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In This Issue
[President's Message](#)
[Featured Fellow](#)
[Research](#)

Fall 2009 ABORM Newsletter

**Time to Renew Your
 ABORM CEUs!**


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 members!**

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President's Message:

Dear ABORM Fellows and Colleagues,

It's hard to believe that the Fall of 2009 is already upon us. Soon, another year will be rapidly drawing to a close. We hope this season finds you and yours safe, peaceful, and healthy.

In this ABORM Newsletter we hope to encourage many of you to attend the annual meeting for the American Society for Reproductive Medicine (ASRM), and if you are not members, to please become affiliate members. Hopefully, most of you have received the group emails that were forwarded to you which highlight how ASRM is set up, which courses cost what, and how to register. Just in case you did not receive this email, we have included the same information again below (see ASRM Annual Meeting).

We also want to remind all of you to please go to the



**Latest ABORM
Approved Courses:**

**Advanced Gynecology:
The Teachings of Two Masters**
Mike Berkeley & Daniel Camburn
48 CEUs

**The Fertile Soul:
Reproductive Training Seminar**
Dr. Randine Lewis
15 CEUs

[more course info](#)

QUICK LINKS

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[Randine Lewis CEFP](#)

ABORM website - www.aborm.org - and click on the links to join both the ABORM Practitioner Discussion Group on google groups (at the top of the home page), and the ABORM Group Email List (at the bottom of the home page). Please join both lists. The ABORM Practitioner Discussion Group will allow any ABORM Fellow to post a question, idea, suggestion, abstract, case study, or any other area pertinent to the field of Oriental Reproductive Medicine, to the rest of the ABORM members. We have so many exceptional practitioners among us that we must tap in to the riches of knowledge and experience in our midst. The ABORM Group Email list allows us to protect the environment, and alert you of any ABORM business via email, instead of the postal service. Please take the time to register for both of these groups by clicking on the links on the ABORM home page. It only takes a second.

We also want to remind everyone to go to the ABORM Certified Practitioners page on the ABORM Website and check your practitioner listing to confirm that it is correct for your contact information, email and websites. If there is a discrepancy, please email us via the contact page on the ABORM website with the correct information. It is your responsibility as a Fellow to keep us updated with your current contact information that we can correspond to you, and so that patients can find you.

We also wanted to remind all the ABORM Certified Fellows who took the 2008 ABORM Examination that the 2-year renewal fees and requirements will be coming due as of April 30, 2010.

The Requirements are as follows:

1) 20 ABORM-Approved CEU's in the subject of Reproductive Medicine. NOTE: CEU's submitted must be ABORM approved courses (see aborm website for list) - unless they are CME's from either the Pacific Coast Reproductive Society annual meeting or the American Society for Reproductive Medicine annual meeting. You must submit CEU or CME Course Certificate with your payment for renewal of ABORM Membership.

2) ABORM Renewal Fees: \$200.00. Checks should be made payable to the ABORM, or you can pay by Visa or Mastercard (see pdf included here in the newsletter). CEU's submitted without payment will not be processed.

ABORM

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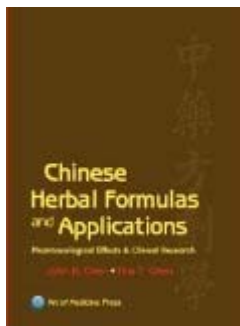
Renewals that are late by more 30 days, will be assessed a late fee of \$25.00. Renewals that are late by more than 90 days (have not been received by July 30th, 2010) will result in lapsed membership, and the practitioner will need to re-apply to take the ABORM Certification Exam to renew their membership.

NOTE: Some of you wrote and submitted Examination Questions for the 2009 ABORM Exam, and for that contribution you received 10 CEU's. Please include this certificate with other CEU certificates when you renew your membership.

ABORM BOOK CLUB

If you have any questions regarding maintaining your active status as an ABORM Fellow, please do not hesitate to contact us. You should all be receiving this information and the renewal form in the mail shortly as well. Don't procrastinate and put your membership in jeopardy. Send in your proof of CEU's and payment as soon as possible.

