



Thomas L. Toth, MD

Egg Freezing Comes of Age

"This year, egg freezing at the Vincent moved from bench to bedside," says Thomas L. Toth, MD, director of the Vincent In Vitro Fertilization Unit, and director of the Vincent Fellowship Training Program in Reproductive Endocrinology and Infertility. Collaborating with Massachusetts General Hospital biomedical engineer Mehmet Toner, PhD, Toth and his colleagues are now one of the few groups in the country to offer egg freezing as a way of preserving the fertility of women facing treatments such as chemotherapy and other situations that may affect future fertility. "We believe we can help make egg freezing as much a routine option for women as men have had for freezing sperm," says Toth. "We are combining our ideas and our passion to make this a reality for more women."



Early Risk Assessment a Mainstay of Obstetrical Care

The Vincent's record of accurate, first trimester prenatal screening continued to increase demand for early risk assessment (ERA) services this year. "We offer these services at 11 through 14 weeks, so that couples can be reassured earlier in the pregnancy than with the older screening methods," says Allan S. Nadel, MD, director of Vincent Obstetrical Ultrasound and Prenatal Diagnosis.

While ERA does not replace amniocentesis or chorionic villi screening (CVS), for many women 35 or older it appears to be a more attractive option compared to the older screening method which involves blood tests in the second trimester of pregnancy, at 15 to 20 weeks. By contrast, ERA involves screening in the first trimesters, using the ultrasound evaluation of the nuchal translucency and nasal bone, in addition to blood tests.



Allan S. Nadel, MD



Cori Tanrikut, MD, and Aaron K. Styer, MD

Safely Reducing the Numbers

To decrease the incidence of IVF multiple births and their attendant risks of premature labor, low birth weight, preeclampsia, gestational diabetes and Cesarean section, Vincent fertility experts have been working to highlight the practice of elective single-embryo transfer. "We have built upon our experience over the past four years to demonstrate the promising success of transferring a single embryo in favorable prognosis patients under age 35," says Vincent reproductive endocrinologist Aaron K. Styer, MD, who, along with Thomas L. Toth, MD, and their colleagues, published their findings in the journal of *Fertility and Sterility* this past May. The Vincent is one of the few fertility centers in the country to routinely offer elective single-embryo transfer to women under age 35. "In select patients, this practice maintains the same rate of healthy births while reducing the rate of twins 15-fold," says Styer.

Uchechi A. Wosu, MD, and Holly Khachadoorian-Elia, MD, are associate directors of the Medical Student Teaching Program, overseeing the program that brings Harvard medical students to the Vincent to rotate through the full complement of OB/Gyn services.



Irene Souter, MD

“When we look at our boys, we are reminded what blessed miracles they are to us. We give to Dr. Thomas Toth’s research so that others may also have the opportunity to someday look into their children’s eyes and feel the joy that we do each day.”

— Anonymous



John C. Petrozza, MD

Baby Milestone

Vincent staff rejoiced with the happy parents when the hospital’s first preimplantation genetic diagnosis (PGD) baby was born last spring. “The PGD procedure, which screens for serious and life-threatening genetic diseases, resulted in a healthy pregnancy and a beautiful baby boy,” says Irene Souter, MD, of the Massachusetts General Hospital Fertility Center. The significance of this success means that Vincent patients can now look forward to preventing the transmission of certain devastating genetic conditions from one generation to the next.



Deborah A. McGrory, RN, and Marcia DaSilva

A Team Approach to Treating Infertility

With the arrival of Cigdem (Cori) Tanrikut, MD, at the Vincent this year, couples facing infertility have for the first time the option of being treated in a team approach that evaluates both male and female factors. “I treat the men, while my colleagues in reproductive endocrinology treat the women,” says Tanrikut, who is a urologist in male reproductive medicine and microsurgery. The Vincent is fortunate to have Tanrikut, says John C. Petrozza, MD, chief of the Massachusetts General Hospital Fertility Center and of the Vincent Reproductive Medicine and IVF Division. “She is one of the few fellowship-trained male fertility specialists in the region.”

Blossoming Donor Egg Program

Women seeking donor eggs are increasingly finding their way to the Massachusetts General Hospital Fertility Center. Women have the option of choosing between a known donor, perhaps a sister or other family member, or an anonymous egg donor. Vincent doctors help their patients evaluate and carefully screen anonymous donors, perform the extraction, in vitro fertilization and then the transfer of viable embryos into the patient’s uterus. “The division has dedicated an entire team to assisting these patients through the process,” states John C. Petrozza, MD. “The Donor Egg Program is the fastest growing segment of our practice.”