



AT THE FOREFRONT

**UChicago
Medicine**



**Center for Reproductive
Medicine & Fertility**

Welcome

Welcome to the University of Chicago Medicine Center for Reproductive Medicine and Fertility!

At the University of Chicago Medicine, we have a world-class fertility clinic within an academic medical institution. Our philosophy of care is rooted in excellence, innovation and empathy. We understand that your experience with us is more than just treatments and procedures, because your reproductive wellness and family goals reach every part of your health and your life.

Selecting a fertility practice is an important and deeply personal decision. Every fertility journey is different and trying to build a family can involve uncertainty and challenges. Our team will work with you to develop a treatment plan tailored to your individual needs.

Our fertility clinic offers in-person or telemedicine consults, advanced gynecologic ultrasound, phlebotomy, follicular monitoring for in-vitro fertilization and intrauterine insemination, early first trimester pregnancy ultrasounds and third-party reproduction (donor egg and sperm). We are proud to offer our services locally in Hinsdale, Hyde Park, and South Loop, making excellent fertility treatment more accessible.

We are honored you have chosen the UChicago Medicine Center for Reproductive Medicine and we look forward to helping you achieve your family-building goals.

A handwritten signature in black ink, appearing to read "A. Musa Zamah".

Dr. Musa Zamah
Section Chief
Reproductive Infertility and Endocrinology
University of Chicago Medicine

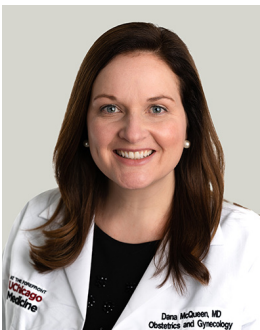
Meet the Team



Dr. Zamah is a Reproductive Endocrinologist at UChicago Medicine and a board-certified OB/GYN. He received his bachelor's degree from Rice University and MD/PhD from Duke University. He then completed his residency in Obstetrics and Gynecology at Stanford University and fellowship in Reproductive Endocrinology and Infertility at the University of California, San Francisco.



Dr. Adeleye is a Reproductive Endocrinologist at UChicago Medicine and a board-certified OB/GYN. She received her bachelor's degree from Washington University and her medical degree from Columbia University. She continued at Columbia for her residency in Obstetrics and Gynecology and then completed a fellowship in Reproductive Endocrinology and Infertility at the University of California, San Francisco.



Dr. McQueen is a Reproductive Endocrinologist at UChicago Medicine and a board-certified OB/GYN. She received her bachelor's degree from the University of California, Berkeley, medical degree from the University of California, Irvine and a master's in clinical research from the University of California, San Diego. She then completed her residency in Obstetrics and Gynecology at the University of Chicago and fellowship in Reproductive Endocrinology and Infertility at Northwestern University. Dr. McQueen received additional subspecialty training by completing a fellowship in Recurrent Pregnancy Loss at the University of Illinois, Chicago.

What to Expect

You will need to schedule an initial consultation with a member of our team so we can learn more about your fertility goals.

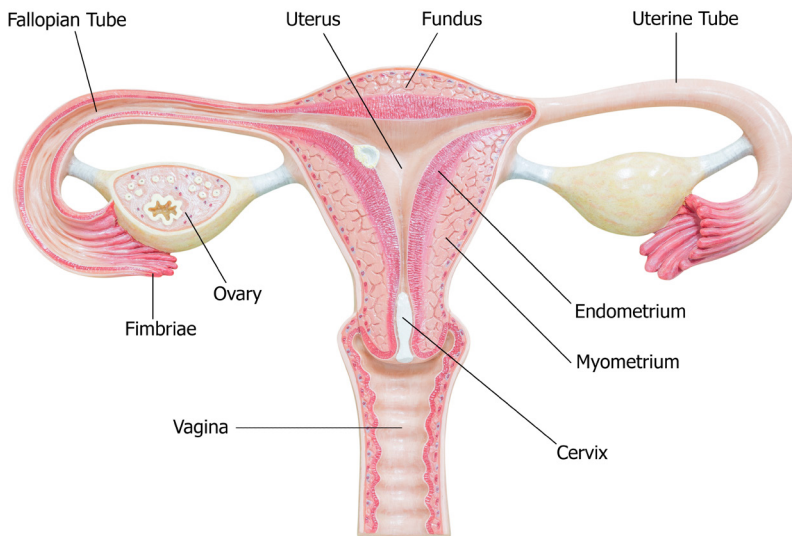
After your consultation, we will send you a MyChart message with instructions about next steps. Be sure to regularly check MyChart to for communications from our team. In addition, you can send us MyChart messages with questions about your work-up or treatments. You can also reach us by calling our office at 773-702-6642 (press 0 for our front desk or 2 for our nurse voicemail).

