

## Fertility Counseling Clinical Guide And Case Studies

Sexual Health, Fertility, and Relationships in Cancer Care  
Fertility Counseling  
The Boston IVF Handbook of Infertility  
The IVF Guide  
Varicocele and Male Infertility  
Handbook of Fertility  
Silent Birth  
Fertility Walk  
The Fertility Diet: Groundbreaking Research Reveals Natural Ways to Boost Ovulation and Improve Your Chances of Getting Pregnant  
Riding the Infertility Roller Coaster  
The Hands-on Guide to Clinical Reasoning in Medicine  
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Taking Charge of Your Fertility  
Male Infertility: An Integrative Manual of Western and Chinese Medicine  
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Speroff's Clinical Gynecologic Endocrinology and Infertility  
Frozen Dreams  
Spiritual Fertility  
Handbook of Perinatal Clinical Psychology

### Sexual Health, Fertility, and Relationships in Cancer Care

This unique textbook – the first of its kind – presents a thoughtful and comprehensive discussion of the significance of varicocele and its impact on male fertility. This hot topic is covered from a multitude of angles in seven thematic sections: origin and pathophysiology, clinical evaluation, medical and surgical therapy, controversies, pro and con debates, and clinical case scenarios. The scope of varicocele includes basic and transitional research, genetics, diagnostic testing with conventional and advanced molecular biology approaches, hormonal control, interventional therapy and assisted reproductive technology (ART). Repair of varicocele, which can be carried out by various methods, not only alleviates oxidative stress-associated infertility but also prevents and protects against the progressive character of varicocele and its consequent upregulations of systemic oxidative stress. Even with the advances in the understanding of this intriguing disease and consensus on some areas such as diagnosis and pathophysiology, substantial controversy still exists, in particular concerning the benefits of treatment and to whom treatment should be offered. Additional chapters discuss, in depth, such controversies surrounding the role of varicocele in male infertility and present clinical case scenarios dealing with management of subclinical and clinical varicocele. A series of editorial comments is provided by the editors at the end of selected chapters, containing an objective and concise summary of the information from each chapter. In addition, chapters open up with key points for quick references and conclude with multiple choice questions and answers for immediate review and retention of the rich content. Generously illustrated, *Varicocele and Male Infertility: A Complete Guide* represents an invaluable tool for medical students in reproductive medicine as well as researchers and clinicians working in the field of infertility (e.g., urologists, gynecologists, reproductive endocrinologists, and embryologists) and is

comprised of chapters written by leading and internationally recognized clinicians and scientists with expertise in varicocele, skillfully edited by leaders in the field.

### **Fertility Counseling**

Infertility: Psychological Issues and Counseling Strategies is a valuable reference for mental health professionals who treat individuals and couples grappling with the psychological and emotional strains of infertility and its treatment. Drawing upon their professional experiences as well as the current literature in the field, leading practitioners consider the differences in how women and men react to a diagnosis of infertility and describe strategies for helping individuals deal with the anxieties, feelings of inadequacy, and low self-esteem that can follow such a diagnosis. These experts examine the effects of infertility on love, sex, and other facets of a relationship and detail methods for helping couples resolve conflicts about infertility. They explore the latest findings on pregnancy-related stress and its possible somatic effects, and they describe effective stress management techniques. They offer practical guidelines for helping patients to cope with failed fertility treatments and manage the grief of a miscarriage. And they examine a wide range of clinical issues surrounding alternative routes to parenting, including adoption.

### **The Boston IVF Handbook of Infertility**

A comprehensive guide for the clinical practitioner. The authors draw from a wealth of empirical research as well as numerous case studies to provide a deep understanding of the experience of infertility and how to help guide patients through the process.ùMary P. Riddle, PhD, The Pennsylvania State University, World Campus --

### **The IVF Guide**

Truthfully, the trail we follow through infertility is not an easy one. We will stumble and fall, meander at times, and occasionally skip with joy. The key is that you will not be alone and you won't be without your walking tools; the following chapters are meant to serve as your compass, map, and mile markers. And me? Well, I'm your walking partner. As we take this walk together, my ultimate intention for you is to find HOPE . . . Hope to alleviate fears and uncertainties Hope that you move forward on your journey Hope that your dreams will come true Hope that you will find peace within yourself Let's go take a walk . . .

