



**FOR IMMEDIATE RELEASE**

**CONTACT:** Marcia Clark

845-528-6647 ~ marcia@shamelesspromotions.com

**ATTAIN FERTILITY OFFERS 3 STEPS TO PROTECT YOUR EMOTIONAL WELLBEING WHILE TRYING TO GET PREGNANT  
How to Take Care of Yourself When Fertility Issues Arise**

*(Purchase, NY)* – From everyday encounters to special gatherings and events, those coping with fertility issues frequently face uncomfortable questions from family, friends and coworkers about having a baby. Knowing how to respond and how much you are comfortable sharing isn't easy. Attain Fertility ([AttainFertility.com](http://AttainFertility.com)) offers three steps to help take care of your emotional wellbeing when fertility problems arise.

From innocent comments made in passing by co-workers and the probing questions of relatives, to the pregnancy of a sibling or close friend, sometimes heading into social situations feels more like heading into a minefield than anything else.

“Needs change at different points along the way, and even from day-to-day,” explained Dr. Andrea Braverman, clinical psychologist at the Reproductive Medicine Associates of New Jersey, part of the Attain Fertility Network. “By identifying your triggers and then making choices, you’re able to create boundaries that work for you. Healthy communication with your partner and with the people in your life is essential.”

While there are no pat answers or general rules to follow Attain Fertility does have a few tips about how you and your partner can best handle social situations during your path to parenthood.

**Step One: What are your triggers?**

While it's impossible to anticipate every situation, there are certainly ones you can identify in advance that may leave you feeling vulnerable. Announcements of other pregnancies or births, baby showers, family gatherings, get-togethers with friends, and even staff vacation-time at your fertility clinic may trigger feelings of isolation or sadness. When you're able to identify these triggers, you'll be able to create a plan of action to manage them.

**Step Two: What are practical things you need to consider?**

In an ideal world, you'd always be able to choose when and what you want to share. However, there are other practical issues to consider. You may need to let someone at work know you are going through fertility treatment if you have periods of time when you need to be late for work or when travel will not be possible. Ask to have a confidential conversation with a supervisor and explain the situation. By being proactive and clear you will avoid uncomfortable questions and confrontations.

Likewise, there may be times when it's necessary to share with a family member or friend. For example, if you have a relative living with you, it will probably be necessary to share some of what you are going through.

**Step Three: What do you want for yourself? What do you want for your partner?**

Remember you are in a partnership. Trying to get pregnant isn't just your story; it's your partner's, as well. What are your boundaries together? What is best for you as a couple? Decide between you how open or private you want to be and how you will respond to those awkward questions. And if the two of you are struggling, think about seeing a counselor who can help you navigate this journey in the healthiest and most positive way for you and your partner.

“You can't do it all on your own, none of us can,” said Braverman. “The sooner individuals and couples seek counseling, the easier the emotional journey of trying to get pregnant will be.”

For more information on fertility treatment and support, visit [AttainFertility.com](http://AttainFertility.com).

**About Attain Fertility**

AttainFertility.com, is a comprehensive, interactive website from IntegraMed that offers trusted fertility information from experts and includes content on everything from fertility issues and treatment options to cost and planning. The website also offers community support to help patients become parents.

**About IntegraMed America, Inc.**

IntegraMed America, Inc. manages highly specialized outpatient facilities in emerging, technology-based, niche medical markets and is the leading manager of fertility centers and vein clinics in the United States. IntegraMed supports its provider networks with clinical and business information systems, marketing and sales, facilities and operations management, finance and accounting, human resources, legal, risk management and quality assurance services. IntegraMed's fertility network is the nation's largest fertility network, comprised of 39 contracted centers with over 120 locations in 34 states and the District of Columbia. Nearly one of every four IVF procedures in the U.S. is performed in an IntegraMed network fertility practice. The IntegraMed Vein Clinic network is the leading provider of varicose vein care services in the US, currently operating 36 centers in 13 states, principally in the Midwest and Southeast.

For more information about IntegraMed please visit:

[www.attainfertility.com](http://www.attainfertility.com) for fertility, or

[www.veinclinics.com](http://www.veinclinics.com) for vein care