
INFERTILITY-SUPPORT NEWSLETTER

{The long walk to parenthood}

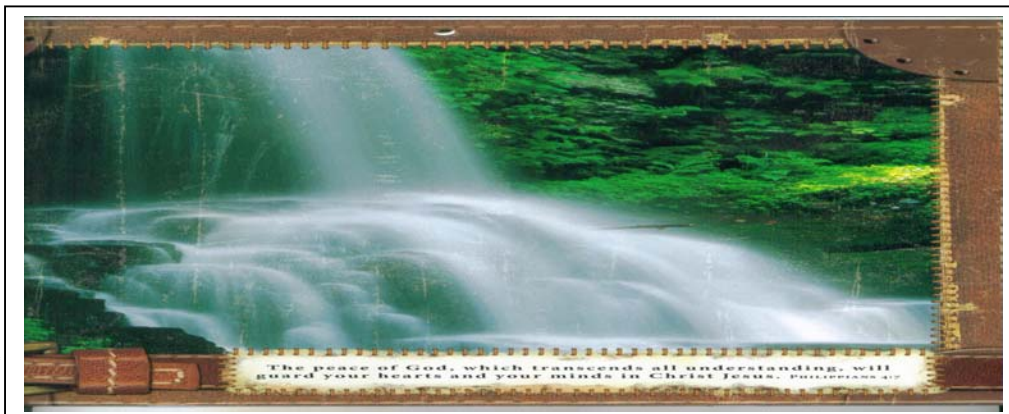
<http://www.infertility-support.org.za>

February / March 2009

Issue 4

WORD FROM THE FOUNDER

2008 has literally flown by and here we are in a brand new year. We wish you all a year of abundance with answers being received to every prayer that you have uttered. In the meanwhile, The Infertility Support Network (TISN) has grown steadily since its inception on 2008-08-01 with e-mails from people locally and abroad. Several magazines such as Joy, Longevity, Living and Loving, Mother and Child and De Vico as well as newspapers such as the Cape Argus, Kwazulu-Natal Post, Pretoria Rekord, Mpumalanga Lowvelder and Pretoria Eastern have given exposure to the challenges facing subfertile couples and the options available to anyone on this rollercoaster ride. We pray that the network of encouragement provided by TISN by virtue of its 4-pronged approach will continue to extend further and wider via : Firstly, via the website <http://www.infertility-support.org.za>; Secondly, via the circulation of an informative newsletter every two months as widely as possible beyond the shores of South Africa; Thirdly, via the hosting of support group meetings on the first Saturday of every month; Fourthly, via the circulation of a message of encouragement every weekday evening to a person's cellphone.



THE JOURNEY OF LIFE

Do not undermine your worth by comparing yourself with others,

It is because we are different that each of us is special.

Do not set your goals by what other people deem important.

Only you know what is best for you.

Do not take for granted the things closest to your heart.

Cling to them as you would your life, for without them,
life is meaningless.

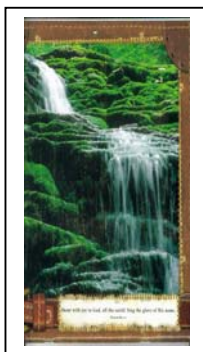
Do not let your life slip through your fingers by living
in the past nor the future.

By living your life one day at a time, you live all the
days of your life.

Do not give up when you still have something to give.

Nothing is really over until the moment you stop trying.

It is a fragile thread that binds us to each other.



Do not be afraid to encounter risks.

It is by taking chances that we learn how to be brave.

Do not shut love out of your life by saying it is impossible to find.

The quickest way to receive love is to give love.

The fastest way to lose love is to hold it too tightly.

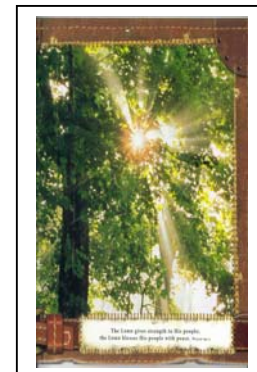
In addition, the best way to keep love is to give it wings.

Do not dismiss your dreams as to be without dreams

is to be without hope, to be without hope is to be
without purpose.

Do not run through life so fast that you forget not
only where you have been but also where you are going.

Life is not a race but a journey to be savoured each
step of the way !



DONOR EGGS / SPERM AND SURROGACY – WHAT IS IT ALL ABOUT ?

For many women, the ability to ovulate good quality eggs, which is taken for granted by others, is an absolute privilege. Problems range from the inability to ovulate to bearing poor quality eggs that cannot be utilized during any form of fertility treatment. A similar problem might be experienced with poor quality sperm or no sperm at all on a man's side. In such cases, an option available to a couple is to utilize eggs donated by another woman or sperm available via a sperm bank. Making use of a surrogate mum becomes necessary if a woman's womb, for a variety of reasons, is unable to carry a baby to full term. Recently, two women in South Africa who have been through the challenges of infertility firsthand launched Nurture, South Africa's premier Egg Donor and Surrogacy Programme (<http://www.nurture.co.za>).

Using donor eggs, donor sperm or a surrogate mum must be managed within a structured programme as there are several legal issues attached. In South African law, the birth mother is understood to be the legal mum of the child that is born. A couple that makes use of a surrogate mum must ensure that a legally binding contract is signed between both parties to avoid an emotional turmoil at birth when the surrogate mum may not be willing to hand over the baby.



Couples that make use of donor eggs or donor sperm will likely go through a grieving process first in coming to terms that their own DNA is not contained in the child that may be conceived. This grieving process is similar to the loss a couple may feel before they go down the route of adoption. It is absolutely normal for any couple to want their biological child. The difference between using donor eggs/sperm to adoption is that the bonding process in the former starts in the uterus. It is also comforting to know that part of the DNA in the unborn child is coming from at least one of the two parents.