### **Varicocele and Male Infertility**

Infertility affects more than one in ten couples worldwide and is related to highly heterogeneous pathologies sometimes only discernible in the germ line. Its complex etiology often, but not always, includes genetic factors besides anatomical defects, immunological interference, and environmental aspects. Nearly 30% of infertility cases are probably caused only by genetic defects. Thereby experimental animal knockout models convincingly show that infertility can be caused by single or multiple gene defects. Translating those basic research findings into clinical studies is challenging, leaving genetic causes for the vast majority of infertility patients unexplained. Nevertheless, a large number of candidate genes have been revealed by sophisticated molecular methods. This book provides a comprehensive overview on the subject of infertility written by the leading authorities in this field. It covers topics including basic biological, cytological, and molecular studies, as well as common and uncommon syndromes. It is a must-read for human geneticists, endocrinologists, epidemiologists, zoologists, and counsellors in human genetics, infertility, and assisted reproduction.

### **Handbook of Fertility**

#### **Silent Birth**

Infertility Counseling: A Comprehensive Handbook for Clinicians, 2nd edition, is a comprehensive, multidisciplinary textbook for all health professionals providing care for individuals facing reproductive health issues. It is the most thorough and extensive book currently available for clinicians in the field of infertility counseling, providing an exhaustive and comprehensive review of topics. It addresses both the medical and psychological aspects of infertility, reviewing assessment approaches, treatment strategies, counseling for medical conditions impacting fertility, third-party reproduction, alternative family building and post infertility counseling issues. Each chapter follows the same format: introduction, historical overview, literature review, theoretical framework, identification of clinical issues, suggestions for therapeutic interventions, and future implication. This edition also includes extensive appendixes of clinical tools useful to the clinician, including an Internet database of resources and an extensive glossary of terminology.

#### **Fertility Walk**

This unique, case-based guide provides a thoughtful and comprehensive overview of the genetic basis of male infertility for the practicing clinician. In addition to discussing the molecular foundations of sperm production and the consequences of genetic abnormalities on various stages of sperm development, it examines the clinical aspects of acknowledged genetic disorders and their implications on male fertility. In so doing, it offers the necessary tools required by the clinician for the diagnosis and treatment of infertile men with genetic abnormalities. Moreover, it provides essential algorithms that may aid

in counseling patients in the clinic. The text is arranged in four thematic sections for easy reference. The genetic foundation of male reproduction is presented in part 1, including regulation of sperm production, the structure of sperm chromatin, and spermatogenesis. The impact of genetic abnormalities on male infertility is the subject of part 2, covering sperm defects, mitochondrial function and DNA fragmentation. The clinical case material in part 3 illustrates real-world examples of genetic etiologies and the current diagnostic and therapeutic strategies for conditions such as vas asplasia, cryptorchidism, immotile cilia syndrome, sperm aneuploidy and other challenging scenarios. Casting forward, the fourth and final section presents an overview of future possibilities for management of genetic causes of male infertility, including gene editing. Fully exploring the clinical context of these genetic conditions in a practical manner that appeals to the practicing clinician, *Genetics of Male Infertility* is an exciting and essential text for reproductive medicine specialists, andrologists, urologists, researchers and all other clinicians treating infertile patients.

### **The Fertility Diet: Groundbreaking Research Reveals Natural Ways to Boost Ovulation and Improve Your Chances of Getting Pregnant**

This new edition for the twentieth anniversary of the groundbreaking national bestseller provides all the information you need to monitor your menstrual cycle—along with updated information on the latest reproductive technologies. Are you unhappy with your current method of birth control? Or demoralized by your quest to have a baby? Do you experience confusing signs and symptoms at various times in your cycle? This invaluable resource provides the answers to your questions while giving you amazing insights into your body. *Taking Charge of Your Fertility* has helped literally hundreds of thousands of women avoid pregnancy naturally, maximize their chances of getting pregnant, or simply gain better control of their gynecological and sexual health. Toni Weschler thoroughly explains the empowering Fertility Awareness Method (FAM), which in only a couple of minutes a day allows you to: Enjoy highly effective and scientifically proven birth control without chemicals or devices. Maximize your chances of conception before you see a doctor or resort to invasive high-tech options. Expedite your fertility treatment by quickly identifying impediments to pregnancy achievement. Gain control and a true understanding of your gynecological and sexual health. This new edition includes: A fully revised and intuitive charting system. A selection of personalized master charts for birth control, pregnancy achievement, breastfeeding, and menopause. An expanded sixteen-page color insert that reflects the book's most important concepts. Six brand-new chapters on topics including balancing hormones naturally, preserving your future fertility, and three medical conditions all women should be aware of.