Some of the common tests we order following an initial consultation include a sonohysterogram, blood testing, and a male work-up.

Sonohysterogram (SHG)

A **sonohysterogram (SHG)** can help us evaluate your uterus, fallopian tubes and ovaries. For this procedure, the uterus is filled with saline and an internal ultrasound is used to look at the walls of the uterus. Using this test, we can identify structures inside the uterus like polyps, fibroids or scar tissue. We can also instill bubbles to see whether there are any blockages in your fallopian tubes.

In addition, we can look at your ovaries to count your antral follicles. The antral follicle count will help us predict how many eggs are developing in a single month.





Preparing for your sonohysterogram

Send a MyChart message or call on the first day of your menstrual cycle to schedule your ultrasound. The saline ultrasound is scheduled on cycle day 5-12 and can be done either in Hinsdale, Hyde Park or South Loop. Most patients have some cramping during the procedure, so we recommend taking 600mg of ibuprofen one hour prior to arrival.

Results & next steps

If an abnormality is found during your saline ultrasound, your doctor will discuss the treatment options.

Sometimes, a hysteroscopy is needed. A hysteroscopy involves placing a camera through the cervix and into the uterus. Small instruments can also be placed through this camera port to remove polyps, fibroids or other intrauterine structures that may be interfering with pregnancy.

Blood Testing

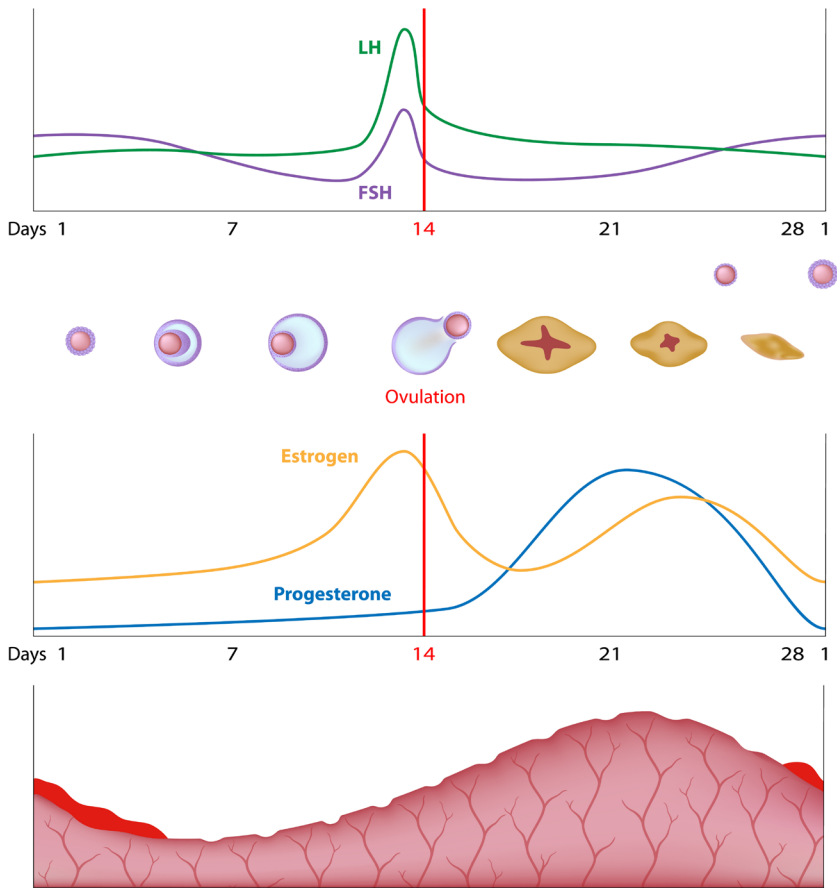
Blood tests may be done as part of your evaluation. These tests include:

