

Greetings.

My name is Dr. Rob Kiltz, owner and director of CNY Fertility Center and CNY Healing Arts, an Integrative Fertility and Wellness Care Center. It is my pleasure to introduce you to our team, our philosophy, and our facilities. I believe that through our approach you can create the health and wellness which will lead you to the things in life that you desire. Eastern medicine provides ancient philosophies of healing including yoga, acupuncture, meditation, massage, herbs, healing oils, healing sounds, healing interactions, while western medicine offers modern technologies and treatments. By integrating both eastern and western philosophies we can offer you a comprehensive, unique approach to your wellness and create an individualized fertility treatment path.

With facilities in Syracuse, Albany and Rochester, our dedicated team serves clients from all over the world. I've gathered a team of specialists that are here to personally guide you and help you create the family you've always desired. Feel free to call any of our

staff members with questions or to obtain further information, they are available to assist in making the process understandable and less complicated.

It's my intention to provide you the best care possible through the connection of the mind, the body and the spirit along with diet and nutrition, care of the physical body with interventions such as Donor Eggs, Donor Embryos, In Vitro Fertilization, Intracytoplasmic Sperm Injection, Preimplantation Genetic Diagnosis, Ovulation Induction with or without medications.

I invite you to visit our websites at www.cnyfertility.com, www.cnyhealingarts.com and www.mindbodysmile.com. We offer monthly support meetings and workshops at each location as well as virtual support options for when you feel like staying at home. Let's connect, share, learn and grow together. I'm grateful that you have chosen CNY Fertility Center to serve you on your journey toward fertility, it's always a pleasure for us to serve you.

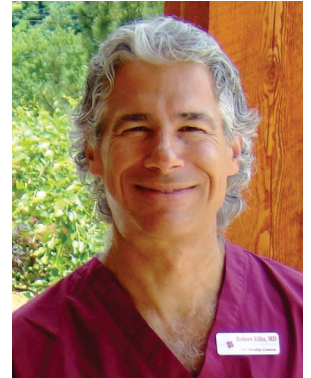
Our Mission here at CNY Fertility Center is to provide comprehensive reproductive services in a compassionate, open and friendly environment.



Dr. Robert J. Kiltz

Dr. Kiltz is Founder and Director of Central New York's first successful IVF center. He is a Diplomate of the American Board of Obstetrics and Gynecology and Board Certified in Reproductive Endocrinology and Infertility.

A Graduate from the University of Southern California, Dr. Kiltz completed medical school at the University of California, Davis. His internships were completed at UCLA (Internal Medicine), and USC Los Angeles County Women's Hospital (Obstetrics and Gynecology). After completing his residency at the University of Colorado Health Science Center in Denver, he practiced at Kaiser Permanente in California for one year, and completed a two year fellowship at Harbor UCLA Medical Center in Reproductive Endocrinology and Infertility.



In the San Francisco Bay area, Dr. Kiltz practiced full time reproductive endocrinology and infertility in the Alta Bates In Vitro Fertilization Program and was on the clinical faculty at UCSF. In 1995, he and his family relocated to the Finger Lakes Region in Central New York, where he began the area's first IVF program. He has special interest and training in advanced reproductive technologies, laparoscopic and minimally invasive surgery, gynecology, endometriosis and recurrent pregnancy loss.

CNY FERTILITY CENTER
Integrative Fertility Care

Syracuse • Albany • Rochester

www.cnyfertility.com

Diagnostic Testing and Bloodwork

As you will discover, causes of infertility are not necessarily limited to the woman and therefore both partners may need to be evaluated. It's preferred that you come to your first visit as a couple for medical reasons and support of one another.

At this first visit, the woman will be asked about the regularity of her periods, if she experiences severe menstrual cramps, pelvic pain, abdominal vaginal bleeding, her method of contraception, any history of surgeries and infections. If previous fertility evaluation and treatments have been performed in the past, these will be reviewed and the results will be evaluated. A painless vaginal ultrasound will be performed as well. There is no need to reschedule this appointment if you have your period. Preconception baseline bloods will also be drawn at your first visit. See the list below for details.

The man will be asked questions regarding current and past medical conditions, past surgeries, infections, drug and medication use. A semen analysis should be performed to determine the likelihood of the man's ability to reproduce. This analysis can also help to determine a course of action to consider.

Your first visit at CNY Fertility is an important one. You will meet with a nurse who will draw your blood and go over any instructions. A practitioner will review your chart. An insurance specialist will be available to review your insurance information and give you information in regards to your insurance coverage and the costs involved in the planned treatments. If you don't have insurance coverage, financing options can be explored as well. You will have the opportunity to learn about Eastern holistic therapies that can improve your chances of conceiving—Yoga, Acupuncture, Massage and Meditation.



Dr. Rob's recommended diagnostic testing for infertility:

Have you had these done recently? If you have had these tests drawn within the last year, please have them faxed to our office. If you need them to be drawn we will be happy to do it for you.

Female:

Preconception baseline blood work (yearly), Autoimmune testing for recurrent pregnancy loss (if necessary), Hysterosalpingogram (HSG/yearly)—to check condition of fallopian tubes and uterus, Physical exam and pelvic ultrasound (monthly), Hysteroscopy / Laparoscopy (diagnostic)—A surgical procedure done under anesthesia (general) to evaluate uterus for polyps, fibroids, endometriosis and adhesions.

Male:

Semen analysis (every 6 months), Chromosome testing / male hormone blood work (if necessary), Possible testicular/scrotal ultrasound to rule out varicocele.

Preconception baseline blood work drawn at consultation:

Female:

CBC (complete blood count), CMP (complete metabolic panel), Hepatitis, HIV, Cystic Fibrosis, Estrogen, FSH (follicle stimulating hormone), Progesterone, HCG (pregnancy hormone), TSH (thyroid), Testosterone, Rubella, Varicella, LH (lutenizing hormone), Prolactin

***If you have recurrent pregnancy loss or continuous failed implantation, testing that will also included will be:** Lupus, NKC (natural killer cells), Karyotype (male and female), ANA (antinuclear antibody).

Male: (with male factor infertility)

TSH (thyroid), Testosterone, Prolactin, LH (lutenizing hormone), FSH (follicle stimulating hormone)