### **Riding the Infertility Roller Coaster**

The book examines the major issues in perinatal clinical psychology with the presence of theoretical information and

operational indications, through a biopsychosocial approach. The multiplicity of scientific information reported makes this book both a comprehensive overview on the major perinatal mental health disorders and illnesses, and a clinical guide. It covers perinatal clinical psychology through a journey of 15 chapters, putting the arguments on a solid theoretical basis and reporting multiple operational indications of great utility for daily clinical practice. It has well documented new evidence bases in the field of clinical psychology that have underpinned the conspicuous current global and national developments in perinatal mental health. As such, it is an excellent resource for researchers, policy makers, and practitioners – in fact, anyone and everyone who wishes to understand and rediscover, in a single opera, the current scientific and application scenario related to psychological health during pregnancy and after childbirth.

### **The Hands-on Guide to Clinical Reasoning in Medicine**

Handbook of Fertility: Nutrition, Diet, Lifestyle and Reproductive Health focuses on the ways in which food, dietary supplements, and toxic agents, including alcohol and nicotine affect the reproductive health of both women and men. Researchers in nutrition, diet, epidemiology, and endocrinology will find this comprehensive resource invaluable in their long-term goal of understanding and improving reproductive health. This book brings together a broad range of experts researching the different aspects of foods and dietary supplements that promote or detract from reproductive health. Section One contains several overview chapters on fertility, how it is assessed, and how it can be affected by different metabolic states, nutritional habits, dietary supplements, the action of antioxidants, and lifestyle choices. Sections Two and Three consider how male and female fertility are affected by obesity, metabolic syndrome, hormonal imbalance, and even bariatric surgery. Section Four explores the ways diet, nutrition, and lifestyle support or retard the success of in vitro fertilization, while Section Five explores how alcohol and other drugs of abuse lower fertility in both women and men. Explores how alcohol, nicotine, and other drugs of abuse disrupt and impair reproductive health Reviews studies of common conditions such as obesity and metabolic syndrome and their effect on fertility and reproductive health Investigates the components of foods and dietary supplements, in particular oxidative stress and antioxidants Presents the nutritional effects of foods and dietary supplements and their benefits and risks relating to reproductive health

### **Coping with Infertility, Miscarriage, and Neonatal Loss**

As a quality resource that examines the psychological, neurobiological, cultural, and spiritual considerations that undergird optimal couple care, Foundations for Couples' Therapy teaches readers to conduct sensitive and comprehensive therapy with a diverse range of couples. Experts from social work, clinical psychotherapy, neuroscience, social psychology, and health respond to one of seven central case examples to help readers understand the dynamics within each partner, as well as within the couple as a system and within a broader cultural context. Presented within a Problem-Based Learning

approach (PBL), these cases ground the text in clinical reality. Contributors cover critical and emerging topics like cybersex, emotional well-being, forgiveness, military couples, developmental trauma, and more, making it a must-have for practitioners as well as graduate students.

### **Genetics of Human Infertility**

A PRACTICAL, INTENTIONAL GUIDE TO CREATING ENHANCED CONDITIONS FOR CONCEPTION Creating new life is a natural part of being a woman, but it doesn't always come as easily as we expect. With high-stress modern lives, many women's bodies are not prepared to nurture the growth of a child, and they may find it challenging to become pregnant. Heather Grzych discovered firsthand that the practice of Ayurveda, and its deep teachings on the Four Fertility Factors, could help her and other women create the optimal conditions for conception. She shares that understanding — which led to the birth of her son — in this comprehensive book. Ayurveda, the ancient "science of life," teaches rejuvenating mind-body-spirit practices and herbal remedies that will help you and your partner align with nature for a healthy conception. You can safely explore this holistic approach as you plan for your pregnancy. With Heather's guidance, you will discover and learn to enhance the factors that contribute to fertility and overall well-being, including the spiritual, emotional, and environmental dimensions of conception.