Finally, we wanted to let all of you know that the next ABORM Examination will be offered in April 2010 in beautiful Albuquerque, New Mexico, at the Hyatt Regency Resort and Spa. The Exam will be held in conjunction with the AAAOM Annual Conference - www.aaaomonline.org - and there will a terrific lineup of courses devoted to reproductive medicine. So, we encourage you to come out, help out with administering the Examination, relax, get some CEU's, and catch up with your other ABORM Fellows. Go to the ABORM Website for more information and click on Exam Info.



Chinese Herbal Formulas and Applications
by John K. Chen by Art of
Medicine Press
Hardcover

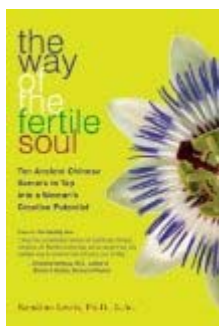


List Price: \$139.95
Our Price: \$126.68

Remember also, that we are always looking for you Fellows interested in working more intimately with the ABORM to put yourself forward for a position on the ABORM Board of Directors/Governing Board. Each Director takes a two-year term on the Board and each are elected by the ABORM membership at large. If you are interested in taking a seat on the Board of Directors, please contact us, and let us know of your interest.

Warmly,

Ray Rubio, DAOM, L. Ac. (FABORM)
ABORM President
Chair: Reproductive Medicine Specialty/Yo San
University DAOM Program



**The Way
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Soul:
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Ancient
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Secrets
to Tap
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Featured Fellow: Njemile Carol Jones

When Njemile Carol Jones turned to Traditional Chinese Medicine for help with ongoing gynecological issues, she had no idea the treatments would be so effective and so fascinating that it would lead her away from her 15 year career in public radio. She was an award winning journalist who'd worked as a producer and studio director for National Public Radio's Morning Edition, and went on to produce dozens of features and documentaries for the network. The work was stimulating, but the tight deadlines and long hours started to impact her gynecological health.

In the late eighties, Njemile began weekly sessions with an acupuncturist and in two to three months, she stopped having painful, heavy menstrual periods. Her energy increased, she experienced more stable moods and deeper sleep, and had fewer food cravings as well. She wondered, "How could a few carefully placed needles completely transform the way I've felt for years?" As she searched for answers, Njemile pored over the books and articles on Traditional Chinese Medicine that were available for the general public at the time. She even considered doing a documentary project on Chinese Medicine, but deep down, she felt a need to completely immerse herself in study, rather than remain a distant observer. She'd always wanted to spend extended time on the west coast. So in 1995, after visiting several schools in California and the Pacific Northwest, Njemile enrolled in the four year Master's Degree Program at Pacific College of Oriental Medicine in San Diego.

At PCOM, she supplemented her regular studies by attending special seminars in Chinese Medical Gynecology with renowned TCM gynecologist, the late Dr. Yitian Ni. In 1997, Dr. Ni was a recognized pioneer in the field of integrative reproductive medicine. Before her untimely death in 1999, Dr. Ni worked closely with



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Establishing an
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by Churchill Livingstone
Paperback



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several reproductive endocrinologists in the area who regularly referred IVF patients to her clinic for treatment. Her training seminars covered infertility, menstrual disorders, breast diseases, menopause, pregnancy, and other topics.

Njemile graduated from PCOM in 1999 and sat for the California Acupuncture Licensing Exam. The following year, she moved back to Washington, D.C. and opened a general acupuncture practice. The studies she began in San Diego laid the foundation for more training in reproductive medicine. In 2003, Njemile attended a practitioner training with Dr. Randine Lewis, founder of The Fertile Soul and author of The Infertility Cure and The Way of The Fertile Soul. Njemile left the session inspired to build a practice devoted to reproductive medicine, with a special focus in fertility enhancement. She's continued to train with Dr. Lewis as a charter member of The Fertile Soul's Clinical Excellence in Fertility Program. She's also attended seminars offered by ABORM board members, including Diane Cridennda, Sadhna Singh and Michael Berkeley and a four day training with noted practitioner Jane Lyttleton. In addition to being an ABORM Fellow, Njemile is a member of the American Society for Reproductive Medicine.

