




THE INFERTILITY SUPPORT NETWORK NEWSLETTER

{The long walk to parenthood}

<http://www.infertility-support.org.za>

October – December 2009

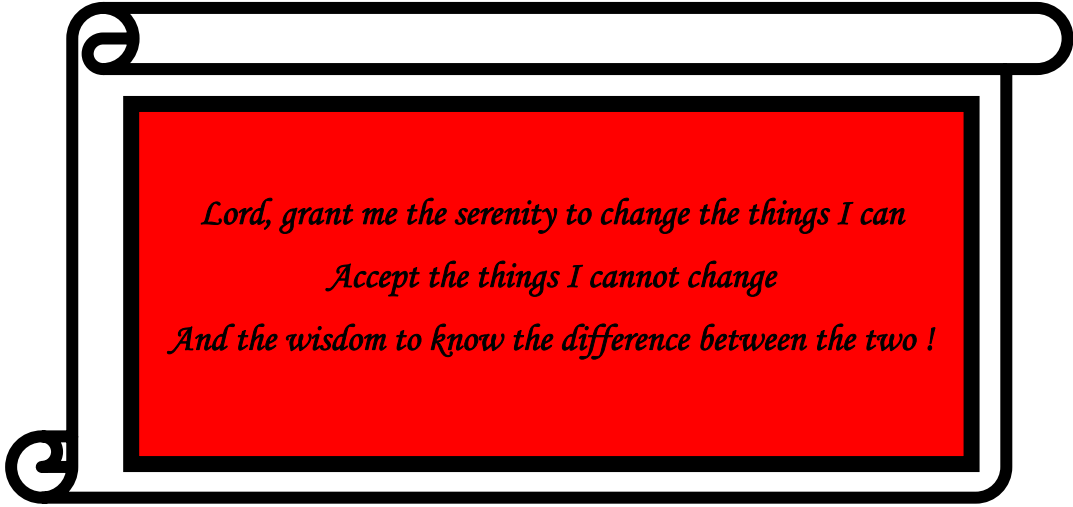
2009 – Issue 5



WORD FROM THE FOUNDERS

2009 has flown by and already stores have Christmas goodies on display or Christmas carols playing in the background as we prepare for another festive season. Remember to reflect on the resolutions you made confidently in January 2009 and assess what has been achieved versus what remains outstanding. Challenges will come and go. Often the things we stress about happening never materialize at all. It does not matter how you started ... what matters is how you finish the race.

Reading the Serenity Prayer a few times might be therapeutic as we prepare for countdown into 2010. Always remember that one person can make the difference !



*Lord, grant me the serenity to change the things I can
Accept the things I cannot change
And the wisdom to know the difference between the two !*



"To get more out of life, give more of yourself !"

No sex please, now we can grow eggs and sperm in a lab

IONA MACRAE
LONDON

HUMAN eggs and sperm have been grown in a laboratory in research which could change the face of parenthood.

It paves the way for a cure for infertility and could help those left sterile by cancer treatment to have children who are biologically their own.

But it raises a number of moral and ethical concerns. These include the possibility of children being born through entirely artificial means, and men and women being sidelined from the process of making babies.

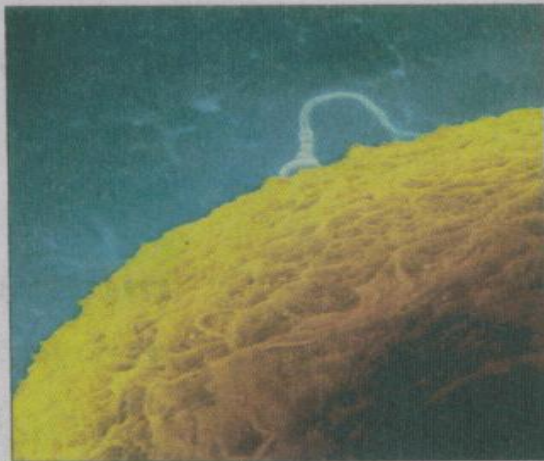
Opponents argue that it is wrong to tinker with the building blocks of life and warn that the advances taking place risk distorting and damaging relations between family members.

The US government-funded research also offers the prospect of a "miracle pill" which staves off the menopause, allowing women to wait longer to have a child.

