

# HOW TO CHOOSE A TOP FERTILITY CLINIC

It's never easy dealing with problems with fertility. Infertility is defined as, "the inability to achieve pregnancy after 12 months or more of regular unprotected sexual intercourse." Many feel sadness, anger, and frustration, among several other emotions,

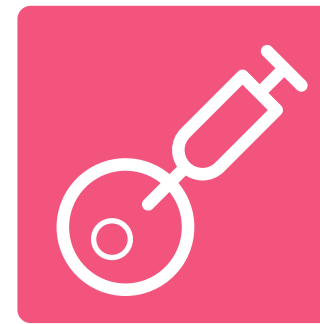
when they have difficulty conceiving. However, advancements in the fertility industry help many build the family they dream of. Find out all you need to know when it comes to finding the best fertility clinic to work with.

## What Fertility Options Are Out There?



### Low Complexity Therapies

This "first wave" of fertility treatment can involve intrauterine insemination (IUI) and ovarian stimulation.



### In Vitro Fertilization (IVF)

A procedure where an egg is fertilized by sperm outside the body (or "in vitro").



### Surgical Procedures

Depending on your specific situation, this could involve a hysteroscopy, laparoscopy, or microsurgery like the removal of fibroids, cysts, or reverse sterilization.



### Egg Freezing

Store your eggs for weeks, months, or even years during your peak fertility years and use them when you're ready!



## 6 Tips When Choosing a Fertility Clinic

1. **Research!** Not all fertility clinics are the same. Make sure you work with top fertility experts.
2. **Don't be afraid to ask questions and take notes.** If you're looking to brush up on your fertility vocabulary, WebMD has a great resource.
3. **Remember you're not alone.** About 12% of people deal with fertility challenges in their lifetime.
4. **Find a doctor that shows they truly care about you.** You deserve the best!
5. **It might take a couple tries, but don't give up!**
6. **Talk with your partner, friends, and family.** Fertility challenges can be overwhelming. If you don't feel comfortable talking with someone you personally know, there are many support groups out there!



## 7 Questions to Ask Your Fertility Doctor

1. Do you have experience working with [insert your particular challenges here]?
2. What are the risks associated with [insert fertility treatment you're seeking here]?
3. Should I have genetic testing?
4. Does insurance cover fertility treatment?
5. What are success rates typically?
6. Will I be working with one doctor throughout my entire journey?
7. What are my next steps?



## Ready to Get Started? Set Up A Consultation Today.

At Kofinas Fertility Group, our team has been making dreams come true for over 30 years. If you're ready to build or expand your family, set up a consultation with one of our top fertility doctors today! We're currently offering in-person and virtual consultations through our ferTELEty<sup>®</sup> program. [Visit kofinasfertility.com to get started.](https://kofinasfertility.com)



### Sources:

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