



# RMA OF MICHIGAN NEWS BLAST

## RMA of Michigan Hosts First Baby Reunion



On Saturday, September, 10th RMA of Michigan hosted its first ever Baby Reunion in celebration of its upcoming fifth anniversary. Approximately 430 former patients and their family members joined the RMA staff for a fun-filled afternoon at Clawson Park.

Even though the day started out with rain, the sun made an appearance just in time for the start of the event. Everyone enjoyed a BBQ lunch while getting to visit with one another. The kids played on the playground, got airbrush tattoos

and balloon creations from the balloon artist.

Everyone who attended the event was amazed by the number of people who were there. Dr. Miller, Dr. Wolf and the rest of the staff were overwhelmed with the tremendous gratitude that their former patients expressed to them. It



was a wonderful afternoon that everyone at RMA will remember.

## RMA of Michigan Now Offering Premier IVF 100% Refund Program



RMA of Michigan is excited to announce that we are now offering a 100% Refund Program for IVF through Premier IVF. Most women who undergo IVF treatment will need more than one cycle in order to become pregnant. The chances of having a baby dramatically increase when the patient commits to three or more cycles. This program is for women age 40 and younger who meet the Program criteria. The physician will determine if the patient qualifies.

How does the Program work? Patients pay a fixed, discounted fee for up to three (3) fresh and three (3) frozen cycles. If the patient completes the Program and does not have a live birth, she will receive 100% of her Program fee back. Patients are given two years to complete the program from the start of their first cycle. Patients who are interested in this program can ask their nurse if they qualify.

## Pay Your Bill Online



Patients can now pay their bill online through a secure portal on our website. Please visit our website at [www.rmami.com](http://www.rmami.com) and click on the Pay Your Bill Online icon on the home page.

## Upcoming Events



RMA of Michigan's Fifth Anniversary  
Tuesday, Nov. 1

Free Patient Seminar  
at RMA of Michigan  
Thursday, Jan. 26  
6:00-7:30 P.M.

## PCOS - What Is It? How Does It Impact Fertility?

PCOS was first described in the 1930's, which is why this name is so confusing for us today. The physicians who were describing PCOS were looking under the microscope at ovaries from women with a clustering of symptoms of obesity, very few menstrual cycles, and hair growing where they did not want it. These physicians had no understanding about the hormones that were causing these changes in the ovaries and they mistakenly thought it was the ovaries that were abnormal.

PCOS is an abbreviation for polycystic ovarian syndrome. There are, however, no true "cysts" in the ovaries at all. The many small areas in the ovaries that we see on ultrasound are not cysts but "follicles". Follicles are the areas in the ovaries where there are eggs. Women with PCOS recruit many small follicles containing eggs to start growing and then they get stuck before they mature and can release an egg. This is called anovulation. In most women, the reason that these follicles

stop growing is due to the presence in the ovary of too much androgen hormone. In most women, the abnormal production of androgens is caused by increased amounts of insulin, a condition known as insulin resistance. Insulin resistance leads to many things women commonly experience in addition to the anovulation and missed periods. Insulin resistance can lead to obesity. When you have insulin resistance, your body's metabolism is always in storage mode, making it easy to gain weight but very hard to lose weight! Insulin resistance is the most commonly inherited hormonal abnormality. Many women with insulin resistance have family members with weight problems and some with diabetes. The insulin resistance gene is turned on or off depending on many factors some of which are determined by our lifestyle. Many women are diagnosed with PCOS later in life when they are less physically active and may have gained

weight. More sustained physical activity will turn the gene off. The amount of processed sugar in our diet can turn the insulin resistance gene on or off. As we eat more processed sugar, our insulin levels increase.

Women with PCOS do not ovulate monthly making it much harder to get pregnant. Fertility treatments for PCOS will focus on getting the women to ovulate each month. The best way to bring about ovulation will vary from woman to woman and may change throughout the course of a women's treatment.

For all women with PCOS it is very important to have a healthy lifestyle. This lifestyle should include 30 to 45 minutes of sustained exercise that elevates your heart rate daily. It should also include a well balanced diet full of unprocessed foods like lean meats, dairy, nuts, fruits and vegetables.

*Article by Lynda Wolf, M.D.*

## Acupuncture for Infertility

Acupuncture for infertility is the most popular and commonly recognized alternative treatment, with studies showing that it enhances the success rate of in vitro fertilization (IVF). The ancient Asian medical practice in which tiny needles are placed in various pressure points, or "Qi" (Chee), in the body can improve circulation and reduce stress.

Studies indicate that doing acupuncture about 30 minutes before and after IVF can

increase the chance that the embryo will be implanted successfully and reduce the chance of miscarriage.

There are also indications that the effectiveness of the IVF drugs and procedure may improve if acupuncture is done about once a week in the month or two leading up to the start of IVF and then continued regularly, once or twice a week, during the whole cycle.

*Article by Rhonda Sousley, Ph.D., L.Ac.*

**Follow us on  
Facebook,  
Twitter and  
Blogger**