It centres on stem cells, widely seen as a repair kit for the body. Scientists at Stanford University in California found the right cocktail of chemicals and vitamins to coax the cells into becoming eggs and sperm.

The sperm had heads and short tails and are thought to have been mature enough to fertilise an egg. The eggs were at a much earlier stage but were still much more developed than any created so far by other scientists.

The double success, published in the journal *Nature*, raises the prospect



New research shows it is possible to grow a sperm and an egg in a lab.

of men and women one day "growing" their own sperm and eggs for use in IVF treatments. The American team used stem cells taken from embryos in the first days of life but hope to repeat the process with slivers of skin.

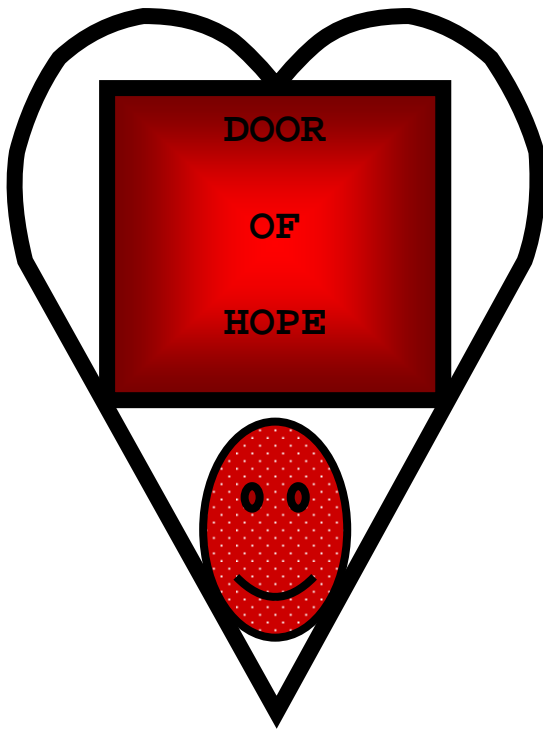
The science also raises the possibility of "male eggs" made from men's skin and "female sperm" from women's skin.

This would allow gay couples to have children genetically their own, although many scientists are sceptical about whether it is possible to create sperm from female cells, which lack the male Y chromosome.

The US breakthrough could unlock many of the secrets of egg and sperm production, leading to new drug treatments for infertility. – Daily Mail

THE PRETORIA NEWS : FRIDAY 2009-10-30

"Making the decision to have a child – it's momentous. It is to decide forever to have your heart go walking outside your body"- Elizabeth Stone



DOOR OF HOPE

Door of Hope is a ministry that has a project namely "Hole in the Wall", whereby mothers can drop a baby off by lifting a hatch in the wall of Door of Hope and leave the baby there to be adopted. The baby is left on a soft little cradle / bed. As the baby is placed there it sets off a bell in the house and someone will fetch the baby immediately. Contact (011) 4322913 or visit <http://www.holeinthewall.org.za>.

Interesting facts about twins

Identical twins develop from a single egg/sperm combination that splits. Their DNA originates from a single source, so their genetic make-up is the same. Identical twins are always of the same gender.

- * Fraternal or non-identical twins form when two separate eggs are fertilised by separate sperm cells in a single ovulation cycle. They are no more alike than any siblings, so can be different genders.
- * There is no hereditary trait that influences a predisposition to having identical twins.
- * Identical twins do not run in families. Although there are families with a high

incidence of identical twins, that is purely coincidental.

- * Birth rates for identical twins are consistent across populations regardless of race, geography or maternal age.
- * You cannot necessarily tell by looking at them whether twins are identical or fraternal. Although many identical twins share a physical resemblance, so do many fraternal twins.

-Helen Grange and National Geographic.



