, 90 percent of couples trying to conceive will have success. However, some couples should not wait a year before they seek assistance from a fertility specialist. Reproductive endocrinologists recommend women who are under 35 years old try for a year and women 35 and older try for six months before seeking help from a reproductive endocrinologist. If there is an underlying condition like abnormal menstrual cycles, repeated miscarriage, endometriosis or other fertility related conditions, women should seek out a specialist for an evaluation.

Couples should have sex every day to increase the chances of pregnancy.

Many couples think that if they have sex every day that will increase their chances of getting pregnant. However, there is only a small window of time in which a woman can get pregnant each month. A woman's fertile window is usually the three days leading up to and including the day of ovulation. Since sperm can live in the reproductive tract for 3-4 days, having sex 2-3 times a week gives couples a good chance to get pregnant.

Using lubricants will make it easier for the sperm to get to the egg.

Many couples don't think twice about using lubricants when they are trying to conceive. Some people think that it might even help the sperm travel to the egg. However, most lubricants are toxic to sperm and change the pH or acid balance inside the vagina and prevent or reduce the chances of the woman getting pregnant. There are some lubricants that are non-toxic to sperm, such as the brand Pre-Seed, that are safe to use.

If I have female family members who had babies in their 40s I shouldn't have a problem getting pregnant.

Family history is taken into account when doing an initial workup but it does not necessarily help or hinder a person's ability to conceive. In general, women in their late 30s and early 40s have lower quantity and quality of eggs, which makes it harder to conceive.

Lifting your legs in the air after having sex will help get you pregnant.