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Fertility Physicians of Northern California researchers study the effects of acupuncture and clomid for unexplained infertility.

San Jose, CA (January 29, 2009) – This month Fertility Physicians of Northern California is starting to enroll women in the first research study conducted in the United States using acupuncture and clomid for unexplained infertility.

According to the American Society for Reproductive Medicine, approximately 3 million couples in the United States are unable to conceive after one year of trying. Unexplained infertility is a frustrating diagnosis that affects up to 30% of subfertile women. The standard treatment protocol for treating unexplained infertility with Western medicine is clomid and intra-uterine insemination (IUI). During the treatment cycle, the woman takes the medication clomid and then, at the appropriate time, concentrated washed sperm is injected into the uterus to improve the chances of conception. While this treatment protocol has more success than no treatment, the percentage of women who conceive each month is still fairly low.

Acupuncture has been used since the 1960s in traditional Chinese medicine (TCM) hospitals in China to induce ovulation. The Yellow Emperor's Canon of Internal Medicine is one of the oldest surviving Chinese medical texts. This book dates back to 2600 BCE. It sets forth the foundations of modern day Chinese medical theory. There are extensive passages on the physiology and pathophysiology of menstruation, fertility and pregnancy.

Today, acupuncture is the subject of widespread international research in fertility enhancement. In addition to empiric evidence showing that acupuncture can regulate menstruation and support fertility, there are research studies demonstrating higher pregnancy rates with in vitro fertilization (IVF) when acupuncture treatments are part of the protocol. Additionally, acupuncture may effect uterine blood flow, the neuro-endocrine system, hypothalamus-pituitary-ovarian axis, and ovulation induction.

In this study of Acupuncture with Clomid and IUI, patients undergoing treatment for unexplained infertility at Fertility Physicians of Northern California will be randomized to either a standard treatment group (clomid and IUI) or an experimental group (acupuncture treatments plus clomid and IUI) for one cycle. If pregnancy is not achieved, patients will be able to choose either the standard or experimental groups for up to three more cycles.

This research represents an international collaboration between Zhejiang University, the Fertility Physicians of Northern California and Five Branches University of Traditional Chinese Medicine. Maureen Rozenn, LAC, under the direction of her PhD advisor, Dr. Fang from Zhejiang University of Traditional Chinese Medicine in Huang Zhou, China, coauthored the study with the director of research at FPNC, Karen Purcell, MD/PhD. Ms. Rozenn will be doing the acupuncture treatments for study participants.

For more information, please visit: <http://www.fpnc.com/team/research>. To enroll in the study please contact the study coordinator, Angie Toyama at (408) 356-5000. For questions specific to the acupuncture protocol contact Ms. Rozenn at (831) 426-1093.

About Maureen Rozenn, LAC, DAOM/PhD

Ms. Rozenn is poised to graduate in the first Doctorate Program in Acupuncture and Oriental Medicine (DAOM) from Five Branches University of Traditional Chinese Medicine this March. She maintains a private practice at Cedar Street Healing Arts Clinic in downtown Santa Cruz where she specializes in fertility enhancement for men and women.

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About Fertility Physicians of Northern California

Founded in 1984, Fertility Physicians of Northern California (FPNC) offers the full range of medical solutions patients need to start a family, from simple drug therapy to advanced procedures such as in vitro fertilization and pre-implantation genetic diagnosis. From private offices in San Jose and Palo Alto (CA) they have helped thousands of people become parents. FPNC services include the highest levels of patient care, emotional support and educational programs to assist patients throughout their treatment.

FPNC physicians are board certified specialists in reproductive endocrinology, infertility and reproductive surgery, providing the most advanced training and education in the treatment of infertility, endometriosis, miscarriage and other reproductive disorders. The clinical, nursing and laboratory staff is also composed of highly trained experts.