

INFERTILITY AWARENESS

Affecting Both Men and Women

Mayan Uterine Massage

A Mayan technique of abdominal bodywork, which is an external noninvasive manipulation that repositions internal organs that have shifted, thereby restricting the flow of blood, lymph, nerve and chi. It is a treatment that is widely practiced among the Curanderos (healers) and Midwives of Belize, Guatemala and Mexico.

Acupuncture

Acupuncture is an extremely effective but under utilized fertility tool. Body wide treatments help to: reduce inflammation, support the endocrine system (glands/hormones), increase energy/blood to all the organs, address pain/past trauma, and much more.

My Personal Journey

I was 22, newly married and ready to start a family. To my surprise that would not happen for several years.

Infertility happens to everyone, does not discriminate over race, religion, financial status or if you are male or female. My struggle was my own but clearly so many similar ones out there. Dozens of negative pregnancy tests and sadly many miscarriages. Two years later I found myself divorced at 24. Part of me carried guilt due to not being able to conceive. I met Angel in 2005, off the bat I shared that I was sterile. Our minds were set, no children of our own. We would travel and spend time with his children along with my many nieces and nephews. Fast forward to 2008, I was at work and noticed I had been feeling off, sick for a few mornings consecutively. I had the crazy idea to take a pregnancy test..that second line appeared quick and brighter than I had ever seen. Twelve pregnancy tests later I realized there was no error, I was pregnant, FINALLY! It was not the easiest pregnancy, I had all day sickness not just morning sickness. It was a threatened high risk pregnancy. I ended up being admitted and air lifted to Good Sam via helicopter. I had our son Maximillion at only 25 weeks gestation. He was only 1lb 9oz, the size of a water bottle. I would do it all over again. He has been such a blessing. God had a plan for it all. I know my story is minimal when compared to other stories, it is painful and overwhelming. Mine ends up with a beautiful son and 12 years later a beautiful daughter when so many stories end up very different, no babies in the end. I am with anyone struggling, I see you and you are not alone.



The Importance of Well Women Exam

In my professional opinion, the most important preventative measure any woman can take to maintain fertility is to have their yearly Pap Smear. As the only female physician on our staff, I take pride in facilitating an exam that is quick and painless, while still being thorough and informative. Any woman who is sexually active and under the age of 70 should have this screening annually. If you have any questions or would like to learn more, please contact me at the office to discuss further, Dr. Despotides.

Supplements of the Month 15% off

Electrolytes, Lemon Lime or Berry

Contains complementary minerals & vitamins to transform plain water into a nourishing, energy boosting beverage that the whole family can enjoy. This sugar free electrolyte powder tastes great.

Hydration IV*

Helps with hydration now that we are approaching those warm Arizona days.

* current labs required

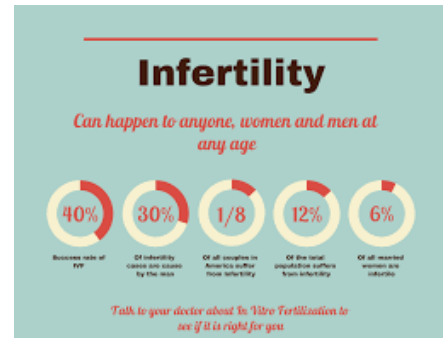
What is Infertility?

Infertility is a disease of the reproductive system that impairs one of the body's most basic functions: the conception of children. Conception is a complicated process that depends upon many factors:

- on the production of healthy sperm by the man and healthy eggs by the woman;
- unblocked fallopian tubes that allow the sperm to reach the egg;
- the sperm's ability to fertilize the egg when they meet;
- the ability of the fertilized egg (embryo) to become implanted in the woman's uterus;
- and sufficient embryo quality.

Finally, for the pregnancy to continue to full term, the embryo must be healthy and the woman's hormonal environment adequate for its development.

When just one of these factors is impaired, infertility can result.



Dr. Brian Archambault is inviting you to a scheduled Zoom meeting.

Topic: Allergies and what's next with Covid-19

Time: Apr 8, 2021 07:00 PM Arizona

Join Zoom Meeting

**[https://zoom.us/j/6078225704?](https://zoom.us/j/6078225704?pwd=d1JDanErWW5tSUdxSG5JbDVLM29JQT09)
pwd=d1JDanErWW5tSUdxSG5JbDVLM29JQT09**

Meeting ID: 607 822 5704

Passcode: VfG5BB