

Happy Mother's Day

A Growing Number Of Families Have Been Created Thanks To Modern Technology And Dr. Scott Roseff

STORY BY DEBORAH WELKY

Cynthia Fader and her husband James were at first hesitant to have children. They quite naturally talked about having children, yet the couple wanted to be married for a while first, particularly as James was already raising a child from his previous marriage. "We discussed it a long time," Cynthia said. "When I finally got off birth control, it was with the attitude, 'if it's going to happen, it's going to happen.'"

It didn't happen. "In July 2006, I turned 40 and, emotionally, I was hit with the 'I'll never be a mother' situation," she recalled.

But Fader's gynecologist recommended a specialist — Dr. Scott Roseff of the Palm Beach Center for Reproductive Medicine in Wellington. ▶

(Opposite)
Dr. Scott Roseff
of the Palm
Beach Center
for Reproductive
Medicine with
twins Colton and
Spencer Kane,
Rachel Fader, and
twins Alex and
Sam Brant.

Roseff met with the couple in December 2006 and outlined their options. "Our catchphrase is 'We turn patients into parents,'" he said.

"Dr. Roseff was very, very nice," Fader said. "Our initial visit — it's an emotional time to talk about such things. He was comforting, understanding and very forthcoming with information about our options and the financial ramifications.

He told us up front that it was going to be long shot because I was over 35. But I always felt he was very supportive. The girls in the office and the nurses were very nice and supportive as well. For me, it was a very pleasant experience."

Luckily, Cynthia and James were successful on their very first try. At \$15,000 to \$20,000 per effort, in vitro fertilization or IVF can get pricey.

"There are other options you can try but, because of my age, we went with IVF first," Fader said. "I had never been pregnant before, and I knew that we'd try it just once — that this would be my one and only chance. I was prepared emotionally in case it failed. I told myself that if it didn't work, well, I had given it my best shot. But I didn't want to go through life thinking I didn't try."

Fader gave birth to her daughter Rachel on Nov. 30, 2007 at Wellington Regional Medical Center, just eight and a half months after her first IVF attempt. The baby weighed six pounds at birth and was 19 inches long.

"I didn't have any problems in pregnancy or during the actual delivery," Fader said. "Rachel is four months old now, and she's starting to recognize us and smile and giggle at us. She doesn't quite roll over yet. She likes to play — and eat."

Lauri Brant found herself in a similar situation when she married Marshall, who also had a child from a previous marriage. At age 39, her gynecologist also referred her to Roseff.

"Dr. Roseff was very nice to talk to, and I felt he had a good understanding of what we were doing," Brant said. "He conducted tests to determine if I had a chance with IVF, and he was very straightforward about different percentages, which I appreciated. He gave hope, yet was very realistic."

The Brants' first try in October 2006 didn't pan out, but they were doubly successful on their second try in January 2007. Their insurance didn't cover the expensive procedure in 2006, but added fertility benefits for 2007. Because Brant had twins, "I still got two out of two tries," she said.

The twins, Alex and Sam, are now six months old. "They're starting to move

around a lot, and it looks like Alex is ready to crawl any day," Brant said. "They have had their own separate personalities from the beginning, but now they're really starting to show. Alex is very laid back and will sleep 12 hours a day, whereas Sam is very vocal and likes to get up early. They're just starting to interact with each other. They know each other and smile at each other."

Brant said the pregnancy itself was difficult as she was on bed rest for about four and a half months. "I was working from home from mid-March to the beginning of May and I got to go back to work from mid-May to mid-July. On Sept. 27, I had the babies — three weeks early, but that's good for twins."

Brant calls Roseff "a great doctor, a very special doctor."

"He made it very calming for me. I always knew he would be honest with us. He was sincere," she recalled. "When it happened, he and the nurses were as happy as I was. We felt they were in it with us. It gave us a very good feeling. Also, even though the woman goes through the shots and everything, it is important to have a really supportive husband, like Marshall. That helped."

And if the second try hadn't been successful, would Brant have undergone the procedure again?

"I would've met with Dr. Roseff, and he would've guided me the right way. He would've been honest with me as to whether I should try again or not and I would have followed his advice either way," Brant said. "Even though, in my heart, I'd want to try as many times as it would take."

Roseff said his first step — doing an in-depth history on a couple — can often unravel the mystery of their problem.

"You'd be surprised the things that come

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Dr. Scott Roseff



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Cynthia Fader

out," he said. "The male may be affected by high levels of heat in his work; the woman may have had an infection in the past; someone's mom may have had multiple miscarriages — cigarette and marijuana smoking affect things, as do a high alcohol or caffeine intake."

Following the patient history, Roseff does a complete physical exam of the woman, then sits down with the couple to talk about a plan.

"That usually includes some very cutting-edge testing that may not have been done before," he said. "After I go over the test results, I give the couple or patient some indication of what we're likely looking at as far as a plan to achieve a pregnancy. What makes my practice stand out is that we highly individualize and personalize all patient care here. There's a lot of hand-holding and warmth and a family-like atmosphere. I also have expertise treating those who can get pregnant but have trouble staying pregnant."

Although most of his patients think female fertility starts to drop at age 35, the real number is 24. "Age is a huge factor," Roseff said. "Still, there's great help out



there. Our average IVF patient conceives on her first cycle. We say, 'Do it once, do it right, make it work.' We work real hard and fast to make that happen."

Roseff's reputation is spreading. Recently, a New York couple that had been told they could never have children found him ("on the Internet or through the grapevine," he said) and flew down for a consultation.

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Lauri Brant

"Within a few months, they were successfully pregnant and recently delivered a beautiful, gorgeous baby girl," Roseff said. "But we have stories like that all the time. People find me. They'll say, 'my gynecologist gave me your name' and they're in, like, Brazil. We have the technology to get around most problems. If a patient has the capacity — mentally, physically and financially — to go through what they need to do, almost any woman can have a child with a high degree of success. It's rare that we have to say this is just not going to happen."

Board-certified in reproductive endocrinology and considered a top fertility specialist, Roseff also has the credentials to back up his abilities.

"He's pretty amazing and his credentials speak for themselves," said Carrie Kane,

who with her photographer husband Gary is the happy new mother of twin boys Colton and Spencer. "But what distinguishes him from other doctors — and I know this from sitting in the waiting room listening to women talking about their nightmare stories — is that Dr. Roseff is very personable. He makes you feel comfortable, yet he is very realistic. It's a very stressful time both emotionally and physically, and he makes you feel as comfortable as he can, which I think contributes to the success of the thing."

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Carrie Kane

Roseff said he is a very strong believer in the mind-body connection. "We take a holistic approach, which may incorporate acupuncture, a certified dietician and/or a psychotherapist," he said.

"In my case, I got 'two for the price of one,' which is wonderful, especially when you have your children later in life," said Kane, who is 39. "Gary and I now have an instant family. There really aren't a lot of options between Miami and Vero Beach in regard to fertility, and I'd like people to know there's someone like him here, and he has a special touch."

The Palm Beach Center for Reproductive Medicine is located at 10115 W. Forest Hill Blvd., Suite 401A on the Campus of Wellington Regional Medical Center. For more information, call (561) 333-8232 or visit www.reproendo.com. ■