

WEBVTT Kind: captions Language: en

00:00:05.810 --> 00:00:08.340 - The greatest challenge
00:00:08.340 --> 00:00:11.513 is the silence that surrounds infertility in America.
00:00:12.850 --> 00:00:14.320 - Do people talk about this?
00:00:14.320 --> 00:00:16.540 Is this something I'm just supposed to journal
about?
00:00:16.540 --> 00:00:19.210 Am I just supposed to talk to my husband?
00:00:19.210 --> 00:00:20.100 - You kinda felt awkward
00:00:20.100 --> 00:00:21.540 sharing the story with them because you would
say,
00:00:21.540 --> 00:00:23.540 oh you know, "Congratulations, on your child."
00:00:23.540 --> 00:00:24.696 Then they'd say, "Well, what about you,
00:00:24.696 --> 00:00:25.600 "when are you gonna have a child?"
00:00:25.600 --> 00:00:27.157 and the response is, "Well, we've been trying
00:00:27.157 --> 00:00:29.400 "for five years and we had a miscarriage."
00:00:29.400 --> 00:00:33.390 - This is just a fundamental biological process
00:00:33.390 --> 00:00:35.190 that I should be able to do.
00:00:35.190 --> 00:00:37.420 What could I have done differently throughout
my life
00:00:37.420 --> 00:00:39.820 to have changed the outcome of this?
00:00:39.820 --> 00:00:41.670 - This is not something that they should feel
00:00:41.670 --> 00:00:42.810 they brought on to themselves.
00:00:42.810 --> 00:00:44.490 This should not be something that they feel makes
them
00:00:44.490 --> 00:00:46.400 less of a man, less of a woman
00:00:46.400 --> 00:00:48.893 but really something that's a health issue.
00:00:51.670 --> 00:00:54.760 - We always talked about having a family.
00:00:54.760 --> 00:00:58.070 After about six months of trying
00:00:58.070 --> 00:00:59.486 we started to wonder.
00:00:59.486 --> 00:01:01.330 - We kind of knew or suspected
00:01:01.330 --> 00:01:02.880 that there may be some issues.
00:01:02.880 --> 00:01:04.840 We started to think, okay, maybe it's time

00:01:04.840 --> 00:01:06.360 to start looking into what the options are
00:01:06.360 --> 00:01:07.540 and where we can go from here.
00:01:07.540 --> 00:01:09.720 - It was very taboo.
00:01:09.720 --> 00:01:12.256 I didn't really know who to talk to.
00:01:12.256 --> 00:01:16.550 - Isolation happens when conversations are not happening,
00:01:16.550 --> 00:01:21.000 when you feel it's your problem and not others' problem.
00:01:21.000 --> 00:01:23.670 So there are misconceptions about patients coming in
00:01:23.670 --> 00:01:26.770 and they're completely emotionally and psychologically
00:01:26.770 --> 00:01:28.760 derailed by the conversation.
00:01:28.760 --> 00:01:30.180 I want them to know the breadth
00:01:30.180 --> 00:01:33.654 of possible interventions available.
00:01:36.020 --> 00:01:37.010 - [Bernard] There was a lot of different thoughts
00:01:37.010 --> 00:01:38.670 going through our head.
00:01:38.670 --> 00:01:40.300 It was overwhelming at first.
00:01:40.300 --> 00:01:41.470 We didn't know what IVF was.
00:01:41.470 --> 00:01:42.610 We didn't know what it meant.
00:01:42.610 --> 00:01:45.570 - [Dr. Collins] What IVF is, in the most fundamental sense,
00:01:45.570 --> 00:01:48.970 is being able to have fertilization, egg and sperm meeting,
00:01:48.970 --> 00:01:50.540 happening outside the body.
00:01:50.540 --> 00:01:52.360 What happens is instead of taking one egg
00:01:52.360 --> 00:01:54.880 that a woman naturally produces in a given month
00:01:54.880 --> 00:01:57.930 we coax many eggs to grow in that same month.
00:01:57.930 --> 00:01:59.540 And that's a way to have multiple embryos
00:01:59.540 --> 00:02:01.730 from a single IVF cycle.
00:02:01.730 --> 00:02:04.990 - We made it all the way through to the egg retrieval.

00:02:04.990 --> 00:02:08.600 Few days later, I was experiencing excruciating pain.

00:02:08.600 --> 00:02:10.660 They conducted a laparoscopic surgery

00:02:10.660 --> 00:02:13.820 and found that I had ovarian torsion.

00:02:13.820 --> 00:02:17.730 My ovary had rolled during the egg retrieval

00:02:17.730 --> 00:02:20.800 which is a very, very rare thing to happen.

00:02:20.800 --> 00:02:22.170 - Not only did she have torsion,

00:02:22.170 --> 00:02:23.720 which was completely corrected,

00:02:23.720 --> 00:02:26.010 but one of things which I had not expected

00:02:26.010 --> 00:02:29.446 because she had no symptoms whatsoever, was endometriosis.

00:02:29.446 --> 00:02:32.510 - [Dr. Collins] Endometriosis causes scarring in the fallopian tubes.

00:02:32.510 --> 00:02:34.540 The fallopian tubes are really the road that connects

00:02:34.540 --> 00:02:35.910 egg to sperm.

