



DENVER FERTILITY CARE

Where People Become Parents

DENVER FERTILITY WELLENESSE & COUNSELING REFFERAL NETWORK



ASRM CERTIFIED COUNSELOR

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Following the recommendations of the American Society of Reproductive Medicine (ASRM), your fertility treatment provider requires that any recipients using donor sperm, donor egg or donor embryo (donor gametes), as well as any intended parents (using a Gestational Carrier), complete a psychoeducational consultation with a mental health professional. The purpose of this consultation is to provide support and education around building your family with donor gametes. This is not an evaluation of your fitness to be a parent or a screening process. It is intended to get to know you better, support you, and provide you with information regarding some of the unique issues that are present when using donor gametes to create your family. Some of the topics that are addressed include, but are not limited to:

- donor selection
- donor disclosure (known, open identification, closed identification)
- issues pertaining to "anonymity" surrounding the donor-recipient relationship, including registries, potential changes in laws, and advances in genetics and technology
- how donors are typically screened
- what to tell children and how
- existence of database information pertaining to genetic "siblings"
- multiple births, selective reduction, termination, and embryo management information (if applicable)
- feelings of grief and loss that may be associated with utilizing a gamete donor
- the impact of successful treatment, including pregnancy following infertility (if applicable)
- positive and negative aspects of disclosure to others
- cultural and family considerations
- transitioning to parenthood
- the impact of treatment failure, including coping with treatment termination, exploring other family building options, and grief and loss if the cycle is not successful



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ACUPUNCTURE REFERRAL LIST

Modern Oriental Medicine
Jackie Sagum
303.773.1166

www.modernorientalmedicine.com

6059 S Quebec St, Ste 103
Centennial, CO 80111

Acupuncture Denver
303.929.9582

www.acudenver.com

899 Logan St
Denver, CO 80203

Insight Acupuncture
Geina Horton
303.715.1573

www.insightacupuncture.com

1301 S Clayton St
Denver, CO 80210

Fertile Ground & Wellness
Cecily Yousaf
303.248.3481

www.fertilegroundwellnesscenter.com

7355 E Orchard Rd #350,
Greenwood Village, CO 80111

Acupuncture has been used for 2000 years in China to treat issues of fertility. Since the aim of acupuncture is “to bring the body into balance” it can improve fertility when used in conjunction with assisted reproductive technologies. It has been shown that acupuncture helps regulate menstrual cycles, reduces anxiety and stress, increases blood flow to the reproductive organs, normalizes hormone and endocrine systems, and positively affects the hypothalamic-pituitary-ovarian axis, which plays an important role in fertility. Research suggests acupuncture may indeed be helpful to couples undergoing IVF. Acupuncture is a safe, painless treatment that has become widely accepted in Western medicine over the last several decades.

ADDITIONAL RESOURCES

Resolve.Org

<https://resolve.org/get-help/>

ASRM -American Society of
Reproductive Medicine

<https://www.asrm.org/topics/to-pics-index/psychological-counseling/>



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NUTRITIONIST REFERRAL LIST

Keenist Holistic Nutrition

Stephanie Rome

303.902.9691

www.keenist.com

Fertile Ground & Wellness

Cecily Yousaf

303.248.3481

www.fertilegroundwellnesscenter.com

Cherry Creek Nutrition

Suzanne Farrell

303.570.0505

www.cherrycreeknutrition.com