

Our TTC Journey
March – September 2007



Fertility Specialists Medical Group, Inc.

I knew that it would take some professional help to get us pregnant because my PCOS impedes ovulation. I was referred to Fertility Specialists, located in San Diego, Ca (www.ivfspecialists.com) in March 2007, and on the 9th I went to their offices for a consult. That morning I'd walked off of a cruise ship, and I was really overweight. My doctor, Dr. Katz, told me that he'd prescribe me a diet pill, if I'd like to take it and shrink and then we could try some cycles of fertility meds. I would have better success rates if we did this treatment plan, but of course if I wanted to start treatment without shrinking he would help us with that too. I decided it would be best if I shrank, so that was what we agreed to do.

Naren had returned from a visit to India to see his new nephew (right), and when he returned I told him of the wonderful reassuring news I'd received from Dr. Katz. I gently explained that it would help our fertility efforts if he stopped smoking, as nicotine is harmful to sperm. It makes them forget how to fertilize eggs. This could hurt our chances of conception, and I didn't want to delay things any further. So taking the Metformin and the Bontril I was able to drop the weight really fast.



I would stop into their office every Wednesday morning for a weight check, and then eventually I went every two weeks because of the expensive \$20 co pay each visit. Naren did give up cigarettes and occasionally chews the nicotine gum. I am very proud of him for working so hard to overcome the cigarette addiction. We had a wonderful cruise coming up in September.

Knowing that we both wanted to drink on that cruise, we decided that I would shrink until the September cruise and then go back to the doctor's office when we returned from our vacation.

(I am on the far left) I had gone from 315lbs to 275lbs. I was able to fit into my size 20 skinny dress and couldn't believe it. Being smaller has helped other areas of my daily life too, and I knew the staff was happy to see that I'd shrunk.

