

Center for Human Reproduction Treats Family's Second Generation

by Mara Mazza

The union of Beth and Robert Borland was without doubt predestined. Their lives first converged when they attended the same grammar school, and from then on, a series of fateful coincidences kept them together. The most surprising coincidence would reveal itself more than four years into their marriage.

Married in 2005, the Borlands were getting established in their respective careers during the first few years. They were brimming with hope and anticipation when they decided the time was right to start a family in 2008. But Ms. Borland was stressed after ten months went by as she watched all her friends getting pregnant so effortlessly.

"I didn't know what to do," said Ms. Borland. "In the back of my head, I thought there was something wrong. I had always suffered with very painful periods. I had a feeling that I had endometriosis."

PAIN AND FRUSTRATION

Endometriosis is a common gynecological disease, affecting an estimated two to 10 percent of women of reproductive age. It occurs when tissue that usually grows inside the uterus instead grows on the outside on the surfaces of organs in the pelvis or abdomen. The misplaced tissue develops into growths or lesions which respond to the menstrual cycle. However, the blood and tissue shed from endometrial growths have no way of leaving the body, causing internal bleeding, breakdown of the blood and tissue from the lesions and inflammation. Pain, infertility, scar tissue formation and bowel problems are common consequences of endometriosis.

Ms. Borland made an appointment with Micheline Chu, MD, an infertility specialist at the North Shore-LIJ Center for Human Reproduction, who after doing a thorough evaluation confirmed that Ms. Borland had endometriosis. "Dr. Chu was wonderful. She told me that I could have surgery right away to remove the growths and scar tissue, or take a less aggressive approach and wait a while, so

I decided not to have surgery immediately and begin preparation for my first IUI [intrauterine insemination]," said Ms. Borland.

The Borlands went to the center on Christmas Eve 2009 for the insemination procedure, which was rescheduled with David Rosenfeld, MD, chief and founder of the Division of Human Reproduction at North Shore University Hospital. He reviewed their options with them and recommended doing the surgery.

TWIST OF FATE

That evening, for the first time, the Borlands discussed their challenges getting pregnant with Rob's parents, and a new coincidence became evident. Upon learning about their meeting with Dr. Rosenfeld, Mr. Borland's mother, Madeline Borland, disclosed that Dr. Rosenfeld had been her physician more than 34 years ago and was the reason Rob was born. From then on, because of this personal connection, Dr. Chu and Dr. Rosenfeld partnered in the care of Beth Borland; they even performed Beth's endometriosis surgery side-by-side.

"I could not believe what they just told me; I was amazed that we had the same doctor," said Mrs. Borland. "I was flooded with memories. The dearest one was right after I delivered Rob; I came down with 'birth fever' and was delirious for three days. When I finally came out of it, Dr. Rosenfeld was on his morning rounds and stopped by to congratulate me. I never forgot that because it meant so much to me. He has that personal touch, and it still continues today."

After surgery, the Borlands tried conceiving for a month on their own, followed by two IUIs. All proved unsuccessful. One day, the Borlands were meeting with Dr. Chu and Ms. Borland burst into tears out of sheer frustration. That is when Dr. Chu recommended in vitro fertilization (IVF).

"A couple has to be ready to do IVF. It is time-intensive and requires a big emotional investment," said Dr. Chu. "IVF demands a

lot from the patient, including visits into our office every day for blood work and numerous injections that need to be administered at home at the same exact time each day. Beth and Rob were young and very motivated. They really wanted this, and I couldn't keep seeing them go through more disappointment."

A FAMILY IS BORN

Dr. Chu transferred two of the Borlands' embryos on August 13, 2010, and two weeks later, there was reason to celebrate. "After the transfer, we had this blind faith that this was going to work," said Mr. Borland. "Even so, when we finally got the phone call that we were pregnant, we were both slightly shocked and extremely emotional." More good news was on the way; at Ms. Borland's six-week sonogram, they saw two beating hearts, and finally on March 24, 2011, the Borland family welcomed two beautiful daughters, Payton Faith and Riley Grace.

"Madeline Borland was one of the center's first patients, and her son Robert was therefore one of the first babies to be born under my care," said Dr. Rosenfeld. "Now 35 years later, I had the humbling opportunity to be involved in the growth of this sweet family, helping Robert and his wife conceive their own children. This makes me a 'grandfather,' and it's a phenomenal feeling."

Dr. Rosenfeld established the North Shore-LIJ Center for Human Reproduction in 1976; it was the first infertility center on Long Island. The center was the first in New York State to perform in vitro fertilization and continues to be at the forefront of reproductive medicine, pioneering the newest techniques in reproductive surgery and being the first to offer many novel programs to our community, such as prenatal genetic diagnosis and egg freezing. Recently, the center began collaborating with the oncologists at the Monter Cancer Center to offer egg freezing for cancer patients.

Fate and medicine brought the Borland family together.



“There is probably not a field in medicine that has changed as rapidly and has demonstrated as much progress as the field of reproductive medicine,” said Dr. Rosenfeld. “Our center has been responsible for nearly 25,000 births in the New York metropolitan area, and now we are working to help women undergoing chemotherapy preserve their fertility for the future.” ■

+ **To learn more** or to make an appointment at the North Shore-LIJ Center for Human Reproduction, call **516-562-2229 (516-562-BABY)** or visit **bit.ly/nLevLC** or to contact another North Shore-LIJ reproductive endocrinologist/infertility specialist, call **1-888-321-DOCS**.

Trouble Getting Pregnant? When Is It Time to Get Help?

The path toward pregnancy can be lonely, frustrating and discouraging for many would-be parents. But fertility problems are not that uncommon. Up to 15 percent of couples don't find success after a year of trying.

Are you among them? If you've been trying for a year, it's time to see your doctor. It may be appropriate to see a doctor sooner, especially if you are older than 35 or think you may have a fertility problem.

At your appointment, you'll discuss your medical history with your doctor. You also may need tests to check your ovaries, fallopian tubes, uterus and hormones. Testing your partner is also important. That's because male health issues, such as too few sperm, cause 30 percent of fertility problems.

If you do need some extra help getting pregnant, various options are available to you. When you're ready, you can discuss your situation with your doctor and find the best option for you.



Be Part of the Conversation

Follow North Shore-LIJ on Facebook and Twitter



Get up-to-the-minute healthcare information when you follow the North Shore-LIJ Health System on Facebook and Twitter. You'll get the latest health news, press releases, free health screening information and community education events, plus a host of wellness and other important information. On Facebook, search for North Shore-LIJ Health System. And find us on [Twitter.com/NorthShoreLIJ](https://twitter.com/NorthShoreLIJ).