### **Counseling Women with Breast Cancer**

A groundbreaking contribution to the literature now in its revised and expanded second edition, this textbook offers a comprehensive review of diagnostic and treatment techniques for male infertility. This state-of-the-art, evidence-based textbook incorporates new multidisciplinary and complementary medicine approaches to create a first-of-its-kind guide to treatment strategies for male infertility and beyond. While this new edition is primarily designed as a reference for students and residents in reproductive medicine and andrology, it will be equally useful as well for professionals in urology, reproductive endocrinology, embryology, and research fields who are interested in the role that antioxidants play in male infertility. World-renowned experts in these areas have been selected to participate in this work. Careful selection of the highest quality content will span the whole range of topics in the area of male infertility, providing a complete review of well-established and current diagnostic and treatment techniques for male infertility. The incorporation of 20 new chapters will enhance the book's appeal by including the most recent advances brought to the male infertility arena. Additionally, this edition incorporates new features, including bulleted key points, review criteria and select video clips demonstrating some of the most fascinating male infertility treatment modalities. A dedicated new section on current guidelines on male infertility will enlighten readers on how to most optimally manage male infertility clinical scenarios. Covering all aspects of diagnosis and management, ART, lifestyle factors and associated conditions for male infertility, Male Infertility:

Contemporary Clinical Approaches, Andrology, ART and Antioxidants will be a readily accessible, high quality reference for medical students and residents, and will be of significant value to professionals working in the various fields treating this condition as well.

### **Infertility in Practice**

The field of infertility research and practice is one of continuous innovation and change, but alongside the increasing sophistication of assisted reproductive techniques there is as strong a need as ever for clinical experience and expertise and common practical sense to inform diagnosis and clinical decision making. Now in its fourth edition, Inf

### **Cystic Fibrosis in the Light of New Research**

"The dynamic spark that is responsible for creating each new human being cannot be reduced to a mass of cells and biochemical processes. There is a deeper mystery at play that women who are struggling with fertility can tap into." This book explains how to use the tools of spirituality and psychology to relax the endocrine system, change your perspective, and get pregnant. Everyone is fertile; however, our common standards for measuring fertility are faulty. Today, our currently accepted narratives around fertility offer much in the way of diagnosis, but little in the way of customized care and consideration of a woman's entire mind, body, and spirit. The dynamic spark responsible for creating each new human being cannot be reduced to a mass of cells and biochemical processes. There is a deeper mystery at play, one that women struggling with fertility can tap into. In this ground-breaking book, holistic fertility doctor Dr. Julie Von shows women a new way to approach fertility so that the entire experience of becoming pregnant is energetically uplifting. She shares tools and techniques that help nourish and build women's receptive energy to connect to the spiritual and unseen aspects of creating life. Dr. Von helps readers understand that principles of cosmic timing can be applied to all processes having to do with fertility and child-rearing, from freezing eggs, to conceiving, to choosing to adopt. With close to 20 years of clinical experience, Dr. Von has witnessed firsthand the power of the spiritual within fertility to balance the hormonal system and promote a healthy pregnancy.

### **Foundations for Couples' Therapy**

This book investigates the emerging use of biomarkers as a diagnostic tool for the identification of patients with an abnormal condition or as a tool for staging the extent of disease, as an indicator of disease prognosis. Chapters in Part I focus on biomarkers for cancer, including breast cancer and pancreatic cancer, as well as circulating microRNA profiling in cancer biomarker discovery. Chapters in Part II focus on biomarkers of other diagnoses/diseases, including sepsis, childhood

renal diseases, pulmonary diseases, Alzheimer's, leishmaniasis, and heart failure. This book investigates the emerging use of biomarkers as a diagnostic tool for the identification of patients with an abnormal condition or as a tool for staging the extent of disease, as an indicator of diseases prognosis. The book is of considerable importance for a broad range of people including researchers, clinicians, and university students.

### **Overcoming Male Infertility**

Based on the gold standard procedures and protocols developed at Boston IVF, this new edition of a bestselling text continues to provide a structured approach to treating the infertile couple that can be of benefit to the gynecologist, reproductive endocrinologist, and reproductive medicine nurse alike. Both clinical and laboratory techniques are included, with material on preconception care. New to this edition are chapters on fertility care for the LGBT community, endometriosis, elective egg freezing, and effective nursing.

