



IVF Support at The Jocelyn Centre

Facts, Fees & Procedures

January 2010

Infertility facts:

- A couple is regarded as infertile when they have not conceived after 12 months of regular unprotected sexual intercourse. Approximately 3 out of 5 couples conceive within 6 months of trying; 1 in 4 take between 6 months and 12 months. For the rest, conception takes more than a year which means there may be a problem.
- About 15% of Australian couples of reproductive age have a fertility problem.
- In about 40% of infertile couples, the problem is a male factor, in about 40% it is a female one, and for the remaining 20% it is a joint problem, or the cause is unknown ("idiopathic").
- The causes of infertility are many and varied. They include problems with the production of sperm or eggs, with the fallopian tubes or the uterus, endometriosis, frequent miscarriage, as well as hormonal and autoimmune (antibody) disorders in both men and women.

Source: <http://www.access.org.au>

IVF Support:

Our Conception Program can be extended or modified to support prospective parents with a wide variety of reproductive issues. A common situation is unexplained infertility i.e. where there is no diagnosed medical health issue. Often this is caused by a combination of various nutritional deficiencies, toxic exposures, lifestyle and sub clinical health issues in both partners. We also see many patients with diagnosed reproductive health issues (such as hormonal imbalance, irregular cycles, PCOS, endometriosis, fibroids, recurrent miscarriage, thyroid or immune system problems and problems with sperm count, motility, morphology or DNA integrity). These cases are often resolved in a straightforward manner through the Conception Program - please refer to appropriate handouts for further information.

Some patients, however, will experience fertility problems that are not amendable to natural therapy (such as severely blocked tubes). In this case, your naturopath can support you prior to and during IVF/ICSI or any other assisted reproductive procedures with a focused and comprehensive care program.

Our IVF Support program is undertaken with a view to improving your overall health, increasing the possibility of success and decreasing the health risks involved. A recent study in the UK showed IVF success rates more than doubled when preceded by a period of preconception health care.

The Jocelyn Centre has longstanding relationships with many IVF clinics with referrals occurring in both directions. We are knowledgeable about the processes involved at these clinics and will work in conjunction with your IVF doctors to ensure you are receiving the very best in general and reproductive health care.

A free ½ hour introductory consultation is available to answer questions and discuss how we can assist your particular fertility issues. Please call (02) 9268 9000 to make an appointment.

IVF Support Consultations:

Appointment Type	Cost	Cancellation Notice
Introductory ½ hr consultation	Free	24 hours
Initial consultation – 2 hours	\$250.00	2 working days
Subsequent consultations – 1 hour	\$125.00	24 hours

Checklist for your Initial Consultation

Free consultation: you do not need to bring anything. It is best for both partners to attend where possible.

To bring to your initial consultation:

- Your doctor's referral (if available) in order to claim the government Tax Offset (see General Information over the page).
- Your completed questionnaire. Please **DO NOT** send this questionnaire. If you have not received your questionnaire, please call reception or download one from our website.
- Any relevant & recent medical records (include results sheets with exact figures, wherever possible).
- The actual containers of any medications and/or natural medicines/supplements that you have whether currently being taken or not. This enables your practitioner to assess whether these can be used as part of your treatment. Prescribed medications will only be replaced by less invasive or natural alternatives in co-operation with the prescribing doctor.

General Information:

Reception & Dispensary Hours: 9.00am – 5.00pm Mon – Sat (and often on weeknights – call to confirm).

Consultation Hours: 9.00am – 7.00pm Mon – Fri, 9.00am – 5.00pm Saturday

Distance Consultations: we offer treatments via phone to patients unable to attend in person, after at least one face-to-face consultation which is an industry requirement. If treatment continues for more than 6 months, a further face-to-face consultation may be required. Natural remedies can be posted nationally and internationally via secure delivery methods.

Methods of Payment: Consultation fees are GST exempt and can be paid by EFTPOS, cash, cheque, money order or credit card. Cheques should be made out to “Natural Fertility Management Pty Ltd”.

Cancellations: Missed consultations without adequate notice incur a cancellation fee of 35% of the consultation fee + GST. Cancellations must be given with adequate notice (see timing requirements on previous page). Consultations are GST exempt but cancellation fees attract GST. Credit card details are taken for your initial appointment, however they will only be used if adequate cancellation notice is not given and are deleted after your first consultation.

Rebates: standard Medicare rebates apply for medical consultations only. The Medicare Safety Net may apply for annual family medical expenses. Most Private Health Funds offer partial rebates, though these vary for natural therapy consultations and for natural medicines and supplements.

Net Medical Expenses Tax offset: Naturopathic consultations and supplements can count towards the tax-deductible medical expenses incurred each year. In order to claim the costs incurred at the Jocelyn Centre, you will need to organise a referral to your naturopath from a doctor before you attend your first consultation. Health costs over \$1500 in a financial year can qualify for a 20% tax deduction. Refer to: www.ato.gov.au/individuals - Claimable Medical Expenses.

Resources:

Fertility Society of Australia: www.fsa.au.com

Access (Australia's National Infertility Network): www.access.org.au

Sydney IVF: www.sydneyivf.com

IVF Australia: www.ivf.com.au

The Jean Hailes Foundation (women's health): www.jeanhailes.org.au

Australian Infertility Support Group: www.nor.com.au/community/aisg

Destiny Southern Suburbs Fertility Awareness Group: www.geocities.com/dssfag/

Testimonials:

"At age 40, after 8 years of trying to conceive and 8 heart-breaking failed IVF attempts, we had almost given up hope of ever having a child. Doctors gave us little chance of conceiving naturally. [Our naturopath] undertook a comprehensive review of our medical history, conducted some further tests and encouraged my husband to have surgery to correct a varicocele (an operation my doctors had advised against because it never works). This, combined with nutritional improvements, herbs to enhance our fertility and a variety of stress management techniques resulted in a totally natural conception. I gave birth to our beautiful son when I was 41 after a trouble free pregnancy & quick labour. We are eternally grateful for [our naturopath's] support, advice and encouragement to go on trying which made our dream a reality."

Mrs R.K. Sydney NSW

"After starting fertility treatment at the [.....IVF Clinic], it was a joy to find out about the Natural Fertility Program. At [.....IVF Clinic] we were treated like a number and saw a different person on each visit. On joining the Natural Fertility program we were assigned to one naturopath, and we were treated in a relaxed atmosphere with compassion and understanding. After about 12 months we finally conceived and gave birth to a very healthy, happy baby girl."

Mr & Mrs P.J. Hornsby NSW

"With both of us looking at our health in a positive way, this program did much to alleviate the negativity of infertility. To be looking at ourselves beyond fertility took some pressure off. I think that made a huge difference to our chances! Our son has been a remarkably well baby and I had a dream pregnancy. We have continued to be proactive about health & attitudes and see the results everyday. The Jocelyn Centre was recommended to us by several couples and I have done the same."

Ms M.A.T. Canberra ACT