

TOP SURVIVAL TIPS

from Fellow Travelers on the Road of Infertility

(provided courtesy of www.MarloSchalesky.com)

- Be as informed as possible during your journey with infertility. Doctors don't always have the answers! Research your condition online, but be careful to get your information from reputable sites. –Lori
- Decide your limits (morally, physically, spiritually, financially) before you go for treatment. Put them in writing and share with your doctor. This will help you stick to your limits when the pressure is on. –Julie
- Don't take what others say to heart. People will say the most awful, stupid, hurtful things. Expect it and remember, they are (like all of us) doing the best they can. –Roseanne
- Make sure you understand your insurance coverage and the state laws that apply to coverage of fertility treatments. –Michael
- If your not happy with your doctor, change right away. You need to be understood, be able to ask questions and not feel threatened or challenged. –Jane
- Find support. Your family and friends are important, but they can't replace the value of sharing with other couples who are facing the same fight against infertility. Seek out support groups in your church, community, and on the internet. -Jennifer
- Don't let life pass you by while you are waiting to become a parent. It would be better to cancel plans at the last minute than to let opportunities to enjoy your life and your spouse slip away while you wait. –Robin
- Laugh when you want to laugh and cry when you want to cry. –Jane
- Give yourself the freedom to grieve. The inability to have a child is a loss. It's okay, even healthy, to grieve that loss. Don't allow people to stop the process by telling you to stop making a fuss. --Cathy
- Try to have your husband or another support person with you at doctor's visits. You never know when you might receive upsetting news and it helps to have someone there to comfort you. --Kari

- If your marriage suffers because of infertility, get help early! My husband and I found that our infertility problems were tearing us apart. Getting professional help was the best thing we've ever done for our marriage. -- Heather
- Be selective about whom you chose to tell about your infertility. So many of us have lived to regret making our struggles common knowledge among family and friends. --Donnie
- Take 400-800 mg of ibuprofen an hour or so before an HSG or endometrial biopsy. It really helps lessen the discomfort. --Kari
- Don't waste time being treated by a gynecologist who claims to specialize in infertility. The only doctors who have the extra years of training in infertility treatments are Reproductive Endocrinologists. Go straight to the specialist. --Sandra
- Try to rest in the Lord, and wait for His timing and will. Remember to enjoy life right now. Take a walk, see the beauty and the gifts God has bestowed upon you.--John
- Don't feel bad about feeling bad. Infertility is lousy. It's normal to hurt. -- Linda
- If you need to stay home from a family gathering, baby shower or even a birthday party, do it. Don't feel guilty. --Janet
- Hold onto the Lord with all your mind, body and spirit. Honestly, He's our only hope! --Kimberly
- Remember, this is not a sprint, but a marathon. --Laurie
- Keep a prayer journal to express your hurt and frustrations. And read good books that will help develop your maturity during this tough time. -- Michelle
- Remember, there is a bigger picture that we aren't capable of seeing just yet. Though the pain is real and heartbreaking, the rest of the story will be glorious and beyond our comprehension. --Carol
- Unless someone has experienced or is experiencing infertility, don't pay attention to their clichés or simple answers. --Dave
- Include your husband in the grieving process. Open up to each other regarding the process you each are going through. --Jane

- See a fertility counselor if you can. This wonderful woman kept me from losing my head. --Nina
- The dreams have shattered, but not the Spirit. Allow God to comfort and support you. –Jane
- Consider infertility like other trials we face in life – Know God has allowed it (Job 1:6-12), don't be surprised by it (1Peter 4:12), and remember that it's working in you an "eternal weight of glory" (2Cor. 4:16-18). --Erica

*If you've found these tips helpful, visit www.MarloSchalesky.com for more infertility articles, links to purchase Marlo's book *Empty Womb, Aching Heart*, and news about upcoming releases!*