

### **TRY EVERYTHING – ONE JUST MIGHT WORK**

I have just turned 37 years old, and while I am not childless, the pursuit of pregnancy has been no less difficult, suffering from what they term as “secondary infertility”.

My husband and I first decided to start a family on my 30<sup>th</sup> birthday, having no idea that there would be any problems. After a year of trying, I saw a gynecologist who promptly booked me in for a Laparoscopy and Hysteroscopy, as well as a Dye Hydrotubation. When he could find nothing wrong with either me or my husband, he prescribed Clomid. After a few months of trying on Clomid, I gave it up (and relaxed), and OF COURSE fell pregnant that month – giving birth to a healthy baby girl.

Then, when my daughter was 2 ½, (I was then 34 ½) we decided to try again, going straight onto Clomid, but after 1 year; no luck. In for another Laparoscopy, Hysteroscopy, as well as a Dye Hydrotubation, and still nothing looked wrong with me. We were then referred to IVF, where we decided to try the ‘soft option’ of IUI, but no luck – my period came Christmas Eve.

At that point I had heard of a Chinese Herbal Doctor who evidently had quite a reputation of success with infertility, so off I went. He assessed me and put me on very high doses of daily herbs, which gave me renewed optimism. (The herbs were NOT cheap – about \$300 per month).

In March this year we decided to do IVF, our first cycle producing 22 eggs, 15 of which fertilized. Good News – we thought. HOWEVER, because so many were produced, they were afraid of Ovarian Hyperstimulation Syndrome, so they froze them all. Then we had to wait 2 months before trying a frozen cycle – no luck. Then another frozen cycle; still no luck. I really was left having NO FAITH in freezing those poor little embryos.

Meanwhile, I continued to look at my life to see what else was going on that could be inhibiting success, turning to a Psychotherapist for therapy on finding ways to reduce my stress levels, and do hypnotherapy, which really did start to relax me. After 5 months of therapy/hypnotherapy; 9 months of high doses of Chinese herbs, I then read about Caffeine affecting chances of implantation, so I stopped coffee and diet Pepsi cold turkey.

We then had another try at a fresh IVF cycle, this time with reduced doses so as not to overproduce eggs; it worked! We produced 16 eggs, 13 of which fertilized. We then had terrific success with growing them to day 5 blastocysts (9 reached this stage: 3 were Expanded Blastocysts). We had 2 transferred, and 2 days ago I found out I was pregnant!!!

Early days yet, I know; but I thought it necessary to share our story with all of you who are perhaps considering some of the options we turned to. Which of them worked? We may never know, but we are EVER SO THANKFUL that we kept trying new things.

Don't give up! I'll keep you posted on my outcome....  
(SHM, NSW)