

**THE CENTER FOR  
WOMEN'S REPRODUCTIVE CARE**

The *Center for Women's Reproductive Care (CWRC)* at *Columbia University* is a subspecialty practice staffed by full-time faculty of Columbia University. The Center offers: fertility assessment, IVF, egg donation, male infertility care, PGD (preimplantation genetic diagnosis), egg and embryo cryopreservation (freezing and storage), and other advanced treatments.

One of the hallmarks of the Center is the ability to make the most innovative, cutting-edge research, and fertility treatments available to a wide population of patients through affordable, accessible care. Expanded access takes place at many levels:

**Clinical:** by specializing in challenging cases (accepting patients despite poor prognosis profiles);

**Financial:** through our in-network managed care contracts (which minimize your out-of-pocket expenses), patient financing options, and financial support through the NYS Infertility Demonstration Program grant.

**Geographic:** services offered in two conveniently located facilities: on Columbus Circle, in the heart of Manhattan, and in White Plains.

**PATIENT SUPPORT SERVICES**

A team of social workers and a staff psychiatrist are available at the CWRC to help patients deal with the personal and emotional challenges of undergoing fertility treatment. We are committed to making your experience with us as supportive and positive as possible through a range of services, such as:

- patient support groups
- individual and couples counseling
- psychiatric counseling and evaluation

For a detailed description of services, please call **646-756-8294** or visit our website at [www.columbiafertility.org](http://www.columbiafertility.org).



# Patient Fertility Education Workshop

FEB. '09 – AUG. '09

**Fax to:**

646-756-6297

OR

## Instructions

**Mail to:**

Nora Spielman, Patient Services Coordinator  
Center for Women's Reproductive Care  
at Columbia University  
1790 Broadway @ 58th Street  
New York, NY 10019

Nora Spielman, Patient Services Coordinator

Tel: 646-756-8297

Fax: 646-756-6297

E-mail: [ns2444@columbia.edu](mailto:ns2444@columbia.edu)



Columbia University  
College of Physicians and Surgeons  
Department of Obstetrics and Gynecology  
Division of Reproductive Endocrinology

**Center for Women's Reproductive Care**

**Manhattan Office: Columbus Circle**  
1790 Broadway, 2nd and 4th floors  
(between 57th and 58th St.)

New York, NY 10019  
Tel: 646-756-8282

**Westchester Campus: White Plains**  
244 Westchester Avenue West, Suite 209  
White Plains, NY 10604  
Tel: 914-288-0408

Columbia University College of Physicians and Surgeons  
**Center for Women's Reproductive Care**  
at Columbia University  
1790 Broadway @ 58th Street  
New York, NY 10019

**Center for Women's Reproductive  
Care at Columbia University**

Comprehensive Fertility Treatment Center  
Columbus Circle & White Plains

- Fertility Assessment • IVF • Donor Egg (No Wait)
- Male Infertility • Endoscopic Surgery • PGD

Appointments: 646-756-8282  
Information: 646-756-8294  
[www.columbiafertility.org](http://www.columbiafertility.org)

Insurance accepted upon verification:  
United Healthcare, GHI, Oxford, Aetna / US Healthcare,  
HealthNet, Cigna, Empire Blue Cross / Blue Shield,  
UniCare, Pomco, and HIP.

Patient financing also available.  
Income-based financial support to IVF through  
NYS Infertility Demonstration Program.



**COLUMBIA UNIVERSITY**  
COLLEGE OF PHYSICIANS & SURGEONS

[www.columbiafertility.org](http://www.columbiafertility.org)

## Fertility Education Workshop

The Center for Women's Reproductive Care (CWRC) is pleased to announce the next Fertility Education Workshop series. The workshops will be presented by CWRC physicians, staff, and special guest speakers covering fertility-related topics. Come and meet experts in the field to:

- learn more about fertility problems and treatment options
- consider emotional and psychological aspects of treatment and coping techniques
- explore life style changes and the maintenance of overall health (mental, emotional, physical) in supporting the best conditions for fertility care
- explore alternatives on how to finance advanced fertility treatment
- find a supportive environment with professionals committed to help you in your decision to take charge of your fertility.

