

## **FPNC Statement Concerning News of Octuplets Born in January 2009**

We concur with the concern the American Society for Reproductive Medicine (ASRM) has expressed over this event. There are guidelines set by ASRM, which our practice follows faithfully, to minimize the possibility of multiples.

As ASRM's recent press release on this story says:

"Physicians have known for many years the dangers of multiple pregnancy. ASRM and its affiliate, the Society for Assisted Reproductive Technology (SART), have worked steadily to formulate evidence-based guidelines for the number of embryos to transfer in assisted reproductive technology (ART) cycles.

We issued our first embryo transfer guidelines in 1996 and began to see a reduction in high-order multiple pregnancies the very next year. According to the CDC, in 1996 7% of fresh, non-donor ART cycles reaching embryo transfer and resulting in a live birth were triplets or more. By 2005, that number had fallen to only 2% of such cycles. This was achieved without hurting the pregnancy rates for our patients. In fact, during the same period, the success rate from fresh non-donor embryo transfers increased from 28% in 1996 to 34.3% in 2005.

Our guidelines provide the flexibility to give each patient treatment individualized to her needs, and her best chance to become pregnant without risking high-order multiple pregnancy. SART member clinics are committed to following those guidelines. However, it seems that the guidelines may not have been followed in Ms. Suleman's case."

For more information about the guidelines and to see the full press release please visit [ASRM.org](http://ASRM.org).

Here at FPNC, we are committed to the health of our patients and their children. We have been members of ASRM and SART for decades, and follow the guidelines these societies have created to help all of our patients have happy and healthy outcomes.

Sincerely,  
Fertility Physicians of Northern California