00:02:35.910 --> 00:02:38.370 From some patients, they'll have endometriosis

00:02:38.370 --> 00:02:40.730 and really seem relatively asymptomatic

00:02:40.730 --> 00:02:41.563 with the exception

00:02:41.563 --> 00:02:44.430 of the fertility difficulty that they're facing.

00:02:44.430 --> 00:02:47.960 - For me, finding out that endometriosis was a part

00:02:47.960 --> 00:02:51.380 of what was preventing us from having a successful pregnancy

00:02:51.380 --> 00:02:53.120 was a little bit of a relief.

00:02:53.120 --> 00:02:55.320 We might have an answer and there's treatments for it.

00:02:56.490 --> 00:02:59.400 Then we had another round of IVF

00:03:00.410 --> 00:03:02.810 and we found out we were pregnant.

00:03:02.810 --> 00:03:04.000 We were happy, we were confident.

00:03:04.000 --> 00:03:07.060 We told our family, we started to tell some friends

00:03:07.060 --> 00:03:10.600 and that was at week 12.

00:03:10.600 --> 00:03:15.420 At week 13, I went back for another followup appointment

00:03:15.420 --> 00:03:18.800 with my OB and that's when we found out

00:03:18.800 --> 00:03:21.400 there was a serious problem

00:03:21.400 --> 00:03:23.040 and I don't really remember a lot of it,

00:03:23.040 --> 00:03:25.113 as it was a huge blur at that point.

00:03:25.120 --> 00:03:26.320 Umm...

00:03:27.220 --> 00:03:28.160 That was...

00:03:28.940 --> 00:03:30.120 [Softly] Sorry.

00:03:32.080 --> 00:03:34.760 - They ended up losing the pregnancy.

00:03:36.313 --> 00:03:41.313 - And I wasn't sure

00:03:41.790 --> 00:03:44.700 if I was gonna be ready to do it again.

00:03:44.700 --> 00:03:46.930 - [Dr. Collins] People who're already perhaps facing

00:03:46.930 --> 00:03:50.400 the emotional toil of facing the infertility battle

00:03:50.410 --> 00:03:52.300 when they feel like they have a minor victory

00:03:52.300 --> 00:03:55.520 by getting pregnant and then it ends in a miscarriage

00:03:55.520 --> 00:03:57.372 it can be exceptionally heartbreaking.

00:03:59.570 --> 00:04:02.940 - [Diana] Getting those results from that pregnancy

00:04:02.940 --> 00:04:06.160 told us that we needed to do genetic screening

00:04:06.160 --> 00:04:07.500 of future embryos.

00:04:07.500 --> 00:04:08.700 That gave me hope again.

00:04:10.280 --> 00:04:12.380 - [Dr. Pal] Keeping in perspective these findings,

00:04:12.380 --> 00:04:15.470 gave me an opportunity to think beyond textbook.

00:04:15.470 --> 00:04:19.733 Really individualize the management as data appeared.

00:04:20.570 --> 00:04:23.723 - And we had another successful pregnancy right away

00:04:25.540 --> 00:04:27.620 and that's what brought us to today

00:04:27.620 --> 00:04:29.020 where we have Audrey.

00:04:34.100 --> 00:04:35.690 - [Bernard] It's unbelievable

00:04:35.690 --> 00:04:38.500 with being a parent and having a little girl now.
00:04:38.510 --> 00:04:39.790 Coming home from work every day,
00:04:39.790 --> 00:04:41.090 no matter how difficult of a day,
00:04:41.090 --> 00:04:43.460 seeing her just it changes everything.
00:04:43.460 --> 00:04:45.940 - It kinda brought me to this point of
00:04:45.940 --> 00:04:47.730 okay, the baby's here.
00:04:47.730 --> 00:04:49.210 Well wait, now what?
00:04:49.210 --> 00:04:53.370 Totally shifting gears in the way of thinking about
family
00:04:53.370 --> 00:04:56.110 'cause it was all about how do I create the family.
00:04:56.110 --> 00:04:57.973 But now with the family here.
00:05:02.777 --> 00:05:04.940 I think my message to other couples out there
00:05:04.940 --> 00:05:07.810 who are going through infertility is
00:05:07.810 --> 00:05:09.000 you're not alone.
00:05:09.000 --> 00:05:11.670 - You can't predict what life has in store for you.
00:05:11.670 --> 00:05:13.976 There is hope, there's always hope.
00:05:13.976 --> 00:05:16.710 - Don't give up, don't ever give up.
00:05:16.710 --> 00:05:17.710 Stay positive.
00:05:17.710 --> 00:05:19.120 - So many people walk through this
00:05:19.120 --> 00:05:20.790 and they walk through it alone.
00:05:20.790 --> 00:05:23.070 For all of those challenging reasons
00:05:23.070 --> 00:05:25.810 of stigma, of shame, or guilt.
00:05:25.810 --> 00:05:29.340 And to know they're not alone and to have that
dialogue
00:05:29.340 --> 00:05:32.140 may be the thing that allows them to come into
care
00:05:32.140 --> 00:05:34.950 and receive just that one extra bit of effort
00:05:34.950 --> 00:05:36.720 that helps them toward that goal
00:05:36.720 --> 00:05:39.313 and maybe we at Yale Fertility Center can be a
part of that.