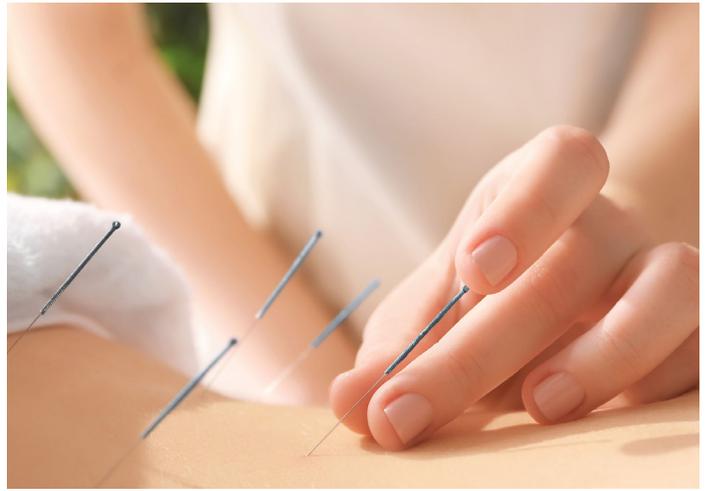


# Fertility Acupuncture at Long Island IVF

Our acupuncture program was developed exclusively for Long Island IVF patients to help reduce stress and increase the likelihood of conception. This unique program accompanies our traditional suite of fertility treatments and is led by David Kreiner, MD, a NYS certified medical acupuncturist and reproductive endocrinologist with over 30 years of experience. Patients who are interested in the program are provided with a complimentary consultation and counseling session.



## How does acupuncture work?

Acupuncture is a safe and highly popular practice that involves the (painless) placing of thin needles at precise points along the body. Originally developed in ancient China, acupuncture for fertility is based on the ideas that:

- There is a constant flow of energy (called qi) throughout the body along the meridian lines (energy channels).
- Placing needles into specific areas can help improve the energy flow, encouraging the body to promote natural healing and improved functioning.
- Acupuncture increases the blood flow to the uterus and reduces stress and anxiety that modulates the neuroendocrine system (nerves, neurotransmitters and hormones), increasing chances of conception.

## How can acupuncture help fertility?

For many women, pre and post-embryo transfer acupuncture treatments have been proven to improve fertility and increase the chances of pregnancy. Acupuncture helps the hormones in the body function more efficiently, which allows treatments such as IVF to be more successful. In fact, a study conducted by the American Society of Reproductive Medicine showed a significant increase in pregnancy rates for IVF patients treated with acupuncture.

### Acupuncture can benefit fertility by:

- The treatment of stress, which helps improve how the hormones function
- Increasing blood flow to the reproductive organs, helping make the uterine lining stronger to support the egg
- Increasing the production of endorphins, a chemical tied to menstrual regulation

## Scheduling an acupuncture treatment

Our acupuncture treatments take place in the IVF recovery or exam rooms at the Melville office. To schedule a pre and post transfer acupuncture treatment, please call **(631) 752-0606** to consult with Dr. Kreiner. There is no charge for an initial acupuncture consultation. If you have questions relating to finances, please visit our website at **longislandivf.com**.

*To see Dr. Kreiner perform acupuncture on a patient, visit [goo.gl/UDLLKX](http://goo.gl/UDLLKX)*