

Women & Infants
A MEMBER OF CARE NEW ENGLAND

Lifestyle tips for women
pursuing pregnancy, managing
PCOS & more.

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Fertility Forum

January 2017



Pregnant with Possibility

The new year represents fresh starts and new opportunities. For women trying to get pregnant, implementing healthy habits can boost fertility.

A healthier, happier you

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Encourage Others with Your Story

Infertility is difficult. Hearing stories of people who've faced similar obstacles is enormously encouraging.



Make Peace with PCOS

Polycystic ovary syndrome affects up to 10 percent of women. Dr. Alvero explains how lifestyle changes can help.

[Share yours](#)[Alleviate your symptoms](#)

Carol Wheeler, MD

"The most rewarding times are when my patients achieve their goals of building their family – no matter how that might happen. I enjoy being a part of a team that guides patients through this process."

[Meet Dr. Wheeler >>](#)



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