

Overcoming INFERTILITY

Katy Couples Share Their Emotional Journey

Written by Heather Lowrie Photography by Kenzie delaTorre



Infertility isn't a visible mark that can be seen on everyday women doing everyday things. It certainly isn't something that affects all women equally. It's a word that 1 in 6 couples will hear while they're waiting and wondering why they can't conceive.



Amanda and Weldon Ransbarger
tried to conceive for a year
before seeing a specialist



After IVF, it took Kelley only one and a half months to conceive

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According to the National Center for Health Statistics, it affects both women and men. Forty percent of infertility can be caused by the woman's physiology, 20% is due to the man's, 30% is both, and 10% is unexplained. The heartbreak of wanting a child and not being able to conceive one in the traditional sense can be devastating. But there's hope in the middle of the heartache, and more importantly, there are answers.

Seeking Answers

Most women can and will get pregnant. According to Dr. Sonja Kristiansen, a board certified Reproductive Endocrinologist Infertility Specialist and medical director of the Houston Infertility Clinic, infertility is a diagnosable and treatable problem. Yes, it's okay to be emotional. Yes, it's okay to feel resentment, but don't let the emotion blind you from getting the facts and answers that you need to become powerful in the midst of this struggle. To those couples who are undergoing infertility treatment, Dr. Kristiansen says, "Stay optimistic and patient, continue living and being a normal, happy person."

Triple the Success

Amanda and Weldon Ransbarger tried for a year to conceive and were frustrated with the fact that the pregnancy tests never read positive. They started with temperature charts, which were stressful. Amanda says, "There is a chart of what it is supposed to look like (normal), and then there was mine, which was so random and so not the way it was supposed to be." Every month she took them to the doctor and got the same response, "Try again." That's when the referral came to see a specialist. "It was a relief," says Amanda. "Not knowing why was the most stressful thing." They decided to do in vitro fertilization, IVF, and today they are the proud parents of triplets. Amanda says IVF was emotionally and physically exhausting. She adds, "It's stressful, but well worth it. We did go through some hard times, but we're closer because of it."

Conquering the Unexpected

Kelley and Chris Cox waited seven years before wanting to start a family. Kelley thought it would be easy to conceive. After all, no one in her family struggled with infertility. However, it did become a concern, and she and her husband decided to see a specialist, where they were both tested. Kelley remembers, "Emotionally, I wanted a baby NOW. It should be easy. This was what I was supposed to be - a mom." After the process of IVE, it took her one and a half months to get pregnant. It was almost immediate, but to Kelley it seemed like an eternity. "It can be overwhelming - the list of medications was more than I've taken in my whole life," Kelley says.

Emotional Support

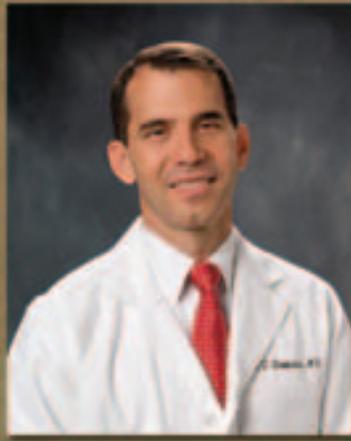
Kelley's advice to those couples going through fertility treatment is to not keep it a secret. There are more couples struggling with this issue and you're not alone. If you struggle with infertility, be an advocate and a voice to those who have that same struggle. The Cox's became a family when their son Colby was born. They went through the process of IVF a second time, and gave birth to twin boys. The struggle of infertility is a very real and raw emotion. It's something that only those who have endured it can understand the pain. But whatever struggle you or a family member have when it comes to conceiving, don't stop looking for and getting answers. Do your research and get informed. **KM**

HEATHER LOWRIE is a kindergarten teacher and mother of two. She is married to her high school sweetheart, James. She is a freelance writer and author of The Inspired Wife who enjoys the opportunity to encourage people through her writing.

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Kelley and Chris Cox waited seven years before trying to have a family

