

## When to use Chinese Medicine (CM)?

Once the woman's menstrual cycle and period are normal according to the guidelines of CM, Acupuncture & Chinese herbs can be used during the IVF procedure itself. This typically begins during the month prior to IVF when the woman is placed on oral contraceptives in order to give her ovaries a rest. Step-by-step protocols are then used at every phase of the IVF procedure. For instance, certain acupuncture points and Chinese herbs stimulate the ovaries, others are used before the transfer of the embryo, and yet others are used after this transfer has been accomplished. Not only are different treatment methods used at these different stages, but each treatment is also individualized to fit each patient's personal CM pattern at the time of treatment.

After successful implantation of the embryo has taken place, CM can also be used to help prevent miscarriage. In general, CM is extremely effective for preventing miscarriage when threatened miscarriage is due to hormonal imbalances, such as low progesterone. For this purpose, it may be used either preventatively when the woman is asymptomatic or even after symptoms of threatened miscarriage have appeared.

**CALL FOR YOUR FREE  
CONSULTATION  
678-549-7848**

## The Cridennda/ Magarelli Protocol

Over the past 8 years, Acupuncturist Dr. Diane Cridennda and Reproductive Endocrinologist Dr. Paul Magarelli have conducted and reported their research on the impact of Acupuncture on IVF outcomes.

Up to 26% Higher Clinical Pregnancies  
6% Fewer Ectopic Pregnancies  
10% Fewer Multiple Births

This "9+2" protocol is the basis for my IVF patient care. Personalized Acupuncture & Custom Herbal Formulas are added to this treatment base. The protocol includes 11 treatments: 9 before egg retrieval at twice per week for 5 weeks. 1 treatment the evening before or morning of embryo transfer, and 1 treatment after the embryo transfer.

Combining acupuncture with your IVF care program, you should expect:

- ❖ Improved Pregnancy Rates
- ❖ Reduced Miscarriage Rates, Multiple Births, and Ectopic Pregnancies
- ❖ More Take Home Babies!

### **Buckhead Acupuncture & Herbal Center**

107 West Paces Ferry Rd., Atlanta, Ga 30305  
[www.Atlanta-Acupuncture.net](http://www.Atlanta-Acupuncture.net)  
678-549-7848



## IN VITRO FERTILIZATION & CHINESE MEDICINE



## Buckhead Acupuncture & Herbal Center

**Mark Schwartz L.Ac., Dipl. O.M.**  
Board Certified Fellow of the  
American Board of Oriental  
Reproductive Medicine (ABORM)

# ACUPUNCTURE & IVF

With the right practitioner, Chinese Medicine (CM) is a safe and highly effective compliment to your Western fertility treatments. The American Board of Oriental Reproductive Medicine (ABORM) Certifies Acupuncturists who specialize in the treatment of male and female infertility via a rigorous certification examination measuring their knowledge base in Western Reproductive Endocrinology, and Chinese Medicine as it relates to infertility. ABORM Fellows are experienced, highly trained, certified, and up-to-date on the very latest in evidence-based Complementary & Alternative Medicine (CAM) treatments for infertility.

A woman's response to Assisted Reproductive Technologies (A.R.T) depends on the state of her endocrine health in the months preceding A.R.T, when follicles are developing in the ovary - this is why it is important to start your CM treatments in advance of your Western treatments, if possible.

The most well known study of acupuncture and ART was a German study published in the April 2002 issue of Fertility & Sterility. This study showed that using acupuncture on the same day as IVF embryo transfer, both before and after the transfer, increased success rates to 42.5% (success rate for the control group not receiving acupuncture was 26.3%).

Combining the high-tech power of modern ART with the holistic wisdom of centuries of CM, one makes use of the best of both worlds. Numerous studies show the combination of Chinese and Western Medicine, is in many cases, superior to either alone.

**THE BEST OF BOTH  
WORLDS!**



## How does Chinese Medicine help Improve IVF Success Rates?

1. Improves ovarian function
2. Increases the blood flow to uterus and increases thickness of the uterine lining
3. Relaxes the patient and decreases anxiety & stress
4. Helps prevent uterine contractions
5. Lessens side effects of IVF drugs
6. Strengthens & regulates Immune system
7. Improves quantity & quality of sperm
8. Reduces risk of early miscarriage
9. Positively affects hypothalamic-pituitary-ovarian axis playing a major role in fertility and regulating menstrual cycles, and may lead to an increased number of follicles

## EAST ENHANCING WEST

*HELPING YOU REALIZE THE  
DREAM OF PARENTHOOD*

## When to use Chinese Medicine (CM)?

For best results, CM--Acupuncture, Chinese Herbs, Chinese Dietary & Lifestyle Therapy--should be used before, during, and after IVF. CM can help prepare both partners before IVF in order to improve the function of the ovaries, strengthen & regulate the immune system, reduce stress, and improve the quantity & quality of sperm and the quality of seminal fluid. This is accomplished in the female partner by treating any menstrual irregularities, such as amenorrhea, PMS, endometriosis, uterine myomas (fibroids), or heavy bleeding due to lack of ovulation. Such preparatory treatment usually lasts 3-6 months. Specific Acupuncture & Chinese Herbal protocols exist for the treatment of all of these gynecological problems as well as protocols for low sperm count, low sperm motility, abnormal sperm morphology (or shape), and problems with seminal fluid liquefaction.

**Buckhead Acupuncture  
& Herbal Center**