

INFERTILITY

Taking the Lead when trying to get Pregnant

Pregnancy isn't always something that just occurs by chance, but every couple can take a proactive approach to conceiving.

BY JOSHUA PHILIPP

Additional steps such as monitoring, testing, and proper timing are crucial in meeting the goal of having a child. With a slew of testing kits, multivitamins, and other products marketed towards helping couples, an understanding of the options available can make all the difference.

Even for couples who are said to suffer from infertility issues, there are still options outside of artificial insemination and other procedures that can allow them to experience the joys of parenthood.

Common problems such as a low sperm count or low motility in men or a tilted cervix in women may seem unconquerable roadblocks towards natural conception. But, according to Carol Lomas from Conception Kit, this doesn't necessarily hold true.

The Conception Kit allows the full amount of semen to be placed directly onto and over the cervix. This means that, when compared to couples who have no infertility issues, up to 20 times more semen can reach the cervix, than normal intercourse where the overwhelming sperm die in the acidic vaginal environment. According to Lomas, 24% of patients were able to get pregnant within the first month of using the Conception Kit during clinical trials.

"What the Conception Kit is doing is that you are placing all of the available semen and sperm directly on the cervical Os where normally, in a normal ejaculation, it's only five to ten percent that ever make it to the cervical Os which is the starting point for conception to occur," says Lomas.

As the only FDA cleared reproductive healthcare system that couples can use at home, the Conception Kit comes with ovulation predictors to calculate ovulation, a semen collector (cervical mucus and sperm friendly condom), a specially designed Conception Cap, and a few other helpful tools.

"A Conception Kit can help couples become pregnant without the expensive drugs or invasive procedures," says Lomas. "It puts couples back in control of their family planning and now for the first time issues like low sperm count can be addressed in the privacy of your own home."

For women, timing is a major factor in getting preg-

nant. According to studies, a common misconception is that, in order for conception to take place, a couple will need to have intercourse on the exact day the woman is ovulating.

According to a 2001 Statistics in Medicine report, on the day when a woman is ovulating, a couple will only have a 5 percent chance of conceiving, yet if intercourse takes place starting from four days before ovulation, the chance of pregnancy can go up to 80 percent.

Jennifer Carter from OV Watch, an ovulation predictor and fertility monitor, says that even when ovulation does occur, there are only six to twelve hours where the egg is viable, after which, the chance of pregnancy drops to nothing.

"Let's say you're doing what your doctor told you to do and you're waiting for a day of ovulation," says Carter. "You have sex at eight o'clock at night and twelve hours later at eight o'clock in the morning, the next day, look at the probability on that day. It's zero percent. This is the reason so many women have so much trouble getting pregnant. It's that we're timing it wrong."

In order to find out when ovulation is taking place, numerous products and methods are available such as LH testing kits, saliva monitors that measure estrogen levels, and the old fashioned checking of a calendar. Yet, to take full advantage of the fertile window, common LH tests and other common methods can only go so far, as they typically only measure the changes that occur just 12 to 24 hours before ovulation begins. Since it takes the sperm approximately five hours to reach the egg, the chances of pregnancy become even less.

Carter mentioned that the OV Watch, (an actual watch) can be worn by a woman while she sleeps and will monitor her ovulation cycle. It is one of the most accurate tools available to predict the ideal time for conception. The watch is able to alert a couple four days before ovulation begins, doubling the chances of pregnancy when tested against LH test kits on the market.

"It's all about timing," Carter says.

The Most Trusted Names in Home Testing Kits

When you are trying to determine if you are pregnant, choosing the best in home testing kits is key.

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PRODUCT	FEATURES	WHY IT IS EFFECTIVE
OV Watch by HealthWatch-Systems	<p>The only product of its kind, the OV Watch alerts couples four days before ovulation, the best time for conception.</p> <p>While wearing the watch, it will detect the chloride ion levels that are secreted in the woman's perspiration every 30 minutes. It then detects the surge in chloride ion that occurs before ovulation and will give an alert notifying the wearer that they are fertile</p>	<p>According to a report in Statistics in Medicine in 2001, it was found that intercourse on the day of ovulation itself there is only a 5 percent chance of conception, whereas if intercourse is had on the four days prior, the chance of conception rises to 80 percent.</p> <p>FDA-cleared, the OV Watch is worn on the wrist of the woman while she sleeps, beginning on the one of the first three days of her menstrual cycle and throughout ovulation.</p>
The Conception Kit by ConceiveX	<p>Designed to address low sperm counts and low sperm motility in men and infertility issues with woman such as a tilted cervix, high or pH levels inside the vagina, and problems with timing ovulation.</p> <p>Since the Conception Cap is placed directly over the cervix, the issue of a tilted cervix is also resolved, as normally a tilted cervix could prevent contact with the semen pool.</p> <p>It is the only FDA cleared comprehensive reproductive healthcare system designed for home use and comes with all the necessities for conception.</p>	<p>In a clinical trial, 24 percent of patients who had previously suffered from infertility issues were able to get pregnant within the first month of using the Conception Kit.</p> <p>The Conception Kit's main component is the Conception Cap, which holds the entirety of the semen and is placed directly over the cervix.</p> <p>The Conception Cap will also protect the sperm from high or low pH levels inside the vagina or a yeast infection that would otherwise kill the sperm.</p> <p>Among the included items are the LH surge ovulation predictors which will help the woman to identify when she is ovulating and find the ideal time for intercourse, sperm-friendly intimate moisturizer and a non-latex semen collector that will allow the couple to have sex normally while using the Kit.</p>
LH Ovulation Testing Strips	<p>LH ovulation testing strips are inexpensive and can be bought over the counter.</p> <p>The strips normally cost under a dollar each and have a high accuracy rate in determining the surge in LH levels that occurs just prior to ovulation.</p> <p>Although not much different between brands, perhaps the most convenient are the Clear Blue Easy monitors which display results in digital form.</p>	<p>These strips measure the levels of LH (Luteinizing Hormone) that is present in the urine. This will then give the woman an alert 12 to 24 hours before ovulation.</p> <p>The strips are used externally by urinating on them and are safe to use.</p>