If a couple entertains the option of donor sperm, donor eggs or alternatively surrogacy, it is vital that they are surrounded by a healthy support system.

For more information on the procedure to follow if you wish to join Nurtures egg donor and surrogacy programme, please check the website <http://www.nurture.co.za> for contact information for the founders, Melany Bartok and Tertia Albertyn. Pam Duffield, who manages the Donor Egg and Surrogacy Programme for Medfem Fertility Clinic in Sandton, Gauteng can be contacted at medfem@medfem.co.za or (011) 463 2244.

Your Pregnancy – December 2008 / January 2009

DID YOU KNOW ?

1. Coffee may decrease fertility.
2. Vitamin C in small doses can increase your fertility by improving your cervical fluid. Too much Vitamin C can cause your cervical fluid to dry up.
3. One drink of alcohol per day can increase the difficulty of becoming pregnant by up to 30%.
4. Recent research has found that the antioxidant lycopene can cut up to 90% of the chemical activity leading to scar tissue build-up. This can be achieved by eating 1 tomato per day. This may prevent the internal scarring caused by the womb condition endometriosis.
5. Esperide, the generic Eglonyl, is known to induce lactation and is particularly useful when wanting to breastfeed an adopted baby.
 - a) The website <http://www.asklenore.com> describes protocols for inducing lactation.
 - b) "Breastfeeding an adopted baby and relactation" by Elizabeth Hormann is available from info@llisa.co.za. You can also find support on the website <http://www.lalecheleague.org>.
 - c) For more information on adoptive nursing, contact Dr Jennifer Naude on 083 2166 893.

Health Tip of the Day (tips@healthmail.co.za)

Your Pregnancy : December 2008 / January 2009

SUPPORT GROUP MEETINGS

The purpose of support group meetings is to create an environment where anyone facing the challenges of infertility can be comfortable enough to speak of their fears and disappointments and receive support to deal with a traumatic experience. Since the meeting consists of people that are facing the same challenge, the environment is likely to be supportive and encouraging with no fear of being judged. Pastor Andrew Roebert (Managing Director – Impact Radio), Katinka Pieterse (Head – Abba Adoptions), Dr Richard Joubert (infertility specialist) and Cornelia van Zyl (embryologist) have been guests at past support group meetings.



Not only is educational information shared but people have the opportunity to ask questions relevant to their unique situation. Support group meetings take place on the first Saturday of every month from 2-5pm in Pretoria East with the intention to open support groups in other areas within Gauteng and other provinces in South Africa. All expenses that might be necessary are borne by TISN.

A TROUBLED MARRIAGE – IS HAVING CHILDREN THE SOLUTION ?



It is generally expected in society that every couple that enter into marriage will have children at some point. If that does not happen within a reasonable time, the couple will experience a great deal of stress personally, as a couple and from the extended family. Infertility can take its toll on the strongest of marriages and the most courageous of persons.

But what happens if the marriage between two people is already on shaky ground ... is it wise to bring a child into the situation to save the marriage. Those who have been approached in this regard seem to answer overwhelmingly “NO”. A baby may camouflage the hidden problems for a few months but if the underlying problems in the marriage have not been addressed, it will resurface at some point probably when the novelty of having a baby in the home has worn off. By then, arguments will resume between husband and wife and the child will then be exposed to bitterness and anger that seem to escalate out of proportion often ending in divorce.

Perhaps the most healthy approach a couple can adopt in the event of a troubled marriage is to talk their problems through between themselves. If professional help is necessary in the form of a counselor, that option can be explored. Outside interference from well meaning or overbearing friends or family may need to be isolated if the couple seek their privacy within which to solve their issues.

Any potential parent must realize the overwhelming responsibility that parenthood will bring ... it will no longer be about you but about that child alone. One parent aptly described parenthood as “having your heart walk around outside your body”. Children learn what they live. A baby deserves to be born into the most conducive family atmosphere that will encourage his/her growth to the maximum and see him/her realize his full potential in life.



CONTACT ME ?

Krishnee Kissoonduth

krishnee@infertility-support.org.za

<http://www.infertility-support.org.za>

082 9555 572, PO Box 66351, Woodhill, 0076,

Pretoria, Republic of South Africa

DO MIRACLES STILL HAPPEN ?



Mother Rajo Devi, 70, holding her daughter poses with her husband Bala Ram, 72, right, at the National Fertility Center in Hisar, India, earlier this week

Baby for mum at 70

NEW DELHI: An Indian woman who claims to be about 70 years old has given birth to her first child, her doctor said yesterday.

Dr Anurag Bishnoi of the National Fertility Centre in northern Haryana state said that Rajo Devi delivered a baby girl by caesarean section last month.

The baby girl, conceived through in vitro fertilisation treatment, was born on November 28 and was in good health, the doctor said.

"I'm happy. The baby is doing well," Devi said in a telephone interview.

It is impossible to verify whether Devi is the world's oldest woman to give birth as she has no birth certificate.

Devi, who lives in a village north of

New Delhi, says she is about 70 years old and her husband, a farmer, around 72.

Devi said the couple, after being childless during 55 years of marriage, received in vitro treatment at the fertility centre in April after reading newspaper reports of a 58-year-old woman who last year delivered twins conceived through the procedure.

A growing number of couples have turned to fertility treatments in India, where there are relatively lax regulations for such procedures.

In 2006, Carmela Bousada of Spain became what was believed to be the oldest new mother when she delivered twin boys at age 66. Before that, Romanian citizen Adriana Iliescu gave birth to a baby girl in January 2005, also at 66.