

Having a Baby



by Benjamin Margalit/Margalit Studio

University Hospitals Fertility Center West is under the management of Medical Director James Goldfarb, MD, an OB/GYN who performed Ohio's first in vitro fertilization birth in 1983. Pictured above is Brooke Rossi, MD, an OB/GYN at UH Fertility Center West, who specializes in Reproductive Endocrinology and Infertility.



If you're having trouble conceiving, the team of specialists at *University Hospitals Fertility Center West* can help—often with some very simple solutions.

by **KenMcEntee**
Contributing Writer

For many young couples, the greatest joy of the holidays is sharing the magical season with their children, dressing them to the nines and watching their eyes sparkle brightly as they rip open new toys and dart excitedly through the festively decorated house with little cousins and friends.



But the season can be particularly frustrating and stressful for couples who have been unsuccessfully trying to have a child of their own.

"You can imagine how stressful it can be when family members are asking when you're going to have a baby, not realizing that you've been trying for months," relates Brook V. Rossi, MD, an OB/GYN who along with Bryan Hecht, MD and William Hurd, MD, MPH provide specialized Reproductive Endocrinology and Infertility services at University Hospitals Fertility Center West. "It can be a bad time of year for some people."

It doesn't necessarily have to be.

Many couples that are having trouble conceiving don't realize that their fertility problems may be corrected as simply as

taking medication or hormone shots, Dr. Rossi assures.

"People often associate fertility clinics with in vitro fertilization (IVF)," she says. "In fact, the solution is often very minimal, like simply understanding the easiest time to get pregnant. Only a minority of our patients end up having to do something more invasive, like IVF. Many times, just talking with a fertility specialist can be very helpful."

Working with University Hospitals' expert team of fertility specialists is more convenient than ever at the new UH Fertility Center West at Crocker Park. The UH Fertility program is under the management of Medical Director Dr. James Goldfarb, an OB/GYN who performed Ohio's first in vitro fertilization birth in 1983, and the world's first in vitro fertilization/surrogate birth in 1986.

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The new Westlake location is an intimate, comfortable, state-of-the-art facility that boasts the latest technology and offers comprehensive, individualized care in a

welcoming, patient-friendly environment, Dr. Rossi assures.

She says infertility is a common issue that affects eight to 10 percent of all couples.

"What makes it more stressful is that it is usually not something people expect," she says. "People expect that when they're ready to start a family everything will work smoothly. When nothing happens after a few months, it can be very frustrating."

Dr. Rossi suggests that women under the age of 34 try to get pregnant for at least a year before consulting with an infertility specialist. Women over the age of 34 may want to schedule a consultation after trying for six months. Couples who have a medical condition or other known problems that could interfere with the ability to conceive may want to discuss their options right away.

A couple's initial consultation lasts about 45 minutes and includes physical exams and a discussion of medical histories. An ultrasound of the woman's pelvis, blood tests for hormone levels and a semen analysis also may be conducted.

The most common problems that cause infertility, Dr. Rossi explains, are anovulation—the failure of the ovary to release an egg; male factor infertility—usually a low sperm count; a combination of the two; or, in 20 percent of all cases, no cause can be found.

"We offer a continuum that starts with

easy, inexpensive treatments, starting with education, then medication that causes the release of one or more eggs," Dr. Rossi says. "Later we may do hormone shots, and, eventually, in vitro fertilization or other options if necessary."

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With six specialists who have been helping couples get pregnant for decades, University Hospitals' fertility program is an international leader in the field, Dr. Rossi says.

"If there are any concerns about not getting pregnant, at least come in and talk to us," she invites. "If nothing else, it might make you feel better. Or, it might make you realize that nothing is broken and you simply need more time."

She adds that the clinic also helps single women and same-sex couples of both genders to start families.

The UH Fertility Center West at Crocker Park is located at 2055 Crocker Road, Suite 206, in Westlake. You can call 440-808-5100, or get more information at www.UHhospitals.org/fertility.