
INFERTILITY-SUPPORT NEWSLETTER

{The long walk to parenthood}

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

June / July 2009

2009 – Issue 3

WORD FROM THE FOUNDER

Every person has a pair of biological parents. We honour and respect our biological parents for the sacrifices they made to allow us to progress in our lives and develop into successful adults. Even if we have unstable parents with whom we may not agree, we are still required to show the necessary respect.



Along the journey of life, you also meet people who are not biologically related, but who you come to love and appreciate as you would a member of your biological family. In this issue of the newsletter, we pay tribute to such jewels that substitute easily as parents, brothers and sisters in our lives. Pastor Ferdi Muller and Tannie Kowie Muller (Our Pretoria Parents – OPP) came into our lives directly from the hand of God at the right time. They have stood with us as parents through the creation of The Infertility Support Network (TISN) and continue to support every aspect of TISN through prayer and encouragement.

Since its inception in August 2008, TISN has featured in almost every major magazine and has extended its ministry beyond the shores of South Africa and Africa. We are humbled to be used as instruments by the Lord in extending much needed encouragement and support as far and wide as possible. May OPP enjoy many more wedding anniversaries than the 50th that they celebrated on 5th September 2008.

GOD ALWAYS ANSWERS PRAYER

When the idea is not right, God says, "NO"

No - when the idea is not the best

No - when the idea is absolutely wrong

No - when though it may help you, it could create problems for someone else

When the time is not right, God says "SLOW"

What a catastrophe it would be if God answered every prayer at the snap of your fingers. Do you know what would happen? God would become your servant not your master. Suddenly, God would be working for you instead of you working for God!

Remember, God's delays are not God's denials. God's timing is perfect. Patience is what we need in prayer.

When you are not right, God says "GROW"

The selfish person has to grow in unselfishness

The cautious person must grow in courage

The timid person must grow in confidence

The dominating person must grow in sensitivity

The critical person must grow in tolerance

The negative person must grow in positive attitude

The pleasure-seeking person must grow in compassion for suffering people



When everything is all right, God says "GO"

Then miracles happen ...

A hopeless alcoholic is set free

A drug addict finds release

A doubter becomes as a child in his belief

Diseased tissue responds to treatment and healing begins

The door to your dream suddenly swings open and there stands God saying "GO"

Dr Robert Schuller

EXCITING COMPETITION

JUNE / JULY 2009

To win one of two Woolworths cash vouchers of **R500.00** each, e-mail the answer to the question below to krishnee@infertility-support.org.za or SMS the answer to 082 9555 572 :

Question : What does the acronym **ICSI** stand for ?

Closing date : Friday 12th June 2009 (18H00)

MAINTAINING A HEALTHY LIFESTYLE

Maintaining a healthy lifestyle cannot be over-emphasized. It is critical in view of the fast-paced microwave style life that we tend to lead these days. It is especially important if you are challenged by infertility. Part of this healthy lifestyle involves also taking care of our frame of mind, which is influenced a lot by the company that we keep. People influence not only our opinions but also our self-esteem.

- Be wary whom you ask for directions along the road of life. Not everyone will be happy for you and spur you on to succeed;
- Surround yourself with people who have sound morals and are consistent in their behaviour – their walk must match their talk;
- Associate with optimistic people who have an attitude of “to make something out of nothing”;
- Never receive counsel from unproductive people who don't follow their own advice;
- Differentiate between acquaintances and friends – friends will see you through even when others think you're through !

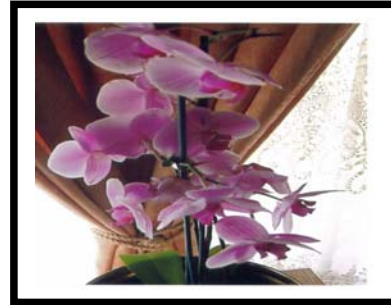


Being told by a gynaecologist that you are infertile is devastating. Many specialists don't use the necessary sensitivity or tact when handing down such test results and couples often leave a gynae's rooms in utter shock, questioning whether their marriage will be able to survive the disappointment. What needs to be remembered is that modern medicine can achieve much today – whether it is a low or poor sperm count in a man to anovulation in a woman. Infertility treatments can cost a couple an arm and a leg. The cost appears to vary from one fertility clinic to another and appears to depend, in part, on the area in which the clinic is located. It would be wise for a couple to discuss their options together and keep focussed on this emotional journey as infertility treatment may not necessarily work after the first attempt.

- a) **Induction of ovulation** – The goal of this treatment is to stimulate ovulation in a woman who doesn't ovulate. The treatment can be simple, such as giving the woman hormone tablets, or it can be more sophisticated with the need for injections.
- b) **Intra Uterine Insemination (IUI)** – In this procedure, the woman is stimulated to ovulate followed by quality sperm being placed in the uterus to allow for natural fertilization.
- c) **In Vitro Fertilization (IVF) with Embryo Transfer (ET)** – After a woman is stimulated to produce more eggs, the eggs are aspirated and kept in the laboratory. A sperm sample is taken from the husband and the quality sperm is placed with the aspirated eggs to allow for natural fertilization in a laboratory environment. The resulting embryos are placed back into the uterus of the woman for potential implantation.
- d) **Intracytoplasmic Sperm Injection (ICSI)** – A single sperm is injected into an egg. The resulting embryos are usually after 3-5 days transferred into the uterus of a woman for potential implantation.
- e) **Assisted hatching (AH)** – AH involves thinning or making a small hole in the layer that surrounds the embryo to allow it a better chance of hatching and implanting in the uterus.

RECOMMENDED DVD ' S

1. Fireproof
2. Facing The Giants
3. Flywheel
4. The Pursuit Of Happiness
5. Losing Isaiah



PROGRESS REGARDING THE INFERTILITY SUPPORT NETWORK (TISN)

TISN was recently created as a trust and is in the process of being set up as a non-profit organization via the Department of Social Development. The network has grown since its inception on 1st August 2008 and currently has 2098 hits on the website <http://www.infertility-support.org.za>. The SMS of encouragement every weekday evening reaches over 100 people across South Africa, Namibia, Swaziland and abroad. Support group meetings continue to provide encouragement and a supportive network on a monthly basis. Since its inception, TISN has received exposure in a variety of newspapers around South Africa, in a radio interview on Radio Tygerberg in the Western Cape and in a variety of magazines viz. Longevity, Living and Loving, Destiny, Vision, Today, Joy, Intra Muros and Mother and Child. We thank God for bringing healing, hope and encouragement into the lives of many couples and individuals.

Mahatma Gandhi “**YOU** be the change you want to see in the world !”



CONTACT US ?

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BABY2MOM – EGG DONATION AND SURROGACY PROGRAMME

“baby2mom Egg Donation and Surrogacy Programme” offers affordable and effective assistance to people looking for egg donation. baby2mom has facilitated close on 160 donor egg and/ or surrogacy programmes. All egg donors undergo an extensive screening process to ensure that recipients of donor eggs are afforded the best chance of conceiving. With extensive experience in this field, baby2mom Egg Donation and Surrogacy Programme is suited to assisting recipients who need donor eggs and/ or surrogate moms - with a strong referral base to associated professionals who can assist with the necessary support and treatments. Visit www.baby2mom.co.za for all necessary information in this regard. baby2mom is part of seeing just how beautiful South Africa is because most egg donors participate because they want to help some one.

Jenny Currie

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UNBORN BABY GRABS SURGEON'S FINGER

