



The Infertility Support Network (TISN) Trust

Non-Profit Organization Number 069-682

Issue 2 / 2010

April – June 2010

WORD FROM THE FOUNDERS

The Infertility Support Network Trust is currently undergoing some renovation in terms of its logo and general outlay. We want to project **hope** in what appears to be for many a hopeless situation. The nest in the above logo is empty implying the absence of children but the green leaf on the branch above suggests hope / life in the midst of the very same situation. We trust God for His abundance in the perfect plan that He has for each of our lives !

In this issue, we honour the mother of The Infertility Support Network Trust, Kowie Muller, who celebrated her 70th birthday on 2nd March 2010. Tannie Kowie is our spiritual mum and supports this ministry since its birth with much prayer, advice, guidance ... the exact manner in which a biological mum would. We pray that God will strengthen and keep her in our company for many years to come as she gives off herself selflessly in her counselling ministry to make this world a better place !



*THE HEALTH
PROFESSIONS
COUNCIL OF
SOUTH AFRICA*

In 2009, TISN tabled an important issue with the HPCSA wherein it was motivated that the consulting rooms of every infertility specialist in South Africa should make the services of a psychologist available free of charge.

This was to allow couples / individuals who experience the trauma of infertility to be able to speak in confidence to an accessible / affordable specialist who can arm him/her/them with the necessary emotional tools to deal with the rollercoaster ride and keep their relationship intact. Many relationships have dissolved permanently as a result of not coping with the trauma of infertility. We await feedback from the HPCSA and will keep you posted.

MOTHER TERESA

“When I come in contact with people, I believe that everyone is **special** in God no matter how useless they may think they are ... after that you may find some people more special than others for your own reasons.

What I see in people is not their inadequacies – I see the perfection in their imperfection. I see how a person can use his tongue to operate a computer because he has no hands or legs, I hear how a blind person can motivate millions through sharpened senses to go out and make a difference ... I see how a person who lives an average life, can soar like an eagle if only I can make him believe in himself to strive for more and leave behind a legacy !

Through my life, I want merely to give and inspire **love** to anyone and everyone knowing full well that somewhere, I might be making a difference to someone’s life in a very cruel world.

If this world is overwhelmed with poverty, it is because you and I don’t give enough (of our time, our talent and our resources) – we may be rich in material wealth but we are then poor in spirit. I make no apology for being brutally honest.”

ENDOMETRIOSIS NEWS



In an analysis of DNA samples from over 3000 women, Juneau Biosciences have discovered a number of DNA variations that were different in women with endometriosis from those without the condition. These variations may lead to a DNA-based test able to determine whether or not a woman is predisposed to develop endometriosis. To keep up to date with endometriosis news, click on <http://www.endometriosis.org>.

BE KIND

Be kinder than necessary because everyone you meet is fighting some
kind of battle

A sharp tongue can cut your own throat

If you want your dreams to come true, you must not oversleep

Of all the things you wear, your expression is most important

The best vitamin for making friends ... B1

The happiness of your life depends on the quality of your thoughts

The heaviest thing you can carry is a grudge

One thing you can give and still keep ... is your word

You lie the loudest when you lie to yourself

If you lack the courage to start, you have already finished

One thing you can't recycle is wasted time

Ideas won't work unless "YOU" do

Your mind is like a parachute ... it functions only when open

The pursuit of happiness is the chase of a lifetime

It is never too late to become what you might have been

PREPARING YOUR BODY FOR PREGNANCY

Watching the pregnancy stick every month as you eagerly await two pink lines can be traumatic. There are some things that one can do to prepare your mind and body for the anticipated miracle :

- a. Schedule an appointment with a professional gynaecologist / fertility specialist who will run the routine tests to eliminate any possible infertility problems
- b. Try to achieve a normal weight for your height
- c. Maintain a healthy diet with a balanced meal
- d. Take the appropriate multi-vitamins that can support your fertility health
- e. Avoid cigarettes, alcohol and drugs
- f. Make plans for emotional support – a support system is essential prior or during pregnancy
- g. Avoid environmental toxins

Recommended reading

Potter DA and Hanin JS : "What to do when you can't get pregnant : The Complete Guide to All the Technologies for Couples Facing Fertility Problems" – Da Capo Press, 2005

PLEASE KEEP BABY GENESIS HEENA SOOBRAMANI IN YOUR PRAYERS



Kugan and Linda Soobramani are currently in the process of adopting baby Genesis Heena Soobramani (now 8 months old) from an orphanage in India. The paperwork and process is lengthy and still in progress. The couple pray that their baby girl will be officially part of their family and in their Limpopo home soon. We would like to humbly request that you keep this adoption in prayer and trust God with Kugan and Linda that they become a family as soon as possible. With God, nothing is impossible !

AFRICA TO GET CHEAP IVF PROCEDURE

Doctors are getting ready to introduce a cheap in-vitro fertilisation procedure across Africa, where women often are ostracized as witches or social outcasts if they cannot have children. More than 30 % of women on the continent are unable to have children. "Infertility is taboo in Africa", said Willem Ombelet, head of a task force at the European Society of Human Reproduction and Embryology looking into infertility in developing countries. "The cheap version of IVF costs less than R1500. Standard IVF treatments in the West can cost up to R78000. Experts said that even if millions of women were treated with low-cost IVF, it would only result in a one to two percent boost in the overall population. But with limited funds for public health, officials admitted it would be a tough sell.

Mamas and Papas, page 16, April 2010

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Derrick and Krishnee would like to thank God and the sponsors towards the Easter Grocery Hampers Project 2010 for their contribution in cash or kind. This is an annual project now done twice per year. We prepared 200 grocery hampers in 20 litre sealed buckets in March 2010. Each grocery hamper contained non-perishable food items for approximately 3 weeks for a family of four together with a Bible. The entire project cost R34 000.00. The hampers were distributed to very grateful homes, regardless of race or religion, in need of food over the Easter period. If you wish to participate in the Christmas Grocery Hamper Project in November 2010, please contact Krishnee Kissoonduth on 082 9555 572.