

James A Simon, MD, CCD, NCMP, IF, FACOG

1850 M St. NW # 450
Washington, DC 20036-5847

(202) 293-1000
simon@copperfoxmarketing.com
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Dear Patient, Supporters and Friends,

Spring is finally here! It's a time of warmer weather, greener grass, blooming flowers and cherry blossoms, and somehow - as every woman trying to conceive knows - full of new babies or pregnant women. It doesn't matter if it's the babies at the nearby zoo, birds chirping in your trees, or everyone you know is announcing their pregnancy or birth of their new baby. And for the women that I see who are struggling with infertility, that's not an easy pill to swallow. They're looking anywhere and everywhere for an answer to help them get pregnant. I'm constantly dispelling fertility myths to help them navigate the emotional and stressful journey of fertility treatments - trying to make it as easy (and successful!) as possible. So this spring, in honor of my fertility patients, I say it *is* time for a renewal! A renewal of spirits! Treat yourself with a day at the spa, that purse you've been coveting, try that fancy new restaurant or just treat yourself to a day on the couch doing nothing. The path to infertility is a long and winding one. Together, we'll find the answers you need.

James A. Simon, MD, FACP, NCMP, FACOG
Lucy D. Treene, MSHS, PA-C
Carol J. Mack, MPH, MSHS, PA-C

The facts and myths about fertility

Once people find out you're getting ready to hop on the baby train, you'll get a never-ending stream of advice - whether you asked for it or not. I work with numerous women struggling with infertility and hear all of the advice they're given daily. I'm here to set the story straight to help you make the right choices with facts and myths about fertility. [Read more.](#)

When Sex Hurts: Is Vulvar Vestibulitis to Blame?

Contributed by Lucy Davies Treene, MSHS, PA-C

Women who experience significant pain during sex may be suffering from vulvar vestibulitis, a type of vulvodynia. Vulvar vestibulitis is an inflammation of the vaginal vestibule, or the entrance to the vagina. Any type of pressure, whether it's from penetration, inserting a tampon or even crossing your legs, could cause severe pain. Burning, stinging or irritation of the vestibule area can also accompany this condition. According to the International Pelvic Pain Society, approximately 200,000 women may suffer from vulvar vestibulitis. [Read more.](#)

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