### **Genetics of Male Infertility**

If you and your partner have struggled with fertility issues, you're well aware of the emotional roller coaster of confusion, frustration, and disappointment that infertility can set in motion. This book offers a comprehensive set of mind-body techniques you can use to help improve fertility from the comfort of your home and make the most of in vitro fertilization (IVF) or other fertility treatments. The stress reduction exercises, coping strategies, and simple lifestyle changes in The Infertility Workbook have been shown in research studies to improve fertility and increase pregnancy rates for couples. As you work through the book, you'll develop the skills you need to make peace with your body, let go of your fears, and help increase your chance of pregnancy. The book includes exercises and worksheets for:

- Understanding how worry and stress affect fertility
- Finding and working with a fertility specialist
- Coping with envy, disappointment, and blame
- Making the lifestyle choices that can help you conceive

### **The Clinical Guide to Fertility, Motherhood, and Eating Disorders**

The first fertility-boosting guide to feature the cutting-edge research results on fertility from the Nurses' Health Study More than 6 million women in the United States alone experience infertility problems User-friendly, medically approved advice clearly explained in 10 nutritional guidelines from two of Harvard Medical School's top voices in nutrition

### **Conquering Infertility**

This book is a comprehensive guide to addressing, working with, and healing from emotional struggles related to fertility and eating disorders. Covering the emotional, psychological and physical impact of anorexia nervosa, bulimia and binge eating disorder, this book explores the lived experience of numerous women and men who have lived with eating disorders, fertility, and parenthood. It delves into research on medical complications that can affect fertility, attachment, the experience of shame, adjustment to the postpartum period, and offers clinical tools for therapists to use to support clients from a weight and body neutral perspective. Those who read this book will come away with a renewed sense of hope for recovery and healing from serious mental illnesses, and the notion that the value of having a family may be stronger than the eating disorder itself. The only book of its kind, *The Clinical Guide to Fertility, Motherhood and Eating Disorders* will be useful to practitioners, therapists, and scholars alike.

### **Unsung Lullabies**

For people experiencing infertility, wanting a baby is a craving unlike any other. The intensity of their longing is matched only by the complexity of the emotional maze they must navigate. With insight and compassion, Drs. Janet Jaffe, Martha Diamond, and David Diamond—specialists in the field of Reproductive Psychology who have each experienced their own struggle with infertility—give couples the tools to: \*Reduce their sense of helplessness and isolation \*Identify their mates' coping styles to erase unfair expectations \*Listen to their "unsung lullabies"—their conscious and unconscious dreams about having a family—to mourn the losses of infertility and move on. Ground-breaking, wise, and compassionate, *Unsung Lullabies* is a necessary companion for anyone coping with infertility.

### **Feed Your Fertility**

This clear, perceptive and incredibly helpful book enables women to empower themselves to deal with the difficult and emotionally fraught issues surrounding infertility. Written by experienced counsellor Claire Hall and fertility expert Dr Devora Lieberman, *Empowered Fertility* is a practical guide for women to help them through the experience of infertility and emerge with their mental wellbeing, friendships, relationships and finances intact. It contains clear, well-structured information and offers practical guidance. Each section of the book gives the reader information and support to address physical, psychological, emotional and social challenges that can arise when dealing with infertility, and also with IVF treatment. Subjects include managing expectations, dealing with fear, releasing control and handling changes in relationships. The reader can make use of the coaching tools and exercises to help with each step. For those who are starting or are in the midst of IVF treatment, the last section of the book forms an IVF Cycle Handbook, to guide women through their experience.

## **Be Fruitful**

This booklet is intended for couples who have lost a baby during pregnancy, labor, or shortly after birth. In Addition, it can provide medical caregivers, family and friends with an understanding of how to help bereaved families.

## **The Ayurvedic Guide to Fertility**

Hope and strategies for couples dealing with male infertility If you or your partner is suffering from male infertility, you're not alone. Millions of couples are struggling with this problem. About 40% of these couples have exclusively male infertility problems, while another 20% have both male and female infertility problems. Now, two leading experts, a urologist specializing in male infertility and a psychologist, team up to write the most complete guide available on male infertility. From the latest, state-of-the-art treatments to advice on how to handle the emotional aspects of male infertility, you'll find out where to get the help you need. Overcoming Male Infertility also covers the psychological issues that are unique to men, and gives advice to women on helping their man through the trauma of infertility treatment--including how to get him to see a doctor in the first place.

