

# Dallas-Fort Worth Fertility Associates

Individualized Compassionate Care

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FOR IMMEDIATE RELEASE

## **Dallas - Fort Worth Fertility Associates Underscores Link between Infertility and Weight, Offers Counsel to Patients**

**Dallas, Texas – May 1, 2012** – More than half of all women in the US are overweight or obese when they get pregnant, according to information compiled by Kaiser Permanente. Besides increasing the risk of pregnancy complications like diabetes and pre-eclampsia, obesity can also create problems for women who are trying to conceive. At Dallas - Fort Worth Fertility Associates, Dr. Lee and her associates offer programs designed to help patients understand the importance of having a healthy weight as well as providing steps to achieve these goals.

“Everyone knows that being overweight can contribute to health issues during pregnancy,” explained Dr. Lee. “Most people don’t realize that it can lower your chance of conceiving by 5 percent if you are overweight and 25 to 50 if you are obese. Being obese can also increase the risk of miscarriage by greater than 50 percent.”

Certain infertility factors, like age, physical abnormalities and hormonal imbalances, are beyond an individual’s control. Dallas - Fort Worth Fertility Associates wants to help women with their weight because patients can actually have a positive impact in this area.

“We recommend that our patients reduce their intake of fatty foods and work to lower their weight before trying to get pregnant,” Dr. Lee said.

Dr. Lee and the other specialists at Dallas - Fort Worth Fertility Associates recommend that patients maintain a healthy body mass index, or BMI. Based on height and weight, BMI provides a reliable indication of an individual’s body fat.

“Ideally, your BMI should fall between 18.5 and 24.9,” said Dr. Lee. “By adjusting their diets to include more fruits and vegetables and adding regular exercise to their routines, our patients can lower their BMI numbers and improve their overall health.”

For patients who need additional assistance, Dallas - Fort Worth Fertility Associates works with area nutritionists who help create individualized plans to promote balanced eating and encourage weight loss.

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## DFA Obesity

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Being overweight can also affect male fertility. According to a study published in the March 13, 2012 issue of *Human Reproduction*, men who consumed high amounts of saturated fats had over a 40 percent lower sperm count than men who chose healthier foods.

Dr. Lee explained the significance of these results. "What this tells us is that the choices people make not only impact their total body health, but more specifically, their fertility as well. We are committed to helping our patients achieve improved wellness and ultimately successful pregnancies. "

### **About Dallas - Fort Worth Fertility Associates**

*Dallas - Fort Worth Fertility Associates is a private practice physicians' office specializing in reproductive endocrinology and infertility treatment. Dr. Samuel J. Chantilis, Dr. Karen L. Lee and Dr. Mika R. Thomas, our fertility specialists, are all fellowship-trained in reproductive endocrinology and infertility. Our clinic was opened in an effort to bring the latest IVF treatments and procedures to the Dallas-Fort Worth community. For more information, please visit [www.dallasfertility.com](http://www.dallasfertility.com).*

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