

# Wife asks for fertility advice

**Dear Annie:** My husband and I have had some difficulty getting pregnant. I am 32 and feel the clock ticking as each day without my having a fertility doctor passes.

This entire process is completely embarrassing. I am ashamed I even have to go through this. I feel as though I am less of a woman.

We recently moved to a new city, and I don't even have an obstetrician. I want my husband to get his sperm tested but don't even know where to send him. I have to get my fallopian tubes tested but don't even know whom to call.

I do not feel comfortable asking my friends for referrals. Is there a secret list of all the good fertility doctors? What are my options? — *Baby Wantor*

**Dear Baby Wantor:** I'm sorry you're going through this. I know it's incredibly stressful, but you have absolutely no reason to feel ashamed. If you and your husband are unable to achieve pregnancy through traditional means, it does not signal any sort of "failure" — biologically, morally or otherwise. And you are by no means alone. In the United States, 1 in 8 couples

have trouble conceiving.

As for next steps, I know that to-do lists tend to be a mile long after big moves, but near the top of the list should be getting set up with a physician. You and your husband can ask neighbors, co-workers and new friends for suggestions. Once you've found a physician you like, he or she can refer you to an obstetrician/gynecologist. As a bare minimum requirement, any doctor you see should be certified by the American Board of Obstetrics and Gynecology. You can check whether a doctor is certified at <http://www.certificationmatters.org>.

I'd also recommend reading Heather Huhman's article titled "The Ultimate Guide to Choosing a Fertility Clinic ... and Knowing When to Get a Second Opinion," which is available online. Huhman is an outspoken infertility advocate and host of the weekly podcast "Beat Infertility," which you might enjoy listening to while unpacking boxes. I wish you and your husband all the best.

**Dear Annie:** "Planning Ahead" wrote to you about planning for

her and her husband's senior years. She was wondering whether they should move in with an adult child. I just wanted to share my experience.

My husband and I live in a "life-care" community. We are currently in the independent section. One meal a day is included. We get housekeeping service weekly. And there's a 24-hour EMT or nurse on duty in the event of a medical emergency. Transportation is provided if necessary. We are totally independent and don't take advantage of the transportation, but it is nice not having to deal with household problems, etc. When the time comes for assisted living, skilled nursing or memory care, these facilities are on the same campus. We don't have to ask friends or family to help us with any type of problem, as the facility will assist us whenever necessary. — *Living Stress-Free and Loving It*

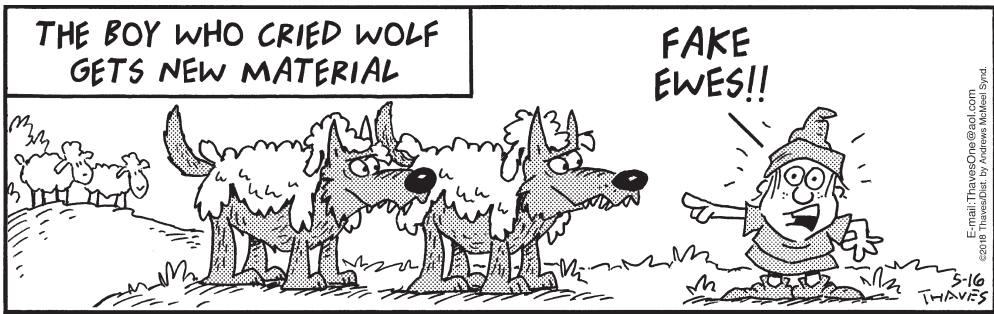
**Dear Living Stress-Free and Loving It:** Thanks for sharing this success story. I'm always keeping an ear out for voices of experience. By that token, I would love to hear from readers who have gone the other route that "Planning Ahead" was considering: moving in with an adult child.

## DEAR ANNIE



Annie Lane  
Creators  
Syndicate Inc.

