

The background of the entire page is a soft-focus photograph of a child's room. In the center, a large pink teddy bear sits on the floor. To the right, in the foreground, is a green crocheted monkey with red accents on its limbs and face. The floor is covered with a patterned rug. The overall lighting is warm and natural.

life

Creating new
life stories
every day

Information Pack

Welcome from Dr Glenn Sterling

I am delighted to welcome you to Life Fertility Clinic.

I sincerely hope this will be the beginning of a successful journey to parenthood for you. My team and I will certainly do everything within our power to make that possible, whoever you are and whatever your challenges.

We welcome couples, singles and people in same-sex relationships. We believe love and good parenting are more important than your relationship status.

Our promise of 'making family real' acknowledges that real families take many different shapes and that the routes to creating family are rarely 'text book' but a journey filled with unique challenges for everyone.

I understand you are entrusting us with one of the most important decisions you will ever make and we will always treat that with respect and communicate honestly on your best options.

I believe our clinic is one of the leaders in Australia for results and compares with the best internationally too. Pregnancy rates do vary significantly between clinics but you can't always take statistics on face value as there are so many variables in patient ages and treatment types. Our team will help you understand the statistics in as much depth as you'd like to explore them!

We believe love and good parenting are more important than your relationship status.

Please let us know if you have any questions and do take advantage of the free nurse consultation to get to know us and your options better.

Alternatively your GP can refer you to me or one of the other fertility specialists here.

When you're ready to take the next step to parenthood, we're here to help you create your family.

Warm regards

Dr Glenn Sterling

Founder and Medical Director

Making Family Real

Fertility facts

- 01 A couple is regarded as having a fertility problem when they have not conceived after 12 months of regular unprotected sexual intercourse.
- 02 One in six couples has difficulty conceiving. In 40% of cases the problem rests with the male, in 40% with the female, 10% with both partners, and in a further 10% of cases, the cause is not known.
- 03 Fertility problems affect one in three women over 35.
- 04 One in 25 males has a low sperm count and one in 35 is sterile.
- 05 For healthy couples in their 20s having regular unprotected sex, the chance of becoming pregnant each month is 17%.
- 06 More than 1% of births in Australia involve the use of assisted reproductive technologies.
- 07 Menopause is considered premature if it occurs before the age of 40. The incidence of premature menopause is around 1%.
- 08 At birth, a woman's ovaries contain over a million egg follicles (sacs). Only about 350 eggs from these follicles mature and are released (ovulated) in her lifetime. One egg will develop to maturity and be ovulated approximately every four weeks between puberty and menopause.
- 09 Sperm are made at the rate of about 300 million per day and take about 80 days to mature.
- 10 The world's first live birth from IVF was Louise Brown in the UK in 1978. The first resulting from a frozen embryo occurred in Melbourne in 1984.

Reasons to choose Life Fertility

- 01** We are one of Australia's leading fertility clinics with a great reputation for friendliness, honesty and results.
- 02** We welcome all who have the potential to be good, loving parents whether couples, singles or in same-sex relationships.
- 03** We are not an 'IVF production line' – we explore all possible causes of your infertility and all treatment options.
- 04** You only pay the gap fee between our fee and the Medicare Rebate for IVF – many clinics want the full fee in advance.
- 05** Dr Glenn Sterling, our Medical Director, has a wonderful reputation for his skills, understanding and honesty – and has chosen a team of other specialists with the same qualities.
- 06** We have our own laboratories on site with the highest standards, so you save time getting results and can speak to a scientist whenever you need to.
- 07** We use the latest techniques and technology for every aspect of diagnosis and treatment.
- 08** We offer remote consultation services for people who live in regional areas, interstate or even internationally.
- 09** You can take advantage of a range of extra support services including free counselling and our Health and Wellness program.
- 10** Our free nurse consultation is a great way to get to know us and get to know what your options are.