### Informational Sessions

**Covering the Cost of Treatment: In-Network, Out-of-Network, and More**

Arthur McGrath, LMSW, MPA

Meet with our Administrative Director to learn about costs and payment options, including an overview of insurance coverage for fertility.

February 25, 2009

**GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING**

Nataki Douglas, MD, and Esther Carvalhaes

An invaluable guide to navigating our program with a comprehensive overview of infertility treatment.

March 4, 2009

**Intrauterine Insemination (IUI): How Does It Fit Into Your Treatment Plan?**

Susanna Park, MD

Why is it done? When to start and for how long?

March 11, 2009

**Donor IVF: Screening, Matching, and Cycling**

Melvin Thornton, MD

Provides an overview of the egg donation process from the point of view of the donor and the recipient.

March 18, 2009

**Fertility and Yoga**

NEW

Barrie Raffel

Learn about yoga practice designed to support reproductive health and aid in conception and pregnancy.

March 25, 2009

**GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING**

Vuk Jovanovic, MD, and Esther Carvalhaes

An invaluable guide to navigating our program with a comprehensive overview of infertility treatment.

April 1, 2009

**Fertility and Acupuncture**

Angela Le, L.Ac.

This workshop provides comprehensive information about acupuncture with special emphasis on fertility issues.

April 8, 2009

**Embryo Selection: Behind the Scenes**

Robert Prosser, Embryologist

How many embryos and which ones to transfer? Also, take a virtual tour of the Embryology Lab.

April 15, 2009

**Fertility Preservation: Egg and Embryo Freezing**

Janet Choi, MD

Thinking ahead. When is it appropriate?

April 22, 2009

**Fertility Treatment Options: Which One Is Right for You?**

Mark Sauer, MD

Be guided through the various treatment options by the Director of the Division of Reproductive Endocrinology at Columbia University.

April 29, 2009

**GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING**

Nataki Douglas, MD, and Arthur McGrath, LMSW, MPA

An invaluable guide to navigating our program with a comprehensive overview of infertility treatment.

May 6, 2009

**Covering the Cost of Treatment: In-Network, Out-of-Network, and More**

Arthur McGrath, LMSW, MPA

Meet with our Administrative Director to learn about costs and payment options, including an overview of insurance coverage for fertility.

May 13, 2009

**In Vitro Fertilization (IVF)**

Janet Choi, MD

An overview of the process and a discussion of who would benefit from this treatment along with expected success rates.

May 20, 2009

**Unexplained Infertility**

Rogério Lobo, MD

How we treat infertility when we can't find a cause.

May 27, 2009

**GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING**

Liyun Li, MD, and Esther Carvalhaes

An invaluable guide to navigating our program with a comprehensive overview of infertility treatment.

June 3, 2009

**Preimplantation Genetic Diagnosis (PGD)**

Michael Guarnaccia, MD

Screening an embryo for certain conditions such as genetic disease or chromosomal abnormalities prior to embryo transfer is now an option. For whom?

June 10, 2009

**Understanding Ovarian Reserve: What Is the Deal with FSH and MIS?**

Gary Nakhuda, MD

An explanation of FSH and MIS testing and how they relate to your treatment.

June 17, 2009

**Understanding Ovarian Reserve: Egg Donation: Disclosure vs. Non-Disclosure**

Ralf Zimmermann, MD

What are the implications of telling your child about egg donation? Come for a discussion with our CWRC Reproductive Endocrinologist/Psychiatrist.

June 24, 2009

**GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING**

Liyun Li, MD, and Arthur McGrath, LMSW, MPA

An invaluable guide to navigating our program with a comprehensive overview of infertility treatment.

July 8, 2009

**Understanding Male Reproduction:**

**A Urologist's Perspective**

Jason Greenfield, MD

A detailed presentation and discussion about the male's role in the reproductive process.