## FRANK AND ERNEST



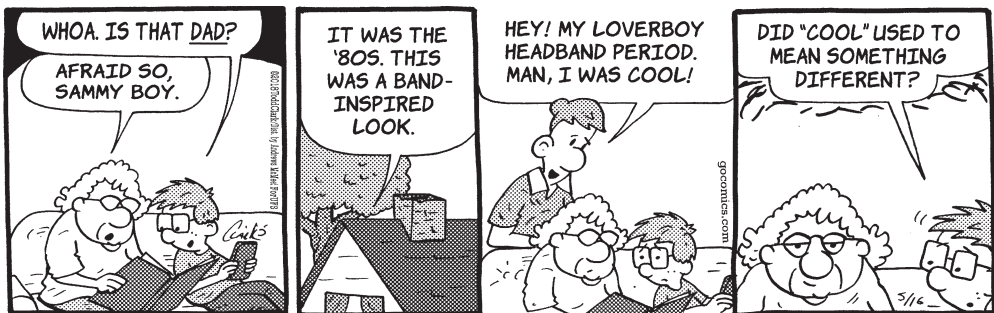
## THATABABY



## PHOEBE AND HER UNICORN



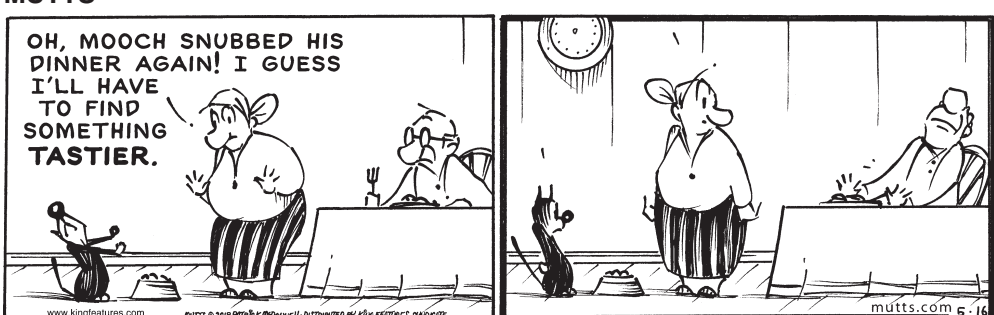
## LOLA



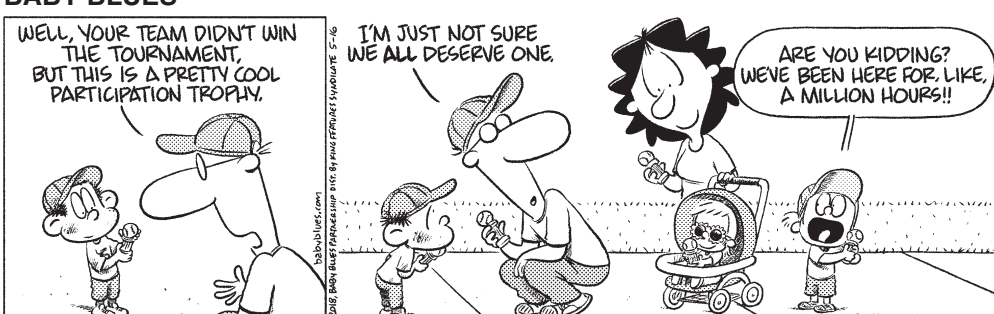
## SIX CHIX



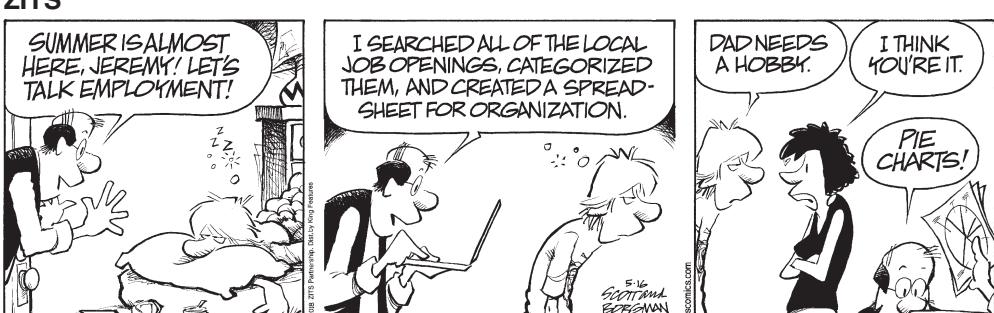
## MUTTS



## BABY BLUES



## ZITS



## TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

**ARIES (March 21-April 19).** The default settings are the most often used not because they are preferred but because it takes effort to change them. Do the work upfront to make the defaults awesome and awesomeness will be your default.

**TAURUS (April 20-May 20).** The fantastic value deals abound today, and you're a magnet for them. Your luck is such that you'll get more than you pay for regardless of how much you put in — even if you put in a whole lot.

**GEMINI (May 21-June 21).** Commit fully to what's going on now, even though you can see where it's all headed. This will soon be the old way of doing things, but until that time, it's the right way of doing things.

**CANCER (June 22-July 22).** Do not underestimate the unpredictable power of an unexciting environment. People in a static situation are likely to make choices that they would never make any other place. These are choices made out of sheer boredom.