## **Couple Therapy for Infertility**

Wedding up-to-date scientific information to an understanding of the emotional burdens and ethical dilemmas that inhere in reproductive medicine, *Frozen Dreams: Psychodynamic Dimensions of Infertility and Assisted Reproduction* provides an overview of the psychology of infertility patients and of the evaluative, administrative, and especially psychotherapeutic issues involved in helping them. The contributors to this volume, who include professionals from nationally prestigious reproductive programs as well as psychotherapists who evaluate and work clinically with infertility patients, explore the complex choices about life and death that are the daily experience of infertility specialists. In voices equally authoritative and intimate, psychotherapists and other health professionals explore the therapeutic process with patients and couples struggling with miscarriage, infertility, childlessness, the possibility of adoption, and the promise of assisted pregnancy. And the contributors are equally attentive to the range of issues that challenge physicians and nurses active in reproductive medicine, intent on providing practical information that will aid decision-making in this demanding area of practice. Written for a large audience of psychiatrists, psychologists, social workers, researchers, nurses, physicians, and general readers, *Frozen Dreams* is a fascinating introduction to the human face of reproductive medicine. Filled with intriguing and edifying case histories, it will appeal to all mental health professionals who work with adult patients through their childbearing years. For professionals who work inside the complex world of infertility treatment, *Frozen Dreams* will quickly become an essential text that is turned to repeatedly for information, guidance, reassurance, and revitalization.

## **Male Infertility**

This comprehensive guide for mental health practitioners and medical professionals addresses the delicate issues surrounding breast cancer and the processes involved in emotional coping and healing. The book covers concerns of family members as well as women worried about developing breast cancer.

## **Empowered Fertility**

Cystic Fibrosis in the Light of New Research provides the latest research and clinical evidence that will be useful for clinicians, scientists and researchers to further their knowledge around this fascinating condition. The authors have brought along their expertise and wealth of knowledge to produce this book, including the basic science that underlies the disease, the burden of bacterial and viral infections, immunologic aspects of CF, a variety of clinical measurements to predict prognosis and novel therapies including gene therapy. This book will be invaluable and entertaining for anyone who is involved in the care of patients with cystic fibrosis.

## **Infertility Counseling**

Describes a unique therapeutic approach developed to treat couples confronting the painful challenge of infertility. Therapists learn how they can help clients acknowledge and accept the possibility of not having genetically related children; understand the increasing array of available treatment options; and assess the potential gains, pitfalls, and psychological effects of each one.

## **Reproductive Trauma**

Using real-world cases, this clinical guide details the psychosocial challenges faced by patients navigating the world of medically assisted reproduction (MAR). It describes in depth the latest perspectives on counseling approaches to the evolving complexities of family creation, whether fertility issues are a presenting problem or occur during the course of therapy or the aftermath of a struggle with infertility. Applying an evidence-based, cross-border approach, international experts not only discuss advanced perspectives on topics such as third party reproduction, pregnancy loss and adoption, but also newer issues of fertility preservation, 'older' patient parenthood, LGBT and singles' family creation. A comprehensive resource, it explores pioneering insights into fertility counseling such as spirituality, developing disclosure language, a counselor's personal fertility issues, and more. This is an essential aid for medical and mental health professionals to develop and refine the skills needed to treat the increasingly diverse and complex needs of MAR patients.

## **The Infertility Workbook**

IVF Treatment is a very personal journey- one with ups and downs. While there might be loads of information on infertility out there, it is very difficult to find the right information that fits your unique needs. Search for the right treatment option begins with the understanding that every patient is unique and standard treatments do not produce the same outcome for everyone. This concise and accessible overview of reproductive medicine in the 21st century seeks to demystify in vitro fertilization for prospective parents and students. The IVF Treatment Guide walks readers through the fundamentals of human reproductive anatomy and physiology as well as disease processes that cause infertility. This guidebook also highlights various fertility testing methods and treatment options that are currently available or on the horizon. By blending the latest in scientific and medical research with the authors' own clinical experience, The IVF Treatment Guide offers unique insights into the science and art of reproductive medicine and in vitro fertilization. The growing phenomenon of medical tourism has enabled prospective parents to transcend physical borders, local regulations, and monetary restrictions with just a passport and an airline ticket. Countries across the globe now offer high-quality fertility testing and treatment, often at a fraction of the cost. The IVF Treatment Guide empowers prospective parents to ask the right questions and make the best decisions for themselves and their families.

