FUNCTIONAL FERTILITY

We are experiencing a global epidemic of male and fertility hormone imbalance, infertility and sperm problems. This is primarily environmental although there can be some genetic factors that contribute to fertility issues, such as methylation. Unfortunately, it can hard to get help for fertility problems because many doctors no longer do much in-depth fertility work and simply issue a referral for IVF (in-vitro fertilization). For many couples, in-vitro is not an option or is a last resort. Many wonder if there is a more personalized evaluation/treatment plan for fertility or if there is a more natural-minded approach.

We have coined the term Functional Fertility to describe our belief that fertility problems have causes and solutions that do not necessarily always require over-riding the physiological system of reproduction with IVF. Functional medicine is defined as applying a systems biology-based approach that focuses on addressing root causes of fertility conditions.

Our approach is to view the couple as a fertility unit and generally start with hormone testing and broad-based blood work. Charting of cycles is essential and can be very helpful to identify more subtle sub-fertility problems. High quality supplements and sometimes bioidentical hormones and ovulation induction agents can be used. Each patient is treated as an individual and a care plan is constructed based on that person's or couple's issues. Sometimes, there are multiple small issues that add up to a bigger problem. Some patients require more intensive medical therapy or a surgical evaluation/treatment.

Our goal to help the patients understand what options they have so they can feel better armed to make decisions about how to grow their family. Most importantly, while our wholistic approach to fertility can require some financial investment, it is almost always less expensive than IVF or the traditional adoption process. We so enjoy helping a couple with their fertility journey. Let's get started!