

4th Annual GOLF Tournament

Information at schertz.com

**UPDATE
WITH NEW
DATE?**

★ Friday, November 7, 2014

Olympia Hills
Golf & Conference Center

Registration/Check-in 8:00 AM

Shotgun Start 10:00 AM

benefitting
H★B HAL BALDWIN
SCHOLARSHIP
HONORING THE BEST IN PUBLIC SERVICE



Fertility Concerns of Today's Couples

Deciding to have a baby is a very personal decision, but many couples share a common challenge. When things are not going as expected, it's common to receive well-meaning but unsolicited advice. Perhaps a friend, a relative or a co-worker will volunteer their experiences and start giving advice. As helpful as this might be, if you are having a difficult time achieving a pregnancy, or are worried about conceiving, please consult with an experienced health care provider.

Often, just knowing what is normal can serve as a

guidepost. It is crucial to find an experienced physician who can focus on your specific concerns and can educate you about fertility issues. During your initial visit, your physician will compile a detailed medical and surgical history before giving you a clinical exam.

Many assessments can yield a plan of action within a visit or two. Often, the solution is a simple one. Your physician will personalize a treatment plan that's right for you.

Don't let fear of the unknown be a barrier to your success. Most modern fertility

assessments take place either in a brief office visit or even in the privacy of your home with detailed instructions. Starting the process can be a wonderful and informative look into your own health. A positive focus on the journey ahead is often the best way to arrive at the destination.

Consider writing down your goals and personal health concerns and bringing them with you to the first visit. Write down all the methods you have heard about or have considered, and be honest about your worries and the timing of your desired pregnancy. Stay focused during your doctor's visit and feel free to communicate any fears or barriers to success that concern you.

In short, achieving pregnancy

can be a phenomenal experience. Each couple may experience a unique set of circumstances on their journey. Be prepared for your initial visit and be honest with your physician when exploring the topic and you may find the help that you need.



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