

## One Woman's Journey to Pregnancy

This family recently moved to Kansas and she was having problems with irregular periods. She hadn't had her period for 5 months and felt she had a lump on her lower back so she asked me to make an appointment. I made an appointment with a gynecologist. She told the doctor that she wants to get pregnant. He examined her and he did a pap smear and told her that he wanted to do fasting lab work and vaginal sonogram in a few days. He also encouraged her to lose some weight by eating healthier and walking. She later came to her appointment and they did her sonogram and labs and the nurse called back in a few days with the results. The nurse explained that her uterus had a very thick lining and her thyroid was under active. He wants her to come back in few weeks to do a biopsy of uterus to make sure it wasn't cancerous or had an infection.

These results came back that everything is normal, so the doctor gave her birth control pills to regulate her period and medicine for her thyroid. She had to come back in a few months to draw blood. After a few months of taking the birth control pills her periods were regular. She then had lab results that she wasn't ovulating and the doctor gave her fertility med for her to ovulate. Within one month she got pregnant. The doctor was surprised that she got pregnant so quick; usually women had to be on the meds for awhile before they would get pregnant.