## **Taking Charge of Your Fertility**

"This book, from the International Psycho-oncology Society, is the second in a series of brief Companion Guides for Clinicians. The series editors identified a need for a guide to focus on the impact of cancer and oncology treatments on sexual health, fertility and relationships. The topic is approached from a psycho-oncology perspective, i.e. placing the emotional, behavioural and social elements at the centre of the topics covered in the chapters. The aim is to describe approaches and treatments that can be utilised by cancer clinicians, mental health professionals, psycho-oncologists in training and allied psychosocial oncology professionals. It emphasises the importance of multidisciplinary care. The guide is not intended to replace national clinical guidelines and policies but gives a more generic international overview of the important factors and elements that need to be considered when dealing with sexual health, fertility and associated relationship issues for cancer patients at all points on the treatment trajectory. Topics include: management of sexual health; onco-fertility care; relationship issues. It covers standards of good practice across all cancer patients, as well as focussing on the needs of individuals, couples, young people and LGBT groups in a pragmatic format for use in everyday practice. Assessment methods are covered, alongside psychological treatments, covering a wide range of patient ages and types of cancer. Policies, service issues, legal, ethical, confidentiality and communication issues are also covered. This brief pocketbook manual can be used for quick reference. This will suit oncology professionals who decide to look further into a topic on a case-by-case or problem-focussed basis as they undertake clinical work"--

## **Male Infertility: An Integrative Manual of Western and Chinese Medicine**

The Hands-on Guide to Clinical Reasoning in Medicine is the perfect companion to your time on clinical placements, providing an easy-to-read, highly visual guide to help develop your clinical decision making skills, and transfer your knowledge into practice. Packed full of useful tips, key boxes, exercises and summaries that are designed to help you apply the knowledge gained in clinical practice. Divided into the common clinical placements that you would find yourself in: Respiratory, Cardiovascular, Neurology, Geriatrics, Gastroenterology, Nephrology, Endocrinology and Rheumatology, each chapter covers the diagnosis of common clinical conditions, as well as decision-making in their investigation and management. Written for medical students in their clinical years, as well as new doctors and advanced nurse practitioners, The Hands-on Guide to Clinical Reasoning in Medicine provides students with an accessible resource for honing their clinical reasoning skills. Take the stress out of clinical decision making with The Hands-on Guide!

### **The Fertility Guide**

Male Infertility: An Integrative Manual of Western and Chinese Medicine is a holistic manual on male infertility for the medical practitioner. The book integrates the conventional (or Western) medical approach to male infertility with traditional Chinese medicine. Key Features: - information about several aspects of male reproductive medicine (anatomy, physiology diagnosis, fertility treatments) - information about the role of traditional Chinese medicine in treatment of male infertility (including energetic anatomy and Qi concepts) - complete guide to acupuncture techniques - easy-to-consult tables and appendices for quick reference The unique, integrated approach to addressing male infertility makes this handbook essential reading for practicing and training andrologists, Chinese medicine practitioners, acupuncturists, as well as researchers and counsellors in the field of reproductive medicine.

### **Biomarker**

A comprehensive guide to overcoming infertility shows women how to work their way through the medical options and deal with the psychological implications of this common condition. Reprint. 35,000 first printing.

### **Infertility**

Pregnancy loss can be devastating, regardless of whether it is early or late in pregnancy or in the short period after a baby is born. In many instances, similar emotions are experienced when a couple learns that their fertility treatments were unsuccessful. This wise, compassionate book teaches proven cognitive-behavioral strategies for coping with infertility and

pregnancy loss. You will learn about common grief experiences that occur with such losses, as well as ways to find perspective and meaning, identify and change unhelpful thoughts, gain acceptance, reconnect with others, and reengage in life. By applying these strategies, you can break out of the cycle of sadness and rumination and heal with grace and dignity. As a clinical psychologist, Dr. Amy Wenzel has helped countless women who have experienced infertility, pregnancy loss, and other reproductive traumas. Her extensive knowledge and compassion - augmented by her personal experience coping with neonatal loss and infertility - will help you effectively manage the grief associated with reproductive loss.

