SINGLE-EMBRYO TRANSFER SETS UI IVF APART

In Vitro Fertilization (IVF) has come a long way since the first “test tube babies” in the late 1970s.

"The field has changed dramatically," said Dr. Bradley Van Voorhis, Director of the In Vitro Fertilization Program at UI Hospitals and Clinics. "We've gone from an 'almost never works' procedure to one that works quite frequently. For women under 35, pregnancy rates exceeding 50 percent are not unusual."

Established in 1987, the UI Center for Advanced Reproductive Care offered Iowa's first IVF program, which has had excellent outcomes throughout its history. The clinic is internationally recognized as an innovative leader in the reproductive field, and is nationally renowned for elective single embryo transfers.

Many IVF centers transfer multiple embryos, trying to improve pregnancy rates – and risking prematurity and complications that can occur with multiple births.

"We do single embryo transfer more than nearly any other center in the United States, and year in and year out exceed the national average for pregnancy rates," said Dr. Van Voorhis. He attributes this success to an outstanding lab under Amy Sparks, and an experienced team of physicians and nursing staff attentive to detail and truly dedicated to providing safe IVF care.

The UI Center stays on the leading edge of IVF technology. Egg freezing for fertility preservation, egg donations for ovarian failure, and donor embryo programs are all happening today. The future will likely see increased utilization of genetic analysis of embryos.

The UI Center for Advanced Reproductive Care has thousands of success stories, and welcomes new patients. Patients can be seen at the UI Women’s Health Center in Pomerantz Family Pavilion, and in Davenport at UI Women’s Health – Quad Cities.

Not necessarily the last step

“A lot of people view in vitro as a last step for infertility, and historically, that's true," said Dr. Van Voorhis. “But as pregnancy rates and safety grow, we are using it earlier in the treatment strategy.”

Financial considerations

IVF is perceived as extraordinarily expensive, but this is primarily due to a lack of mandated insurance coverage. UI employees are generally covered for the procedure, and the Iowa Warranty Program can help offset patient expenses for those who lack coverage.
**Why UI Center for Advanced Reproductive Care?**

The University of Iowa Center for Advanced Reproductive Care is known as an innovative leader in the reproductive field. All physicians have achieved the highest level of training in the field of reproductive endocrinology. The experienced, dedicated team includes board-certified reproductive endocrinologists, urologists, nursing specialists, clinical laboratory scientists and embryologists who provide a wide variety of reproductive evaluations, treatments and assisted reproductive services.

The Center participates in the IVF Iowa Warranty Program to financially assist patients without IVF insurance coverage.

**Treatment Options**

- Surgery
- Ovulation Induction
- Intra-uterine Insemination (IUI)
- In Vitro Fertilization
- Microsurgical Sperm Retrieval
- Donor Embryos
- Donor Sperm
- Donor Eggs
- Embryo Freezing
- Egg Freezing
- Intracytoplasmic Sperm Injection (ICSI)
- Fertility Preservation

**Locations**

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UI Center for Advanced Reproductive Care
UI Women’s Health Center
31500Z Pomerantz Pavilion (Elevator L, Level 3)
(319) 356-8483

UI Women’s Health – Quad Cities
3385 Dexter Court, Building 3, Suite 110
Davenport, IA 52807
(563) 355-2244
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**Advance Reproductive Care Physicians**

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EYUP H. DURAN, MD
Clinical Assistant Professor of Obstetrics and Gynecology

JESSICA D. KRESOWIK, MD
Clinical Assistant Professor of Obstetrics and Gynecology

GINNY L. RYAN, MD
Assistant Professor of Obstetrics and Gynecology

CRAIG H. SYROP, MD
Professor of Obstetrics and Gynecology

BRADLEY J. VAN VOORHIS, MD
Professor of Obstetrics and Gynecology
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**Enhanced care for high-risk pregnancies in Waterloo**

UI Health Care is teaming up with Covenant Medical Center to serve Waterloo women with high-risk pregnancies. Expectant mothers will be able to see a UI maternal-fetal medicine (MFM) specialist on Fridays at Covenant’s Women’s Health Center. MFM providers include Doctors Steve Hunter, Mark Santillan, Janet Andrews, Kim Leslie and Heather Anaya.

