

Pacific Northwest Fertility NEWSLETTER

SUMMER 2022



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We're Proud to Build Families

We feel honored to serve our LGBTQ+ patients 365 days a year. This Pride Month we're taking time to celebrate love in all its forms—because love is what makes a family complete.

Mark Your Calendars!

PNWF PRIDE EVENTS

TUESDAY 6/21/22, 6 PM PST

Center for LGBTQ Fertility Webinar

Join us for an informational webinar for providers focusing on fertility outcomes for LGBTQ+ patients. [RSVP via Eventbrite.](#)

SATURDAY 6/25/22, 12–9 PM PST

PrideFest Capitol Hill

We'd love to see you at this all-ages street festival in Seattle's historic gayborhood. We'll have a booth with fun costumes, games, and education about LGBTQ fertility options.

SUNDAY 6/26/22, 11–8 PM PST

PrideFest Seattle Center

We're proud to be a Platinum Sponsor of this year's PrideFest. Look for us in the parade starting at 11am, or stop by our info booth in the afternoon.



PHOTOS: SEATTLE METROPOLITAN

Patient Stories

ONE FAMILY'S FERTILITY JOURNEY

Erin Farquhar and Kristi Waite's path to parenthood started at Pride.

It was 2017, and many of their friends were starting families. Erin, a pediatric nurse at Seattle Children's Hospital, had wanted children of her own as long as she could remember. And Kristi, who worked in local media at the time, was starting to feel it too.

"I'm adopted, so I've always been aware of nontraditional family building even from a very young age," says Kristi. "Families are made in a lot of different ways, and the more that people are open and talking about it, the better."

So after learning that a friend at their Pride party was doing fertility treatment at PNWF, Erin and Kristi decided it was time to build a family of their own. After their first consultation with Dr. Julie Lamb, they started IVF right away. The couple envisioned two boys, created with Kristi's eggs and donor sperm, which Erin would carry. They assumed the process would take about one year at the most.

"Our plan got blown up. Every part of it," Erin says.

They learned that Kristi would be the better candidate to carry the pregnancy, and all their ideas about their timeline changed when her first retrieval cycle was unsuccessful.

"I'll never forget Dr. Lamb telling me that we had to start over," Kristi says. "But I trusted her implicitly. I knew she would never send us down a path that wasn't the right thing for our family."

After one more retrieval cycle and transfer, the couple was overjoyed to finally be pregnant. But their journey still wasn't over—during Pride month in 2018, one year after that fateful first conversation, Kristi had a miscarriage.



ERIN, KRISTI, AND DAUGHTERS HAZEL AND OLIVE
PHOTO: JANE G PHOTOGRAPHY

They were devastated, but they weren't alone. "We were supported and cared for in a way that I've never experienced in medicine before," Kristi says.

That winter, Erin and Kristi's dreams came true when they least expected. They'd planned a trip to Italy, and decided to do one more transfer first. There was no time for testing, so they had low expectations.

After returning home, they found out that Kristi was pregnant with a girl. Their story looked nothing like they expected, but they wouldn't change a thing.

"I would trade nothing in this world for Hazel. She's who was supposed to be in our family," Kristi says.

In 2021 the family returned to PNWF to have their another child, this time using Erin's eggs and sperm from the same donor. Conceiving was quick and easy this time around, and Erin gave birth to their second daughter, Olive, in February of this year.

Though IVF isn't easy, they say, it's worth it. "Build a good network and be kind to yourself," Kristi says. "And sleep as much as possible while you still can!"

Meet Our Providers

DR. STEPHANIE ROTHENBERG ON LGBTQ+ FERTILITY



Stephanie Rothenberg, MD, FACOG is one of our providers here at Pacific Northwest Fertility and a founding member of our Center for LGBTQ+ Fertility. We sat down with her to talk about her work, the Center's goals, and her legendary houseplant collection (52 and counting!)

Q: DID YOU ALWAYS KNOW YOU WANTED TO BE A DOCTOR?

A: I always knew I wanted to be a doctor, but in high school when people asked me what type, I would say "anything but an OB/GYN." In college, I thought I wanted to be a pediatric oncologist and spent time volunteering at a summer camp for kids with cancer. That is where I was first introduced to the concept of fertility preservation. But then I figured out that to be a fertility doctor, you had to become an OB/GYN. The joke was on me!