- » **Ovarian Reserve:** Blood tests that evaluate your egg supply include Anti-Mullerian Hormone (AMH), Follicle Stimulating Hormone (FSH), Estradiol (E2) and Luteinizing Hormone (LH).
- » **Endocrine Labs:** Hormonal tests we might perform include Thyroid Stimulating Hormone (TSH), Prolactin and Hemoglobin A1c.
- » **Preconception Labs:** Labs that we may recommended before you conceive include a vitamin D level, complete blood count, blood type and infectious disease testing.
- » **Genetic Carrier Screening:** This blood test checks to see if you are a carrier for any recessive diseases. If you carry a recessive disease, it does not usually affect your health, but you can pass it on to a child. If you and your partner carry the same recessive disease, your child has a chance of being affected.

Preparing for blood testing

Send a MyChart message or call on the first day of your menstrual cycle to schedule a blood draw appointment. Blood tests are typically done on cycle day 2-4 and can be done at Hinsdale, Hyde Park or South Loop.





Hormones & the menstrual cycle

Follicular Phase: The first half of the menstrual cycle is called the follicular phase. During the follicular phase, a follicle containing an egg grows in the ovary. This follicle produces estrogen, which helps the uterine lining thicken in preparation for an embryo.

Luteal Phase: A mid-cycle surge in the LH hormone causes ovulation. An egg is released from the ovary and enters the fallopian tube. This increase in the LH hormone can be detected by ovulation predictor kits indicating your “peak fertility.” After ovulation, the ovary produces progesterone to prepare the uterine lining for implantation of an embryo.

Male Work-Up

The male work-up may include blood tests and a semen analysis.

Blood testing & semen analysis

Prior to any treatment, infectious disease labs will need to be done by both partners. A semen analysis is performed to determine if there are any sperm abnormalities. The test provides an evaluation of the count, motility and structure of the sperm.

Preparing for your work-up

Call our office at **773-702-6642** to schedule a blood draw and semen analysis appointment. Blood tests can be done at Hinsdale, Hyde Park or South Loop. The semen analysis will be done at our South Loop location. You should abstain from ejaculation for two to four days prior to producing the semen specimen.

Reproductive Urology

Some patients with male-factor-related fertility issues may benefit from care coordinated with a reproductive urologist.

Dr. Omer Raheem is a board-certified, fellowship-trained reproductive urologist who is a part of our Center for Reproductive Medicine and Fertility team.

Dr. Raheem completed his residency in Urology at the University of California, San Diego, and his fellowship in Andrology and Men's Sexual Health at the University of Washington, Seattle. He has special expertise in treating men with complex male-factor infertility, including the medical management of hypogonadism (low sperm count/ testosterone). Dr. Raheem provides comprehensive surgical options for fertility treatment, such as surgical sperm extraction, varicocele repair, vasectomy reversal, and more.

Dr. Raheem sees patients at our South Loop and Hyde Park locations.



Omer Raheem, MD

Costs & Insurance Coverage

Medical costs and insurance coverage can be difficult to understand. Our financial advisor is available to answer your questions from the time you schedule your appointment onward.

