



OUTREACH HEALTH GROUP

Announcement!
Check out our new
Select Donors!

The same great quality donor at a reduced price due to the large amount of inventory!

Visit the "Search Donors" tab on our website for further details, <https://creatingcanadianfamilies.ca/donors/>

Fertility Crossword Challenge!

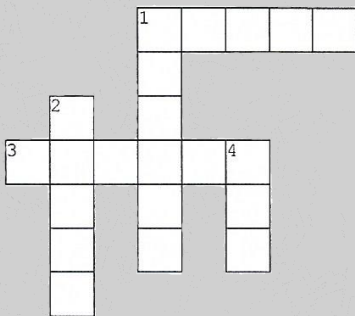
Complete the puzzle below and send your answers to info3@creatingcanadianfamilies.ca to enter for your chance to win!

Prize: "Fabulously Fertile, Supercharge your fertility naturally" resource book by Sarah Clark, CPC

Including a Fertility Coaching Session with Sarah valued at **\$150.00!**

Please submit your entry by December 21, 2017

Winner will be notified to the email provided on December 22, 2017



Across

- 1. A male reproductive cell
- 3. A Xytex donor category in which the donors have received extra carrier testing

Down

- 1. A donor category that is new!
- 2. The menstrual _____
- 4. A female reproductive cell

Volume 5, Issue 12

December 2017

Coping with Infertility during the Holidays

Mark P. Trolice, MD, FACOG, FACS - taking a vacation or planning an elegant evening with child-free friends; and
Director, Fertility C.A.R.E.

Infertility affects approximately 6 million people in Canada. Once a couple recognizes they are having difficulty conceiving, their lives are affected in many ways and on many levels. While the holidays can be stressful even under the best of circumstances, infertile couples often experience more of a challenge by fluctuating between various degrees of anger and depression. The holiday season seems to only emphasize their sense of loss. Important steps for couples to cope are recognition that these moods are common and acceptance of these emotions without guilt. Whether through professional counseling or support groups, couples can have their feelings validated which helps to plan for the holidays with a more positive mental health.

responding to insensitive comments with honesty, avoidance, or even humor. Lastly, in case you encounter a situation in which you feel overwhelmed, have someone you can call or try diverting your attention to a positive image.

While infertility can be difficult at any time of year, advances in infertility treatment have assisted many couples in their goal of a healthy baby. Talking to an infertility specialist can provide you with answers to difficult questions and with a plan of treatment that may give you hope and direction. An integral part of your treatment is finding a doctor who is sensitive, caring, and one in whom you have confidence. The strength that sustains couples through the diagnosis of infertility will support them through other trying times in life. Often the couple emerges with a deeper understanding of their lives and love for each other.

A common 'side effect' of infertility is experiencing a sense of being "out of control." As a result, preparing for the holidays can be very helpful. For example, shopping for gifts early in the season, or on the Internet, can avoid being exposed to seasonal festivities in malls and eliminates the general stress of last minute shopping. Other helpful coping measures are:

- deciding in advance which events are comfortable to attend;



16945 Leslie Street, Unit 8, Newmarket, ON, L3Y 9A2
Tel (toll free): 1-866-785-4709, Fax: 1-866-785-5620

Hours of Operation:

Monday through Friday 8:30 a.m. to 5:00 p.m. Saturday 9:00 a.m. to 1:00 p.m. EST

Email info@creatingcanadianfamilies.ca

Web: www.creatingcanadianfamilies.ca

Visit us on Facebook!

To Unsubscribe: Email info3@creatingcanadianfamilies.ca with the subject UNSUBSCRIBE