“ THE CENTER FOR LGBTQ+ FERTILITY IS A PLATINUM SPONSOR AT SEATTLE PRIDEFEST THIS YEAR. COME VISIT US IN CAPITOL HILL OR SEATTLE CENTER! ”

Q: HOW DID LGBTQ+ FERTILITY BECOME AN AREA OF INTEREST FOR YOU?

A: My interest in oncofertility became a natural extension into fertility preservation for transgender and nonbinary people. I became very involved in research in this field as a fellow. I feel very strongly about making sure that people are able to build their family when and if they want to, and the LGBTQ community often needs help to do this.

Q: TELL ME ABOUT THE CENTER FOR LGBTQ+ FERTILITY. WHAT HAS THE CENTER ACCOMPLISHED SO FAR, AND WHAT ARE ITS GOALS MOVING FORWARD?

A: Our goal is to create a medical home for queer people interested in family building, whether now or later. We aim to provide comprehensive and inclusive fertility care and fertility preservation options to people of all sexual orientations and gender identities. In the past year, we have reached out to community groups and corporations to help educate on LGBTQ+ fertility options. We've done educational outreach to providers, including our webinar on June 21st [details on page 2]. We have also focused on streamlining the fertility preservation process for transgender and nonbinary patients, including for adolescents and patients who have been on or are currently on hormone therapy.

Q: TELL ME A LITTLE ABOUT YOUR OWN FAMILY AND WHAT YOU LIKE TO DO IN YOUR FREE TIME.

A: My husband and I live in Kirkland with our daughter and 2 dogs. We did IVF for unexplained infertility in 2020, which provided me with a very helpful understanding of what my patients go through daily and how the experience of infertility can linger, even after you have your child. We love to cook, hike, drink wine in Woodinville, and paddleboard on Lake Washington. I also have 52 houseplants (a banana leaf palm is going to be my next addition).



In Case You Missed It...

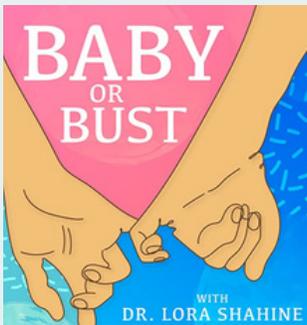
SOCIAL MEDIA ROUNDUP

BLOG POST

Gestational vs. Traditional Surrogacy

Many of our patients have questions about what surrogacy options are right for them. We're here to help!

[LEARN](#)



PODCAST

Baby or Bust with Dr. Cappy Rothman

In this installment of our weekly podcast, host Dr. Lora Shahine interviews living legend Dr. Cappy Rothman, often called the father of modern sperm donation.

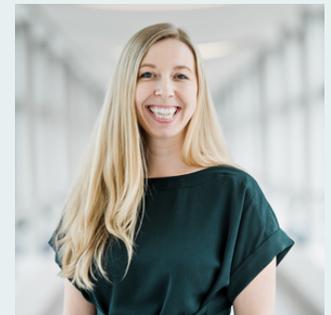
[LISTEN](#)

OLDIE BUT GOODIE

Modern Fertility Interview with Dr. Darcy Broughton

Don't miss this June 2020 interview with Center for LGBTQ+ Fertility cofounder Dr. Darcy Broughton!

[READ](#)



ROE V. WADE AND YOUR REPRODUCTIVE RIGHTS

The recent news about a draft Supreme Court ruling that would strike down Roe v. Wade has prompted many questions about the future of reproductive healthcare in the United States.

[READ OUR STATEMENT](#)



New Faces

INTRODUCING DR. DIANA ZHOU



P

lease join us in welcoming Dr. Diana Zhou, the latest addition to our wonderful team of MDs!

Dr. Zhou is originally from Seattle, and was thrilled to return home to the Pacific Northwest to practice at PNWF. Since joining the clinic in December 2021, Dr. Zhou has already helped many of the patients on her care team achieve pregnancy.