USEFUL CONTACT INFORMATION

1. Should you wish to know more about breastfeeding your adopted baby, contact the maternity ward at your local hospital for a consultant :
 - a) The La Leche League : e-mail info@llsa.co.za or visit <http://www.llsa.co.za>
 - b) The South African Breastfeeding Association : (021) 686 8363

2. Home of Hope provides an interim place of safety for abandoned, abused and neglected children, allowing for the proper legal, medical and emotional assessments to be done prior to their placement in families :
 - a) Home of Hope : (021) 5563573 or visit <http://www.homeofhope.co.za>

3. Specific special needs associations
 - a) Cerebral Palsy : <http://www.cerebralpalsy.org.za>
 - b) Autism Spectrum Disorder : <http://www.autismsouthafrica.org>
 - c) Down Syndrome : <http://www.downsyndrome.org.za>
 - d) Pervasive Development Disorder : <http://www.littleleaps.co.za>
 - e) Spinal Bifida and Hydrocephalus : <http://www.saida.org.za>
 - f) Sight Impaired : <http://www.sanfb.org.za>
 - g) Muscular Dystrophy : <http://www.mdsa.org.za>
 - h) Hearing Impaired : <http://www.deafsa.co.za>
 - i) Foetal Alcohol Syndrome : <http://www.fasfacts.org.za>
 - j) Albinism (caused by genetic mutation that affects the production of a pigment called melanin which creates hair, skin and eye colour) : <http://www.healthline.com>
 - k) Post-natal Depression South Support Association South Africa : <http://www.pndsa.co.za>

4. Organizations that offer adoption services :
- a) Department of Social Development
(012) 3127593 or www.socdev.gpg.gov.za
 - b) Catholic Women's League
(021) 5927363 or www.cwl.org.za
 - c) Child Welfare Society
(011) 2988500 or www.jhbchildwelfare.org.za
 - d) Abba Adoptions
www.abbaadoptions.co.za
 - e) Christelike Maatskaplike Raad (CMR)
www.cmrn.co.za
 - f) Suid-Afrikaanse Vrouefederasie (SAVF)
(012) 3253920 or www.savf.co.za
 - g) Afrikaanse Christelike Vrouevereniging (ACVV)
(021) 4617437 or
www.capegateway.go.za/afr/directories/services
 - h) Ondersteuningsraad
(012) 3228885 or www.ondersteuningsraad.org
5. Want to make a difference ?
- a) SOS Children's Villages : 0861 767 767 or www.sosvillages.org.za
 - b) Johannesburg Child Welfare Society : (011) 298 8500 or
www.jhbchildwelfare.org.za
 - c) South Africa Cares for Life – <http://www.sacaresforlife.com>
 - d) Jacaranda Children's Home – <http://www.jacarandachildren.co.za>
 - e) Louis Botha Children's Home – <http://www.louisbothachildren.co.za>

S
C H O I C E

If I can't do what I want to do
 then my job is to not do
 what I don't want to do
 It's not the same thing
 But it's the best I can do.



If I can't have what I want
 Then my job is to want what I've got
 and be satisfied that at least there is
 something more to want.

Since I can't go where I need to go
 then I must go where the signs point
 though always understanding parallel
 movement isn't lateral.



When I can't express what I really feel
 i practise feeling what I can express
 and none of it is equal I know
 but that's why mankind alone
 among the animals learns to cry !



Partner with SA Cares for Life

Each of our projects depends on the generosity of our donors. Please consider supporting the project closest to your heart. More information is available from each division.

Cluster Care Sponsorship Programme

Register as a Child Sponsor and help us to care for orphans and vulnerable children in South Africa. Together we can change their destiny!

After signing up, you become a partner with SA Cares for Life and we will send you an "Intake Report" which includes a photograph of your child, a report on his / her background, their family, and additional information on the programme in general.

You will receive:

- Confidential bi-annual progress reports on your child, his/her family and their cluster in March and September each year.
- General newsletters about the services of SA Cares for Life and the progress of our projects.

Decide on your monthly contribution - and touch the life of an innocent child.



SA Cares for Life

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<p>Banking Details:</p> <p>SA Cares for Life: Account name: SA Cares for Life Bank: Standard Bank Branch: Lynnwood Ridge Branch number: 012445 Account number: 012 205 907 Swift code: SBZAZAJJ</p>	<p>Lesedi La Batho Community Centre: Account name: Lesedi La Batho Bank: Standard Bank Branch: Lynnwood Ridge Branch number: 012445 Account number: 012 200 514 Swift code: SBZAZAJJ</p>	<p>NorSA Community Centre: Account name: Norsa Bank: ABSA Branch: Paarl Branch number: 632005 Account number: 4065932583 Swift code: ABSAZAJJ</p>
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