### **Speroff's Clinical Gynecologic Endocrinology and Infertility**

Provides a concise, sensible, appropriately scientific, yet easily understood approach to modern fertility diagnosis and treatment translates the high tech into common sense.

### **Frozen Dreams**

Do you want to make a healthy baby and have a healthy pregnancy? Are you interested in a holistic approach to fertility? Do you need to optimize your fertility due to your age or health conditions? Are you trying to conceive and experiencing challenges? Very few women and men expect to have trouble when it comes to having a family, and coming up against obstacles can bring about epic levels of stress. Deciding what steps to take can be absolutely baffling. The good news is that Feed Your Fertility is here to help you. Inside, fertility professionals and authors Emily Bartlett and Laura Erlich will guide you on a path to making the nutritional and lifestyle changes you need to help support healthy fertility and pregnancy. Inside you'll learn: -How your lifestyle may be inhibiting your ability to conceive - and what to do about it -Why popular fertility diets may be leading you down the wrong road -What foods to eat to optimize and nourish your fertility, and how to adopt a real foods diet -How to determine your personal health imbalances that may be interfering with your fertility -How to use Chinese medicine to bring your body into balance and improve your odds of conception -How to streamline your supplements and take only what you really need -Your natural and medical treatment options for common fertility issues -How to navigate the medical fertility world and when to seek help Get your pregnancy on track the natural, time-tested way and enjoy your journey to motherhood with Feed Your Fertility. "It takes a village to raise a baby, to start a family I say it takes a village to simply start taking charge of your own body in our culture today. Food and environment can be the break, or the breakthrough. Laura Erlich and Emily Bartlett have detailed and provided the map and menu for healing and supporting a body so it is able to welcome new life and energy." - Selma Blair, actress and mother "Down to earth and practical, Feed your Fertility delivers accessible fertility wisdom that can easily be applied to your daily life. Those who are navigating through the sometimes difficult and confusing labyrinth toward better fertility probably don't need better reproductive clinics; they need simple, sensible guidance. Feed Your Fertility provides easy to follow solutions for

taking charge of your reproductive health." - Randine Lewis, L.Ac., Ph.D., author of *The Infertility Cure* and *The Way of the Fertile Soul*

### **Spiritual Fertility**

From an internationally recognized integrative physician, a thorough guide to fertility that encompasses all aspects of female well-being to help women prepare their bodies for easy conception, pregnancy, and the delivery of healthy babies. The increase in environmental toxins, processed foods, and stress, as well as the advancing ages at which couples seek to have children, have made it more difficult for women to conceive. In *Be Fruitful*, Dr. Victoria Maizes, an expert on women's health and the executive director of the Arizona Center for Integrative Medicine, delivers all the information women and their partners need in order to conceive with ease and confidence, and to bear healthy children. Warm, friendly, and hands-on, *Be Fruitful* offers a comprehensive self-assessment to help identify any potential physical, emotional, and practical roadblocks that may interfere with conception, as well as clear and easy-to-follow dietary, supplemental, and exercise recommendations proven to increase optimal fertility. Dr. Maizes details how nutrition, mind-body practices, elimination of environmental toxins, and traditional Chinese medicine can all contribute to a successful pregnancy. Unique in its integrative approach, *Be Fruitful* acknowledges that wellness comes from caring for the entire person—not just the physical body—a crucial factor for the countless women trying to conceive and committed to transforming their overall health.

### **Handbook of Perinatal Clinical Psychology**

One of the world's most widely read gynecology texts for nearly 50 years, Speroff's *Clinical Gynecologic Endocrinology and Infertility* provides a complete explanation of the female endocrine system and offers practical guidance for evaluation and treatment of common disorders. In this fully revised ninth edition, the editorial and author team from Yale School of Medicine have assumed the reins of Dr. Speroff's landmark work, retaining the clear, concise writing style and illustrations that clarify and explain complex concepts. This classic text remains indispensable for students, residents, and clinicians working in reproductive endocrinology and infertility, bringing readers up to date with recent advances that have occurred in this fast-changing field.

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