



As an infertility specialist who has been practicing for more than thirty years, I place great importance on patient morale and mental wellbeing.

I am always concerned when I meet patients who are depressed, angry, nervous and negative about the problems they face and who approach treatment in this frame of mind.

This, I am sure, is not the right way to enter into a fertility treatment programme and I therefore believe that our Mind/Body programme has a great deal to offer. I see many patients who would find that a little extra time spent in preparation for treatment could make an important difference to the outcome.

I strongly recommend that every patient coming to Bridge studies the Mind/Body website at the very least and, even better, talks to our resident Mind/Body Group Leader. A simple stress test can provide us with a great deal of useful information and we provide these tests free of charge.



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