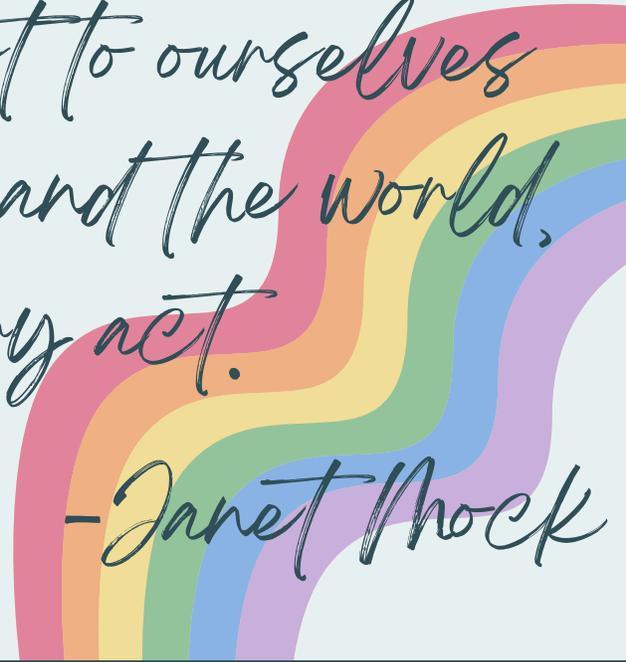
Dr. Zhou's professional life started at Barnard College, where she completed an undergraduate degree in East Asian Studies. After working at a community health center in New York City, she attended medical school at the University of Washington and completed her residency at the University of Chicago. She comes to us from UCSF, where she completed her fellowship in reproductive endocrinology and infertility. Her specialties include ovarian aging and PCOS.

When she isn't helping to build families, Dr. Zhou has been busy rediscovering Seattle with her husband, young child, and mini sheepdoodle. She enjoys hiking, traveling, spending time with friends and family, and exploring the Seattle restaurant scene.

“ I AM HIGHLY IMPRESSED BY HOW DEVOTED OUR STAFF ARE TO PATIENTS AND HOW THEY REALLY GO THE EXTRA MILE TO SUPPORT THOSE IN NEED. IT'S A VERY POSITIVE ENVIRONMENT TO WORK IN. ”

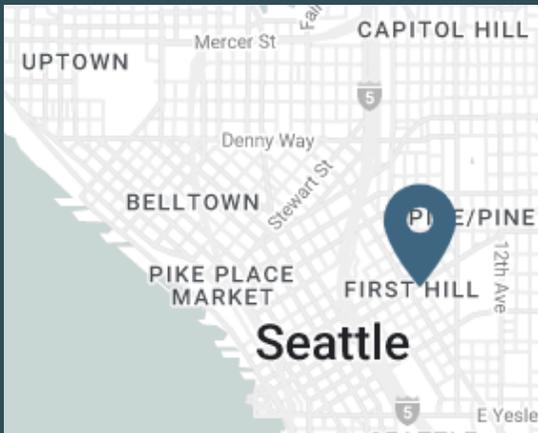
telling our stories, first to ourselves
and then to one another and the world,
is a revolutionary act.

-Janet Mock



PHOTOS: [JENN REPP PHOTOGRAPHY](#)

PNWF
Pacific NW Fertility



SEATTLE

1101 Madison St
Ste 1050
Seattle, WA 98104

Weekdays 7am-5pm
Weekends 7:30am-11:30am



www.pnwfertility.com
www.simplifyeggbank.com



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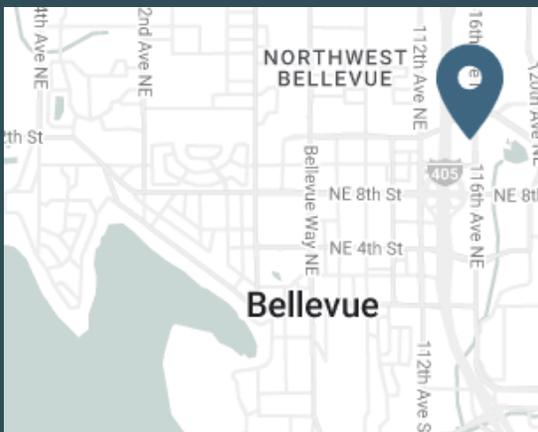
@drlorashahine



@PNWFSpecialists



Baby or Bust



BELLEVUE

1231 116th Ave NE
Ste 705
Bellevue, WA 98004

Weekdays 7am-4pm