**LEO (July 23-Aug. 22).** Hints are for those who don't know each other very well. When it comes to your loved ones, hinting will be a waste of time. You know and trust each other, and no one is going to get offended if you just say what you want.

**VIRGO (Aug. 23-Sept. 22).** You don't have control over what people are reminded of when they deal with you. Their memories are their own and so are the triggers that bring them up. What you can do is gain influence by learning about the associations.

**LIBRA (Sept. 23-Oct. 23).** Pare down your need of others. If you rely on someone too much and/or too regularly it will interfere with your usual state of self-sufficiency. Steps

toward independence will bring good fortune.

**SCORPIO (Oct. 24-Nov. 21).** If you love something enough then you don't mind dealing with all the tedious, irritating, difficult, boring, painful stuff that goes along with it. Talent may very well boil down to a simple matter of loving something enough.

**SAGITTARIUS (Nov. 22-Dec. 21).** Taking care of yourself is essential to the success of the group. The progress you make today will only be possible because you've done so. When you win, your people win, too.

**CAPRICORN (Dec. 22-Jan. 19).** Everyone has an accent; it's just not called that by others who speak the same way. You'll be lucky today when you go where your contribution will be considered novel.

**AQUARIUS (Jan. 20-Feb. 18).** People say that there are no bad questions. But there are so many excellent questions, why waste time with useless ones that can only lead you down an unsatisfying and unproductive path?

**PISCES (Feb. 19-March 20).** You're a pro among amateurs today. With so much to teach, it will be difficult to hold back. And yet if anyone is to learn from you, it will be because they had the curiosity and will to drag the information out of you.

**TOMORROW'S BIRTHDAY (May 17).** Do not worry about succeeding in any terms laid out for you by others. This kind of so-called success is false and unobtainable. It's like an escalator that keeps producing new steps in front of you. Instead, answer the questions of your soul this year and you will be fulfilled in love, ideas and resources. You will have all you need. Libra and Scorpio adore you. Your lucky numbers are: 8, 40, 39, 13 and 47.

## BLONDIE



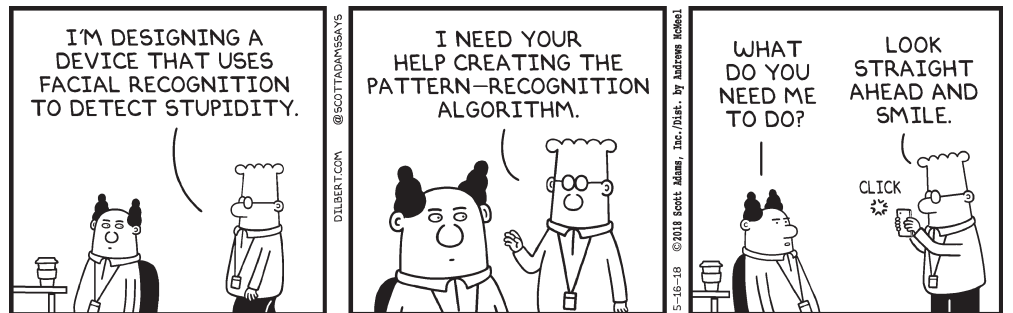
## SALLY FORTH



## B.C.



## DILBERT



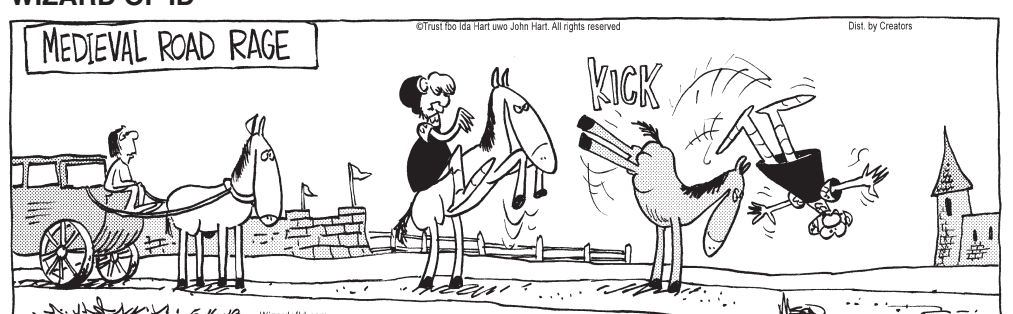
## BIZARRO



## NON SEQUITUR



## WIZARD OF ID



## ROSE IS ROSE