Referring providers should send records, test results, etc. to (319) 356-7556, or call (319) 356-2994 if an urgent consultation is needed. Women with a known fetal anomaly or who desire invasive prenatal diagnosis will be scheduled in Iowa City. Women with diabetes, advanced maternal age, twin gestations, and other high risk factors may be scheduled in Waterloo.

**UIP Clinical Faculty Advisory Group**

In June, the UIP collected nominations for participants in the new Clinical Faculty Advisory Group. The request was for innovative thinkers to provide constructive input on clinical issues to Carver College of Medicine leadership and actively communicate strategic initiatives to the clinical workforce.

Nominees were then voted on by the UIP Membership, resulting in the inaugural group of twelve members of mixed experience and rank, with broad departmental representation to give a well-rounded view of many important topics and issues. The membership term is three years, with a one-term renewal option. Terms will be staggered so no more than a third of the group will turn over at a time. The group met for the first time on September 16, 2015, and will meet quarterly.

**Members**

- Eve Clark, MD (Radiology)
- Chris Goerdt, MD (Internal Medicine)
- Mark Greiner (Ophthalmology)
- Nivedita Jerath, MD (Neurology)
- Kal Parekh, MD (Cardiothoracic Surgery)
- Andy Peterson, MD (Pediatrics)
- Jonathan Simmons, MD (Anesthesia)
- Dionne Skeete, MD (Surgery)
- Andrea Swenson, MD (Neurology)
- Carolyn Turvey, PhD (Psychiatry)
- Marta VanBeek, MD (Dermatology)
- Bradley Van Voorhis, MD (Ob/Gyn)
NIH Studies Long-term Diabetes Drug Efficacy

According to the National Institutes of Health (NIH), type 2 diabetes currently affects 26 million people in the U.S., and as many as 79 million U.S. adults are at high risk of developing the disease. In 2013, the NIH announced a new study comparing the long-term benefits and risks of four widely used diabetes drugs in combination with metformin, the most common first-line medication for treating type 2 diabetes. GRADE (Glycemia Reduction Approaches in Diabetes: A Comparative Effectiveness Study) has a goal of enrolling 5,000 patients in a head-to-head comparison of the most commonly used drugs over a long period of time – up to seven years.

Sponsored through the National Institute of Diabetes and Digestive and Kidney Diseases, the GRADE clinical trial will compare drug effects on glucose levels, adverse events, diabetes complications and quality of life. The goal is to determine optimal drug therapy for type 2 diabetes when metformin and lifestyle changes alone are inadequate. As of September 1, more than 2,200 participants had been recruited in 45 clinical sites throughout the country. Study participants receive diabetes medications at no charge.

The UI Hospitals and Clinics Division of Endocrinology is currently the only clinical site for the GRADE study in Iowa. William Sivitz, MD, Division of Endocrinology is the principal investigator. For more information about the GRADE Trial, contact Tammy Lowe, research coordinator, at (319)-384-8103, or tamara-low@uiowa.edu. Subjects can contact the study coordinator to discuss whether they might be eligible to participate, or a recruitment letter template can be provided to faculty and staff to share with interested patients.

Stroke Program “Gets with the Guidelines”

UI Hospitals and Clinics is the first in Iowa, and one of only four hospitals in the Midwest, to receive the American Heart Association’s highest quality award in their “Get with the Guidelines” certification program.

Our stroke program was designated “Gold Plus, Target: Stroke Honor Roll-Elite Plus,” demonstrating two full years of outstanding achievement. Criteria included time to thrombolytic therapy within 60 minutes in 75 percent or more of acute ischemic stroke patients treated with IV tPA AND door-to-needle time within 45 minutes in 50 percent of acute ischemic stroke patients treated with IV tPA.

Urology Celebrates a Century

Since 1915, when Dr. Nathan G. Alcock first developed a formal program at the University of Iowa College of Medicine, Urology at UI has been known for innovation in treatment and excellence in patient care. Now commemorating their hundredth anniversary, UI Urology also celebrates being nationally ranked by U.S. News & World Report as one of the top programs in the country.

