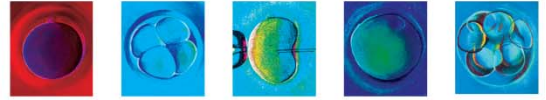


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# FERTILITY FACT SHEET

San Ramon / Orinda / San Jose

## Pre-Pregnancy Screening

Once a couple, whether fertile or infertile, has decided to proceed with attempting pregnancy, several screening tests and lifestyle changes should be considered.

The woman should try to optimize her health and certainly any chronic conditions should be treated with an eye towards having the healthiest pregnancy. Optimal body mass index (BMI) of 18-25 is ideal. There is good medical evidence that as BMI rises above this range, (particularly over 35) fertility treatment is less successful and pregnancies have more complications. Immunity (protection against) Rubella (German measles) and Varicella (Chicken Pox) can be determined by a simple blood test. The risks of developing Toxoplasmosis, which can likewise affect a developing baby, can be minimized by eliminating handling of cat's litter and by avoiding raw meat or fish. Women should try to improve their diets and lifestyles by reducing caffeine consumption and eliminating alcohol intake and smoking. A multivitamin supplement, containing at least 400 micrograms of Folic Acid, should be started prior to attempting pregnancy.

Men should also eliminate smoking, limit alcohol intake, and avoid exposure to heat.

A couple should also explore their genetic background and possibly have screening tests for certain genetic disorders such as Cystic Fibrosis, Sickle Cell and other inherited anemias and Tay-Sachs Disease. We require screening for Cystic Fibrosis of all patients. In addition, other genetic tests may be advised based on the patient's ethnic background and family history.