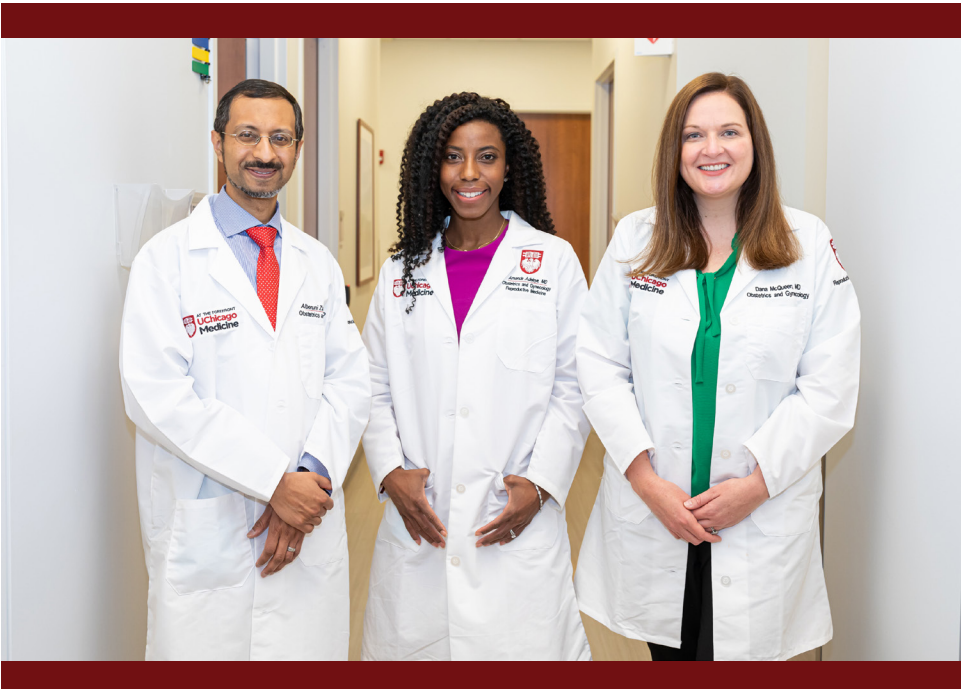
Illinois residents benefit from state laws requiring specific group insurance plans and health maintenance organizations to cover infertility diagnosis and treatment. Please call our office at **773-702-6642** and speak to our financial advisor to see if your treatments are covered by your insurance provider.

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We strive to give compassionate and thoughtful care to every patient and empower them on their fertility journey.

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- Dr. Zamah



Office Information

Phone: 773-702-6642

UChicago Medicine Hinsdale

12 Salt Creek Lane, Suite 106, Hinsdale, IL, 60521

There is convenient free parking located directly outside our clinic.

UChicago Medicine Duchossois Center for Advanced Medicine (DCAM) - Hyde Park

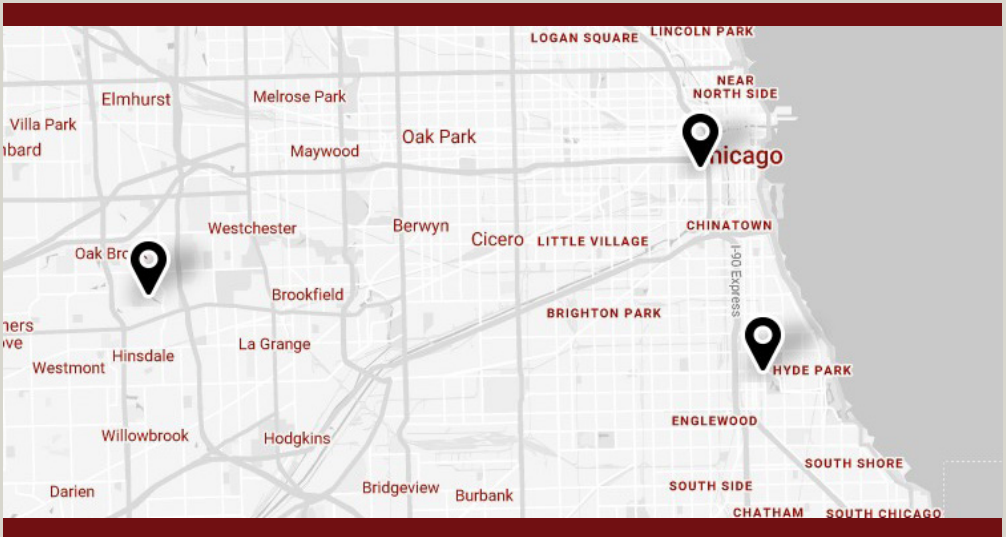
5758 S. Maryland Avenue, Chicago, IL, 60637, 3rd Floor

Valet/validated garage parking is available in our two convenient parking garages.

UChicago Medicine South Loop

1101 S. Canal Street, Chicago, IL, 60607

Validated garage parking is available in the building.



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UChicagoMedicine.org/fertility