Hightower Named Chief Medical Information Officer

Maia Hightower, MD, MBA, MPH, has been named Chief Medical Information Officer for UI Health Care. Dr. Hightower comes to UI from Stanford Health Care–University HealthCare Alliance, where she served as Associate Medical Director. As CMIO, Dr. Hightower will be responsible for supporting the development of information systems that help clinicians deliver high quality patient care.

Archer Joins UI Health Alliance

As population health management increases in importance nationwide, the UI Health Alliance has created its own Accountable Care Organization: a physician-led, value-based care system focusing on the patient experience. Dr. Brad Archer will join the leadership of this effort as Chief Clinical Officer, and participate on the Physician Leadership Council. Dr. Archer will also serve as Medical Director of Population Health for UI Health Care, and see patients in General Internal Medicine at IRL.

Your Practice “At-A-Glance”

Our new Dashboard feature on Tableau gives you important information about your practice at a glance. RVUs, billed charges and much more are in graphic format, giving you an immediate visual of performance over time, areas of success and problems to monitor. Patient satisfaction data will also be added. Access this valuable tool through https://tableau.healthcare.iowa.edu, using your healthcare login.
Please help us in welcoming our new members of University of Iowa Physicians!

BRAD ARCHER, MD
Clinical Associate Professor of Internal Medicine
Specialties: General Medicine

TEMITOPE AWELEWA, MBChB, MPH
Clinical Assistant Professor of Pediatrics
Specialties: General Pediatrics

JOHN BERNAT, MD, PhD
Clinical Assistant Professor of Pediatrics
Specialties: Medical/Molecular Genetics

VIPUL DHUMAK, MD
Associate in Anesthesia
Specialties: Pediatric Anesthesia

ALINA DUMITRESCU, MD
Clinical Assistant Professor of Pediatrics
Specialties: Pediatric Pulmonology

PRINCY GHERA, MD, MBBS
Clinical Assistant Professor of Pediatrics
Specialties: Pediatric Pulmonology

IRENA GRIBOVSKAJA-RUPP, MD
Clinical Assistant Professor of Surgery
Specialties: Colorectal Surgery

MAIA HIGHTOWER, MD
Clinical Assistant Professor of Internal Medicine
Specialties: General Medicine-Outpatient

VASUNDHARA KAILASNATH, MBBS
Clinical Assistant Professor of Pediatrics
Specialties: Pediatric Hem/Onc

PAVILNA KEMP, MD
Clinical Assistant Professor of Ophthalmology
Specialties: Pediatric Ophthalmology

DANIEL LIVORSI, MD
Clinical Assistant Professor of Internal Medicine
Specialties: Infectious Diseases

RANDY LOFTUS, MD
Associate Professor of Anesthesia
Specialties: Critical Care Medicine

KAREN MALKHASYAN, MD
Clinical Assistant Professor of Internal Medicine
Specialties: Hospitalist

PATRICK McCARTHY, MD
Clinical Assistant Professor of Pediatrics
Specialties: General Pediatrics-Inpatient

ARUNKUMAR MODI, MBBS, MPH
Clinical Assistant Professor of Pediatrics
Specialties: Pediatric Hem/Onc/BMT

MICHELLE PARRA, MD
Clinical Assistant Professor of Pediatrics
Specialties: General Anesthesia

SHASHI RAJ, MD, MBBS
Clinical Assistant Professor of Pediatrics
Specialties: Pediatric Critical Care/Cardiology

JENNIFER SHANKLIN, MD
Associate in Surgery
Specialties: Acute Surgery Care

CODY TIGGES, DO
Clinical Assistant Professor of Pediatrics
Specialties: Pediatric Critical Care

CARLOS VIGIL GONZALES, MD
Clinical Assistant Professor of Internal Medicine
Specialties: Hematology/Oncology

JUN ZHANG, MD
Clinical Assistant Professor of Internal Medicine
Specialties: Gastroenterology