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Steps to success on the path to parenthood

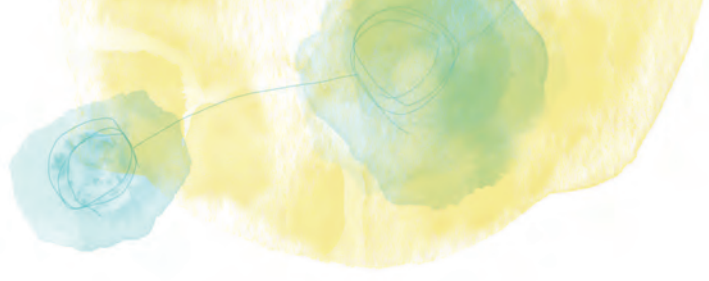
- 01 Make sure you (and your partner) are in good general health and eating a balanced healthy diet.
- 02 Women should lose as much excess weight as possible if they're very overweight or obese.
- 03 Do not drink excessively or use recreational drugs if you are trying to conceive.
- 04 If you are a smoker, giving it up will enhance your chances of conceiving.
- 05 Have unprotected sexual intercourse frequently, especially around 14 days after the beginning of your last period.
- 06 If you have been unsuccessful in conceiving for over a year, seek help from Life Fertility Clinic. Definitely come sooner if the woman is over 35.
- 07 Do your homework on fertility clinic options – cheaper isn't always better if it takes more cycles of IVF to get pregnant.
- 08 Make sure you have had full diagnosis and testing before embarking on IVF – sometimes other underlying conditions like endometriosis need tackling first.
- 09 Be prepared that treatment for many people can be an emotional roller-coaster and take advantage of Life Fertility's free counselling session (one for each cycle of treatment and can be used up to four months after treatment).
- 10 Keep optimistic and keep a sense of humour – many parents went through the treatment you're going through to make their dreams of a family real!

Strange pregnancy and parenting facts

- 01 According to the Guinness Book of Records, the greatest officially recorded number of children born to one mother is 69, to the wife of Feodor Vassilyev (b. 1707–c.1782), a peasant from Russia. In 27 confinements she gave birth to 16 pairs of twins, seven sets of triplets and four sets of quadruplets.
- 02 Local fertility custom for the Congo's Yansi people advises tossing your underwear onto the roof of your house during a waning moon, and only retrieving them on a new moon. (Will make the neighbours smile anyway!)
- 03 According to the Encyclopedia of Jewish Myth, Magic and Mysticism, eating rubies to boost fertility was once a Kabbalah tradition.
- 04 Musician Frank Zappa's children are called Moon Unit, Dweezil and Diva Muffin.
- 05 Nigeria has the highest twinning rate in the world at around 4.5%. Some experts attribute this number to the large consumption of yams in Nigeria.
- 06 In India, where there have been fewer regulations around IVF treatment, mothers in their late 60s and even a 70-year-old have given birth.
- 07 The uterus stretches up to 500 times its normal size during pregnancy!
- 08 More babies are born on a Tuesday than on any other day in the week.
- 09 A baby has around 10,000 taste buds. Many more than adults! They are not just on the tongue but also on the sides, back, and roof of the mouth. Eventually these extra taste buds disappear.
- 10 In Victorian England, infant cordials often contained opiates to calm them down. Even in the mid-20th century, according to Christina Hardyment, in her book *Perfect Parents: Baby-Care Advice Past and Present*, 'sedatives in a healthy baby's life were recommended rather than deplored'

Best fact

Life Fertility Clinic has helped create over 2000 healthy babies since 2007.



Our pledge to you

At Life Fertility Clinic, we are dedicated to making family possible through the latest treatments and leading medical knowledge.

We promise always to give you honest advice helping you find the shortest path to the greatest joy – regardless of whether that is a simple procedure or full IVF treatment. We will never put you through any unnecessary or pointless treatment and you'll never feel part of a production-line.

We also promise that we won't give up on your dreams without exploring all avenues and the latest options, helping you choose a path that suits your individual circumstances.

We promise to keep our knowledge and skills at the leading edge and to maintain the very highest quality standards in testing, diagnosis and treatment to give your hopes the best possible chance of becoming reality.

We will warmly welcome anyone who has the love and maturity to be a parent, whether they are single, a couple or in a same-sex relationship.

In short, we promise to be here as an honest and empathetic adviser and expert supporter to find the key to making family real for you.

Dr Glenn Sterling

Founder and Medical Director

Making Family Real

Life Fertility Clinic ABN 72 161 525 774
St Andrew's War Memorial Hospital Level 7 457 Wickham Terrace Spring Hill Queensland 4000
T 07 3606 3131 F 07 3606 3132 reception@lifefertility.com.au lifefertility.com.au



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