July 15, 2009

**Coping with Infertility: Stress Management**

Linda Mullen, MD

Come get tips on how to cope with stress associated with the fertility process from a Columbia University psychiatrist.

July 22, 2009

**Fertility Medication: How Does It Affect You?**

Jeffrey Wang, MD

Learn about different types of medication, how they work, their limitations, administration, and why they are selected.

July 29, 2009

**GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING**

Vuk Jovanovic, MD, and Esther Carvalhaes

An invaluable guide to navigating our program with a comprehensive overview of infertility treatment.

August 5, 2009

### Hours and Location

Time: 6:15 PM – 7:30 PM

Location: 1790 Broadway (between 57th and 58th St.), 4th Fl. New York, NY 10019

### Fees

No charge to registered participants.

### Registration

The Informational Series is open to the public, however application is required. You can register by mail, fax or phone or by visiting our website at [www.columbiafertility.org](http://www.columbiafertility.org). Please use the attached reply card to register. Space is limited, early application is recommended.

If you have any questions please contact the Patient Services Coordinator, Nora Spielman, at 646-756-8297 or by e-mail: [ns2444@columbia.edu](mailto:ns2444@columbia.edu).

**Want to attend various workshops in a single afternoon?**

**No time for multiple sessions?**

A number of these workshops (and others) will also be offered at our

**3rd ANNUAL PATIENT FERTILITY EDUCATION CONFERENCE**  
Sunday, October 11th, 2009 (12:30 - 5:00 pm)

**Location:** The Crowne Plaza Hotel, White Plains  
66 Hale Avenue, White Plains, NY 10601  
[www.crowneplaza.com](http://www.crowneplaza.com)

For more information, please call 646-756-3866.

Online registration will be available after August 15th, 2009, at [www.columbiafertility.org](http://www.columbiafertility.org)

ONLINE APPLICATION AVAILABLE AT  
[WWW.COLUMBIAFERTILITY.ORG](http://WWW.COLUMBIAFERTILITY.ORG)  
PLEASE COMPLETE THE APPLICATION FORM BELOW,  
DETACH IT AND MAIL OR FAX IT TO US

### APPLICATION FORM

Name \_\_\_\_\_

CWRC patient:  Yes  No

How I learned about this program: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Zip: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Fax: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Home Phone: \_\_\_\_\_

### FERTILITY EDUCATION WORKSHOP

*I would like to attend the following:*

**Covering the Cost of Treatment: In-Network, Out-of-Network, and More** February 25, 2009

**GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING** March 4, 2009

**Intrauterine Insemination (IUI): How Does It Fit Into Your Treatment Plan?** March 11, 2009

**Donor IVF: Screening, Matching, and Cycling** March 18, 2009

**Fertility and Yoga** March 25, 2009

**GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING** April 1, 2009

**Fertility and Acupuncture** April 8, 2009

**Embryo Selection: Behind the Scenes** April 15, 2009

**Fertility Preservation: Egg and Embryo Freezing** April 22, 2009

**Fertility Treatment Options: Which One Is Right for You?** April 29, 2009

**GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING** May 6, 2009

**Covering the Cost of Treatment: In-network, Out-of-Network, and More** May 13, 2009

**In Vitro Fertilization (IVF)** May 20, 2009

**Unexplained Infertility** May 27, 2009

**GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING** June 3, 2009

**Preimplantation Genetic Diagnosis (PGD)** June 10, 2009

**Understanding Ovarian Reserve: What Is the Deal with FSH and MIS?** June 17, 2009

**Understanding Ovarian Reserve: Egg Donation: Disclosure vs. Non-Disclosure** June 24, 2009

**GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING** July 8, 2009

**Understanding Male Reproduction: A Urologist's Perspective** July 15, 2009

**Coping with Infertility: Stress Management** July 22, 2009

**Fertility Medication: How Does It Affect You?** July 29, 2009

**GETTING STARTED: BEING MORE SUCCESSFUL FROM THE BEGINNING** August 5, 2009

TEAR OFF HERE