

## ***About Infertility Treatment from Alternative Treatment Practitioners (#12)***

If you are considering using an alternative therapy, such as acupuncture, chiropractic, herbs or naturopathic physicians, to supplement your infertility treatment, choose a practitioner with the same methods you use to select a physician. Try to find someone with experience in treating your specific infertility problem and ask about success rates. Ask for personal references and conduct interviews with several practitioners to find a person with whom you feel comfortable. Questions to consider include:

1. Ask how many infertility patients the practitioner has treated in the past three months and what the success rate has been for individual diagnoses.
2. Ask where the practitioner received their training or degree.
3. Ask how many visits will be needed to address your infertility issues and inquire about the cost.
4. Ask for a treatment plan and explanation of what points, adjustments, and/or herbs will be used and why.
5. Is the practitioner willing to work with your medical infertility specialist?
6. Tell the practitioner if you are currently taking any medications. Ask if the alternative treatments will change your response to infertility drugs.
7. Ask if alternative treatment at mid-cycle or after could jeopardize an early, undiagnosed pregnancy.
8. If receiving acupuncture treatment, be certain that disposable needles are used.
9. If you are considering the use of herbs, ask about proper storage and preparation and whether or not preparations should be taken on an empty stomach or after eating.
10. Inform your infertility physician if you are using an alternative treatment to make sure that there will be no unusual drug interactions.
11. Are references available from current or former infertility patients?

### **Suggested Reading:**

Flaws, Robert *Endometriosis and Infertility and Traditional Chinese Medicine: A Laywoman's Guide*. Boulder, CO: Blue Poppy Press, 1991.

Kaptchuk, Ted *The Web That Has No Weaver*. New York: Congdon & Weed, Inc., 1983.

Korngold, Efrem and Beinfield, Harriet *Between Heaven and Earth*. New York: Ballentine, 1991.

## FOR MORE INFORMATION

**National Commission for the Certification of Acupuncturists**, 1424 16th Street, N.W., Suite 501, Washington DC, 20036, 202-232-1404. This organization makes available both a Directory of Nationally Board-Certified Acupuncturists for \$20.00 and a listing by state of certified acupuncturists for \$3.00, which contains the names, addresses, and telephone numbers of practitioners in an individual state. Please make all requests in writing; this is not a referral agency.

**American Association of Naturopathic Physicians**, 2366 Eastlake Avenue East, Ste. 322, Seattle, WA 98102, 206/323-7610. Naturopathic physicians are licensed in WA, OR, HI, AK, MT, CT, AZ. However Naturopathic Physicians practice in most parts of the U. S. Call the AANP for referrals.

*RESOLVE advises its members to investigate and understand thoroughly all medical treatments and parenting options they are considering before undergoing any procedures or making any financial or other commitments.*

*Further information on this topic is available through RESOLVE fact sheets. For a publications order form, go online to [www.resolve.org](http://www.resolve.org). You can also contact RESOLVE Headquarters at 1760 Old Meadow Rd, Ste 500, McLean, VA 22102 or 703.556.7172.*

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