

*“The grand essentials of happiness are:  
something to do, something to love  
and something to hope for.”*

*—Allan K. Chalmers*



REPRODUCTIVE HEALTH SPECIALISTS | SPRING 2010

## ***Success Story***



April and Sam Neiderhiser had a few things to deal with before beginning a family: her two-year deployment overseas and his irreversible vasectomy.

After Sam's urologist recommended RHS, the couple tried intrauterine insemination (IUI) without success. When two subsequent in vitro fertilization (IVF) treatments resulted in short-lived pregnancies, April and Sam were disappointed but had hope. A third cycle, following the removal of a uterine fibroid, gave life to baby Ava Isabella.

April is delighted to share her story; friends and family followed the Neiderhisers every step of the way via Facebook. As for Ava: "She will always know how she

## ***Chiropractic Care: An Option for Adjustment***

Sometimes, infertility can be elusive, with no clearly-identified medical cause. The lack of a specific diagnosis may lead to frustration and confusion, with no quick fix in sight. That's when a [holistic approach](#) may be beneficial, working toward optimal overall health and boosting the functioning of body systems.

According to Brianne Kemp, D.C., of [Choice Chiropractic and Wellness Center](#) in Pittsburgh's North Hills, her role in helping infertile women is clear: "Chiropractic care works to ensure the nerves are working 100%." Often, she explains, the nervous system's ability to communicate with the reproductive organs is impaired, blocking the signals that ensure normal functioning. These anomalies fail to show up on traditional medical tests and may easily go undetected and untreated. In these cases, chiropractic care may be a helpful technique for some patients facing infertility.

### **The Process**

[Dr. Kemp](#) first evaluates new patients, taking a thorough health history and collecting data to assess the health of the spine and determine whether structural damage is interfering with the body's nerves. The body's range of motion, reflexes and nervous system functioning are also tested. Hands-on spinal manipulation, exercises and stretching may follow, removing blockages and allowing reproductive organs

came about and how special she is because we just wanted her so badly and never gave up hope," says April. What's next for the Neiderhisers? "We'll be trying for baby number two this summer at RHS," answers April.

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## News & Events

### New Team Member

RHS welcomes new clinical administrative coordinator, Jane. Welcome to the team!

### New Posts on Seedlings

Check out recent RHS blog posts:

- [Personal Finances & IVF](#)
- [RHS Digs Out of the Blizzard!](#)

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## Ask the Doctors



*Dr. Judith Albert & Dr. Carolyn Kubik*

to receive needed support.

This drugless, non-surgical treatment may enhance overall bodily functioning, including fertility. Citing the success she has achieved with some of her patients, Dr. Kemp has seen chiropractic treatment help in regulating menstrual cycles and improving the condition of the uterus so that eggs are better fertilized and nurtured.

"It's exciting to help women work towards a successful pregnancy," she says. "Some women respond really well to non-surgical treatment."

Dr. Kemp emphasizes that physical conditions such as fallopian tube malformations or uterine abnormalities cannot be remedied by chiropractic care, requiring medical intervention instead. An evaluation by a physician, ideally an [infertility specialist](#), should always be the first step before chiropractic treatment.

### Holistic Approach, Happy Outcomes

Dr. Kemp has developed a working relationship with the staff and physicians at Reproductive Health Specialists, providing insights into chiropractic treatment for infertility patients. While there aren't specific studies linking it with infertility, chiropractic care may be a useful part of a holistic approach to fertility.



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**Will maintaining my health in my twenties and thirties help me prolong my ideal time for fertility when I'm ready for children later in life?**

While a healthy lifestyle will not preserve ovarian function indefinitely, an unhealthy lifestyle (i.e. smoking, poor diet and lack of exercise) can actually accelerate the decline of healthy eggs. Women are born with about one million eggs, and over the course of her life, several eggs start to develop daily. By the age of 52, a majority of women will not have any remaining eggs. This is not to say that there is absolutely no chance of pregnancy around that age, but the chances of a successful pregnancy are certainly not the same as a woman in her twenties.

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***Myth of the Season***

**After ten years of trying to conceive, you can be certain you are not be able to have a baby.**

Regardless of how long a couple has been trying, it's actually dozens of other factors that determine whether or not you can conceive. For example, semen quality, ovulatory status, metabolism and anatomy are all critical in determining the underlying cause of infertility. Success also depends on the age of a woman, despite the length of time she has been trying. For example, a woman who is 35 who has been trying to conceive for ten years has a higher chance of pregnancy than a 45-year-old woman. No matter how long you've been trying, evaluating all of the different components of fertility is key before giving up.

