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***Infertility For Dummies***<sup>®</sup>

*Finally, a book that de-mystifies and de-stigmatizes fertility for everyone.*

**Written by Sharon Perkins, RN; Jackie Myers-Thompson**  
**Technical Review by Dr. Richard J. Paulson, Professor and Director, USC Fertility**

LOS ANGELES, CA (March 17, 2007) — Finally, an easy-to-understand, plain-English overview of infertility and how to beat it. With over 6 million women of reproductive age having difficulty conceiving, infertility has quickly become part of the national dialogue on women's health issues. ***Infertility For Dummies***, one of the latest titles in the ***For Dummies*** series, has the near-universal name recognition and distribution to quickly become the most accessible and comprehensive infertility reference book for all women.

Richard J. Paulson, MD, FACOG  
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Written by Jackie Meyers-Thompson, a former fertility patient, and Sharon Perkins, a registered nurse, with expert technical review provided by Dr. Richard J. Paulson, Professor and Chief of the Division of Reproductive Endocrinology and Infertility at the University of Southern California Keck School of Medicine, ***Infertility For Dummies*** covers all angles of infertility.

From the personal to the technical, from causes of infertility to tips on how to boost fertility, this book offers hope in a way that de-mystifies what can be a terrifying and overwhelming experience for so many.

With infertility treatments at a staggering \$1 billion per year industry, maneuvering through this growing system can be overwhelming for patients. ***Infertility For Dummies*** helps simplify the process by providing:

- Common causes of infertility
- Simple steps to help get pregnant, as well as information on new treatments
- What to look for when choosing a "team of experts," whether looking for traditional medicine or alternative care
- Tips for staying sane and loving while trying to get pregnant
- All the steps involved in Assisted Reproductive Technology, from low- to high-tech, as well as methods that require no technology—and how to determine what one needs
- Infertility issues that can affect both men and women
- Alternative options for creating a family

Like all ***For Dummies***<sup>®</sup> books—yet unique within the world of infertility books—***Infertility For Dummies*** concludes with "Part of Tens," including 'The Ten-Plus Most Annoying Things to Hear When You're Trying to Get Pregnant,' such as "I know how you feel," and "Maybe you shouldn't have waited so long to start trying," plus "Ten (Okay Seven) Groups of Fertility Medications and Where to Find Them," including mail-order pharmacies that carry hard-to-find medications such as gonadotropins and progesterone. The handy, tear-out 'Cheat Sheet' includes an ovulation calendar and step-by-step instructions on how to use it.

The division of Reproductive Endocrinology and Infertility, Department of Obstetrics and Gynecology, Keck School of Medicine of University of Southern California.

**MORE ON REVERSE**

Editor's Note: ***Infertility For Dummies*** authors Sharon Perkins and Jackie Meyers-Thompson, as well as technical advisor Dr. Richard J. Paulson, are available for interviews. Please contact Daniel Vaillancourt in Los Angeles at (323) 969-8900 or Gina Miller in New York City at (646) 442-2770.

### **About the authors**

Sharon Perkins and Jackie Meyers-Thompson are the authors of *Fertility For Dummies*. Sharon is a registered nurse with nine years of experience working with infertility patients. She is also the author of several other *For Dummies* titles. Jackie is a former (successful!) fertility patient and mother of a three-year old daughter and newborn son.

**Dr. Richard J. Paulson** is Professor and Chief of the Division of Reproductive Endocrinology and Infertility at the University of Southern California Keck School of Medicine. He has been the director of the USC Fertility program since 1986. His major interest is reproductive aging, and he has produced landmark research in egg donation and embryo implantation. He is deputy editor of *Fertility & Sterility*, and has authored numerous scientific articles and several books on fertility and reproductive endocrinology. For more information, or to reach Dr. Paulson, visit [www.USCFertility.org](http://www.USCFertility.org) or contact Daniel Vaillancourt in Los Angeles ([Vaillancourt@dmdnewyork.com](mailto:Vaillancourt@dmdnewyork.com)) or Gina Miller in New York ([Miller@dmdnewyork.com](mailto:Miller@dmdnewyork.com)).

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