



A Success Story

I would highly recommend Jennifer Moss as your TCM provider for fertility problems.

Having not had prior exposure to TCM, I contacted Jen after I had been through a failed attempt at IVF two months earlier and was starting a second IVF cycle. As I approached the second cycle, I was reluctant knowing the side effects from the medications and procedures, stress and possibility of failure I was about to endure once again. I was searching for a treatment that could decrease the discomforts of IVF and increase the rate of success.

Jen's assessment was very thorough. I appreciated her knowledge of IVF and how she tailored the treatments based on how I was feeling and the stage of the cycle. As time went on, my general sense of well being improved and the side effects of IVF were much more manageable when paired with the TCM treatments Jen provided. Her confident, reassuring bed side manner was also impressive.

Lucky for us, we now have a son and our second IVF cycle was successful with the aid of TCM. However, I feel strongly that even if our attempts at pregnancy were not successful, Jen's care would have made the process more comfortable and much less stressful overall.

-- N.G., Walnut Creek, CA

About Jennifer

Jennifer Moss is a graduate of the American College of Traditional Chinese Medicine and maintains her private practice in San Francisco, California. She is currently certified to practice Acupuncture and Chinese Herbology both nationally and by the State of California.

Jennifer is a professional member of the national infertility organization, RESOLVE, and the American Association of Oriental Medicine (AAOM). She has had advanced training and specialized education in treating infertility and obstetrics with Traditional Chinese Medicine.



Research

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ACUPUNCTURE & IVF

THE INTERSECTION OF TRADITIONAL
CHINESE MEDICINE AND MODERN
ASSISTED REPRODUCTIVE THERAPIES



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Tradition Meets the Cutting Edge

Do not be fooled by those who try to pit Eastern and Western medicine against each other, or worse, dismiss one method altogether. Today's patient seeks to mine the world's collective knowledge to achieve good health. This concept is illustrated in no better place than in the arena of reproductive healthcare. At Moss Acupuncture, I will work to integrate the benefits of Traditional Chinese Medicine (TCM) with your doctor's Assisted Reproductive Therapies (ART). Together, we will work towards your goal: a healthy pregnancy and birth.



Traditional Chinese Medicine

Traditional Chinese Medicine is the formal term for the combined therapies of Acupuncture, Chinese Herbs, Moxibustion and other healing modalities. TCM theory achieves good health by balancing energies in the body using these several methods. The theory has evolved over thousands of years and is safe and highly effective. TCM uses a "holistic" approach, meaning it treats any individual problem by treating the whole body at the same time. A patient can expect TCM to provide benefits for virtually any illness, and fertility is no exception.

Benefits of TCM during ART

Your acupuncture and herbal medicine treatments work to bring your body back to its optimum balance and ready for conception. Typical changes you may sense quickly include: reduction in the stresses that interfere with ovulation, regulation of menses, and a general feeling of good health.

More subtle changes may eventually include a normalization of the hormones that regulate ovulation and allow an egg to be

released, an increase in uterine blood flow improving chances of a fertilized egg implanting, or an improvement in ovulation cycles in women with polycystic ovary syndrome, to name a few.

All together, TCM will work to get your body in a healthier and more balanced state which will better lend itself to conception throughout your other Assisted Reproductive Therapies.

IVF

One of the most common forms of Assisted Reproductive Therapies is In Vitro Fertilization (IVF). During the course of an IVF treatment, the ovaries are stimulated with medication to produce multiple eggs. Those eggs are then retrieved from the body, fertilized with healthy sperm, allowed to develop into a viable embryo, and then transferred back into the uterus.

Patients can prepare for this process by optimizing their reproductive health using general principles of TCM. TCM can regulate hormones and lower elevated FSH levels, increase ovarian function and the quality of eggs produced, reduce the side effects of hormone treatments, and increase blood flow to the endometrial lining and thereby enhance the chances of a successful implantation.

Pre- /Post-Transfer Treatments

One of the most important implementations of TCM during an IVF treatment is what is commonly referred to as Pre- and Post-Transfer Treatments. The chances of conception increase when reproductive-specific Acupuncture is administered prior to and shortly after the embryo is

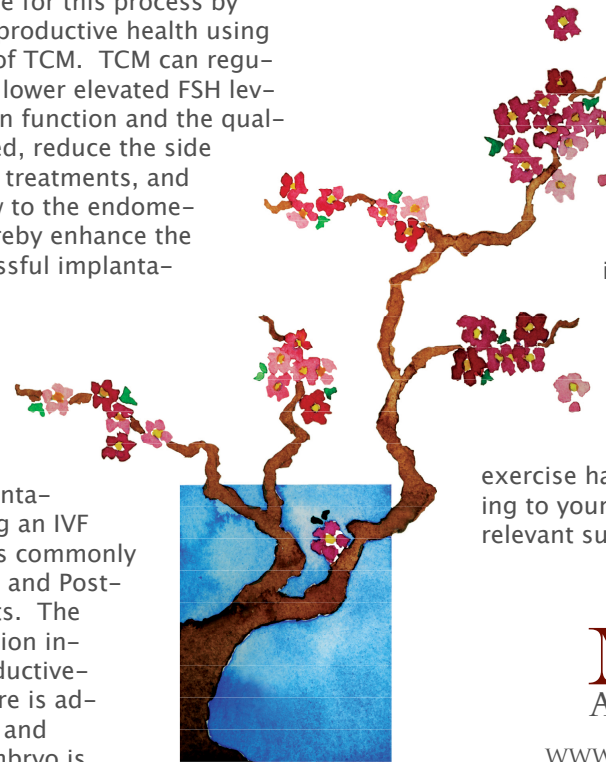
transferred to the uterus during an IVF treatment. Post-transfer treatments can be done even the following day. A recent German study showed that conception rates increased to 51% when acupuncture is administered before and after transfers, as compared to only 36% when transfers are done without acupuncture. Given the financial and emotional investment of an IVF treatment, you owe it to yourself to explore this option before your next transfer.

Male Factor: It Takes Two

Chinese medicine theory applies equally for male factor infertility. A man's low sperm count, poor motility, morphology, or sexual dysfunction can all be linked to the body's imbalances and treated with great success.

Individualized Treatment Plan

You are an individual. No person's imbalances are identical to those of anyone else. Using TCM diagnosis, I will determine your body's current imbalance at your first visit. This will include looking for certain physiological changes on your tongue, taking your pulse, learning your complete health history, and asking many questions about your body and habits. Once your imbalance is determined, I will proceed with a treatment of acupuncture and Chinese herbs tailor-made for your body. If it appears your diet, exercise habits, and lifestyle are contributing to your imbalance also, I will make relevant suggestions there as well.



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