

Summer 2010

Jeremy and I have been enjoying watching Míša grow and develop and we talked about the right time starting the preparations for baby number 2.



Since we were in Czech, I have consulted our desire with my treating physician, Dr. Koudelka. Despite of stacks of my medical test results and reasoning to go with a surrogate again, Dr. Koudelka was firm and insisted that I am a healthy young woman and I will carry my own baby. He insisted that fresh embryos are transferred only into my uterus and if the treatment fails, he will transfer frozen embryos to my surrogate. I don't know if I was disappointed or if I saw another challenge to do more research and give my body one last try.

At my annual OB/GYN visit that October , I have discussed our IVF plans with my doctor in Atlanta. He was willing to support me in any way as he was monitoring our surrogate during her pregnancy with Míša. He suggested an ultrasound with saline solution since I haven't had one in years (prior to that, I have had several hysteroscopies, laparoscopies, countless ultrasound with and without saline solution,..).

To my utter amazement he has found a fibroid, measuring about 1cm, right in the area where the embryo needs to bury itself in the lining. He kept showing me over and over how the fibroid was "stealing" blood supplies that the growing embryo would need. I was shocked and called Dr. Koudelka immediately. Both doctors agreed on proceeding with an operative hysteroscopy removing the fibroid.

But where did we stumble? You guessed it, our insurance coverage.

This outpatient procedure at Northside hospital in Atlanta was going to cost me about \$4,000 for the hospital fees and about \$400 for the doctor's fee. There was no way I was going to pay so much knowing that this very same procedure at Reprofit would cost me only \$350 and would be carried out by a fertility doctor specializing in laparoscopy and hysteroscopy, Dr. Marcel Stelcl.

We were planning to go to Czech for Christmas anyway so we have agreed that I would get this surgery done at Reprofit during our winter visit.

In the mean time, I kept doing my research about making my body "baby friendly" and studying not only about medical side of "tricking" my body into accepting that embryo but also about some non-traditional self-healing treatments – yoga, meditation, etc.



We had a great time in Czech, we were lucky that this year, Czech was covered in snow and we could really enjoy some winter and snow fun.

We went to the mountains with our friends and their children and had a blast! Míša is very sociable and having so many friends to play with was the best thing ever. We went swimming, sledding, we built snowmen and had a great, great time.

Shortly after Xmas, I was invited to join Reprofit's team on their skiing trip to the Austrian – Italian mountains. It was a quick 3 day trip but it was great – I was back on the skies after 2 years (I had to give my back a rest for one season after my back surgery in January 2010).



Upon our return, was my yet another surgery. I am not too fond of surgeries as the anesthesia makes me sick when I wake up. But I knew I was in good hands and that certainly helped!

I was given medications to prevent nausea and make me feel better upon waking up but didn't have much luck – I still threw up ;o(

Also, since my uterus was scraped and irritated, it was rather painful for the first few moments after waking up from anesthesia. Entire surgery was digitally recorded so Dr. Marcel Stelcl brought his computer to my recovery room and was

showing me the video and provided his comments with it as well. I have left two hours later with a USB that stores the entire surgery – little bonus and memory, I guess ;o)

Since my uterus was “clean” and my ovaries and hormonal levels were good, I started to focus more and more on making my body Baby Friendly.

I have purchased a book by Dr. Alan E. Beer – Is Your Body Baby Friendly and I started my research based on the tests we have done in the past and the conditions that were explained to me then.

My main concern were over active NK cells, CD5/CD19 – cytotoxic CD5+ B cells and most importantly our DQ Alpha Genotype where Jeremy and I share a gene and as a result of, very, very low anti-paternal leukocyte antibody.

Jeremy and I had a decision to make as there are so many possibilities of treatment, of course, all are mostly alternative – not covered by the insurance and the cost of medications is outrageously high. Some of the medications were not something we were willing to inject in my body – Humira. So we have decided, not to even test for: tumour necrosis factor (TNF) – this condition is asking for treatment with Humira that has potentially serious side effects.

So we have decided to focus on lowering the activity of my NK cells and increasing my Leukocyte levels that protect the growing embryo.

Treatment for my low leukocyte levels is unfortunately no longer available in the US – doctors that are performing the procedure just the way Dr. Beer describes are in Mexico and Greece (there are other doctors in UK, Turkey, Italy, South America, etc., offering lymphocyte immunization therapy – LIT but my research showed that it is not being carried out exactly the same as Dr. Beer’s research suggests). Rather violent situation in Mexico at that time discouraged me from traveling there so I have decided to contact Dr. Tsagaris – colleague of Dr. Beer’s who currently lives and practices reproductive immunology medicine at a clinic in Athens, Greece.

March 2011

I have started communication with Dr. Tsagaris via email and phone – he has reviewed my tests we have done so far and suggested 2 LIT treatments made up from a pool of donors (as I needed as many foreign lymphocytes in my body as possible and my husband’s blood could not provide that).

I have traveled to Athens alone twice, 1 month apart. The treatment consisted of 9-12 quick injections just under my skin of my inner forearm. Rather uncomfortable procedure that I didn’t expect but the nurse was very quick with her administration and Dr. Tsagaris did his best to keep my mind off of it.

1 month after my second LIT, I had my and Jeremy’s blood drawn again to see if the treatment worked. Great success – my B and T cells with IgG went from below 1.0 to over 80.0. We were excited – recommended levels are 30.0-50.0 before attempting pregnancy.

Now we had to focus on managing my over active NK cells. IVIg was recommended again by Dr. Tsagaris but my past experience with IVIg in 2008 was not good – too expensive and I wasn’t sure if it worked.

