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## Plano Fertility Specialist Ranked One of the Best in U.S.

When Presbyterian Hospitals in Dallas and Plano were listed among the 10 best infertility programs in the nation by *Child* magazine in 2005, it was the latest in a series of recognitions for reproductive endocrinologist James W. Douglas, M.D. *D* magazine named the 18-year veteran of the infertility field as one of the "Best Doctors in Dallas" for three consecutive years based on recommendations by his peers. *TexasMonthly* cited Dr. Douglas as one of the "Texas Super Doctors" in 2004 and 2005. His achievements at Presbyterian in Plano contribute to the hospital's national ranking. It is the only hospital in Texas to be included in *Child's* prestigious list.



James W. Douglas, M.D.  
Reproductive Endocrinologist

Throughout Dr. Douglas' career, he has achieved pregnancy rates that few doctors in the country can duplicate. Dr. Douglas credits his success to two factors: an outstanding embryo lab and individualized care and treatment plans for each patient. The double board certified physician is in solo practice, which allows him more freedom to pursue the approach that offers the best chance for success for each patient. "You can't rely on strict protocols," he explains. "Each couple is unique, with different underlying conditions and a distinct set of wishes. Meticulous attention to detail and a compassionate approach



ultimately produce better outcomes and efficient use of patients' time."

An integral part of Dr. Douglas' individualized care is patient education. Making a difficult situation much easier, he and his experienced staff help patients understand their own particular diagnosis and its solution. Then he encourages them to participate in the decision-making process.

### What Women Don't Know About Delaying Childbirth and Irregular Periods

According to Dr. Douglas, one of the most disappointing situations he faces is when a woman waits too long before having her first child or seeking help. One in seven women in their childbearing years is planning to postpone starting a family, unaware that her fertility begins diminishing as early as in her early 30s. By the time she is 40, even if she is in good general health, her chances of conceiving during any one cycle drop to approximately five percent (down from 20-30 percent before age 30). And the eggs are aging, too, making the probability of miscarriage higher.

"Certainly, women in their late 30s and early 40s can get pregnant, but, they are much more likely to need medical intervention," says Dr. Douglas. "Most of those who have babies very late in life have done so through egg donation. If you are considering delaying, talk to your physician and learn the facts before you make an irreversible decision."

Dr. Douglas also points to polycystic ovary syndrome (PCOS) as another common contributor to infertility. "If you have irregular menstrual periods you are likely not ovulating. Ask your physician about PCOS and seek specialty care right away if you are planning to have children."



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