In the Washington, DC area, Njemile sees many patients who have high-powered, demanding jobs. They lead stressful, busy lives. Many of them delayed starting families to focus on their careers. By the time they turn to Chinese Medicine, their bodies are depleted and imbalanced. Njemile offers them a multi-layered approach that includes acupuncture, yoga, qi gong, nutritional guidance and herbal therapies, with the goal of assisting her patients in restoring balance to their bodies, minds and emotions. She tells her fertility patients they are cultivating their gardens, fertilizing their soil, in order to create the space for healthy conception to occur.

The majority of her patients are seeking an integrative approach to fertility enhancement and receive acupuncture while undergoing ART. A smaller, but growing group of her patients are trying conceive without ART. She welcomes an opportunity to treat men experiencing infertility, and has worked with several couples. A small sub-set seek treatment for menstrual irregularities, pre-natal and post-partum issues, or symptoms associated with menopause. She

has a special interest in TCM treatment of low ovarian reserve, PCOS, amenorrhea, recurrent miscarriage and obstetrics.

For six months, in addition to her private practice, Njemile worked at an integrative fertility center inside one of the largest fertility centers in the region, providing acupuncture treatment to women undergoing IVF and IUI cycles. Njemile has developed collaborative relationships with a number of REI's in the area who understand the benefits of Chinese Medicine.



Current Research

Changes in serum cortisol and prolactin associated with acupuncture during controlled ovarian hyperstimulation in women undergoing in vitro fertilization-embryo transfer treatment

Paul C. Magarelli, M.D., Diane K. Cridennda, L.Ac., and Mel Cohen, Ph.D.

Objective: To determine whether changes in serum cortisol (CORT) and PRL are affected by acupuncture (Ac) in Ac-treated IVF patients.

Design: Prospective cohort clinical study.

Setting: Private practice reproductive endocrinology and infertility clinic and private practice acupuncture consortium.

Patient(s): Sixty-seven reproductive-age infertile women undergoing IVF.

Intervention(s): Blood samples were obtained from all consenting new infertility patients and serum CORT and serum PRL were obtained prospectively. Patients were grouped as controls (IVF with no Ac) and treated (IVF with Ac) according to acupuncture protocols derived from randomized controlled trials.

Main Outcome Measure(s): Serum levels of CORT and PRL were measured and synchronized with medication

stimulation days of the IVF cycle (e.g., day 2 of stimulation, day 3, etc.). Reproductive outcomes were collected according to Society for Assisted Reproductive Technology protocols, and results were compared between controls and those patients treated with Ac.

Result(s): CORT levels in Ac group were significantly higher on IVF medication days 7, 8, 9, 11, 12, and 13 compared with controls. PRL levels in the Ac group were significantly higher on IVF medication days 5, 6, 7, and 8 compared with controls.

Conclusion(s): In this study, there appears to be a beneficial regulation of CORT and PRL in the Ac group during the medication phase of the IVF treatment with a trend toward more normal fertile cycle dynamics.

(Fertil Steril 2008; by American Society for Reproductive Medicine.)

Key Words: IVF, acupuncture, cortisol, prolactin, pregnancy, traditional Chinese medicine, TCM

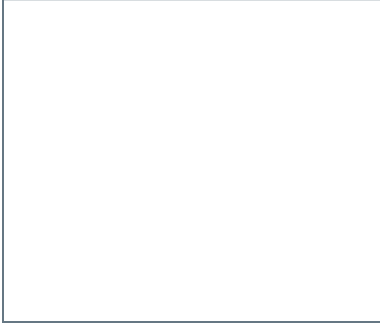


Many thanks to all of our fellows for their ongoing participation in advancing our medicine. Please contact us with any suggestions on how to continue to enhance and serve our growing community.

Sincerely,



Caylie See, L.Ac., FABORM
Vice President ABORM



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