So I started to look for alternatives. I have been hearing for a while now, about a treatment with Intralipids – recent studies, still limited, showed that treatments with intralipids (IL), are showing the same results as IVIg is but with no dangerous side effects and for a much more affordable cost (1 IV of IVIg has cost me between \$2,500 to \$7,500 in 2008, I have found a pharmacy in California that has sent me 1 dose of IL for only \$60 – no brainer to me!). I must stress again, that I had a very supportive OB/GYN who provided me with a prescription of IL for before my IVF treatment and then every 4 weeks once pregnant. A friend of mine, a nurse, came to our home and administered my IL to me. It was very quick – about 45 minutes and no need for a high dose Benadryl ;o)

A friend, who is a nurse at a Children’s hospital came over to our home to administer my Intralipids intravenously over dinner – Míša was a very helpful nurse’s assistant ;o)



Dr. Tsagaris has also recommended high dosages of steroids (Prednisone) but Reprofit reduced it to 5mg twice daily. I was also taking baby aspirin for months before our planned IVF that has changed to Fragmin 5,000IU from the beginning of my stimulation and per Dr. Tsagaris' recommendation, my OB/GYN has also prescribed Lovenox (form of Selective serotonin reuptake inhibitor –SSRI. This medication is not only antidepressant, helping to keep the patient calm, but also, according to their research, brings more blood flow and therefore more nutrients to the uterus). Minimum prescribed dosages is 5mg that is a starting point and I was recommended to increase it after a week to 10mg. Following our treatment when heartbeat is detected, I would decrease the dosage back to 5mg and then stop. I was all about this medication as I know how stressful and emotional any IVF treatment is and I was putting everything into this one.

Just like all of our patients, I have started my stimulation with Gonal F at home and we traveled to Czech just in time for my first monitoring ultrasound. Míša is a very active girl who loves to put on a show and pose for the camera.



We were lucky to fly directly from Atlanta to Prague but even then, trying to keep her in her seat during the overnight flight, not to mention putting her to sleep, was definitely a challenge. But we have made it.

Our first appointment at Reprofit was July 13th – 7th day of my stimulation. I have updated Dr. Koudelka on all additional medication – besides those prescribed by Reprofit I was taking, including my Vitamin D and Omega 3 supplements. It took Dr. Koudelka a while to find my right ovary but he was able to find growing follicles in both of my ovaries. Not as many as I have had in the past and not as developed as Dr. Koudelka has expected.

I was scheduled for another ultrasound a few days later. This time, I was Dr. Machac. Since he wanted to see the follicles slightly larger at that point, he has increased my stimulating medications a little and my stimulation got extended.

I didn't take it well, so far, this treatment was not progressing as any other stimulation I have had before. My stimulations in the past have always been between 9 to 10 days and now it looked like a 14-day stimulation!! I don't know if it were all the hormones I was taking but I broke down during my IL administration that followed my ultrasound.

I was just sobbing and crying how my very last attempt to get pregnant and produce quality embryos was not looking good. Once I calmed down, I have decided to keep my mind busy so that I wouldn't constantly think about how our stimulation was progressing. We were making a lot of trips with our friends and into the nature. The summer temperatures were absolutely great!



My egg retrieval was finally scheduled for July 22nd. I was lucky to get the very same anesthesiologist that has done all of my surgeries at Reprofit. Knowing my reaction to anesthesia, he tried, again, to mix some special solution so that I wouldn't feel so bad afterwards. Whatever he mixed, was the right combination and for the first time in my life, I was not sick after waking up from anesthesia, hurray!!!

After I was told that they were able to retrieve 10 eggs and 9 of them were mature – little disappointment, as I would usually have about 17 eggs, I fell asleep at the clinic for another two hours. As a form of progesterone, I have chosen progesterone in oil shots – conveniently administered just once a day and since in Czech the progesterone is not in sesame oil, there are none of those typical side effects – clotting, painful swelling or administration. It was my choice number 1. Of course, what made the administration easier was the fact that I had Jeremy give it to me.

Jeremy and I then walked from the clinic to the apartment which did me well but there I still felt rather sleepy so I went to bed. I slept until 8PM that night, and I could have probably slept longer but I was meeting my very good girlfriend for a little get-together. We had a great time!

The very next day, we have left for Krakow, Poland, as Jeremy has been talking about visiting this town for a long time. When we called about our embryo updates, we had 8 fertilized eggs – pretty good result!

I was feeling good overall, just a little bloated.

Krakow was a very nice town – we did a lot of walking, sightseeing and of course eating. We have also visited their famous salt mines.

Day two of the embryo cultivation, our embryos were still progressing well. We had:

1 embryo with 5 cells, 4 embryos with 4 cells, 1 embryo with 3 cells and 2 embryos with 2 cells.

I was getting more and more bloated, but no pain that I know from my previous cases of hyperstimulation. We were walking a lot as my bowel movement has slowed down a lot but I blamed it on all the food I was eating and not enough liquids ;o(

We stayed in Krakow for 2 days and then headed back to Brno.

Day three of our embryo cultivation, they were as follows:

6 embryos with 8 cells and 2 embryos with 7 cells. Looking pretty good!

Our transfer was scheduled for July 27th. On day 5 our embryos were: 1 expanded blastocyst grade I, 2 early blastocysts grade II, 3 compacted morulas grade II, 1 compacted morula grade III and 1 embryo stopped developing.

We have decided to transfer two embryos – one expanded blastocyst and one early blastocyst.







All of my embryo transfers were ultrasound guided but this time was the very first time I was able to see the embryos entering my uterus. Actually, I could see just one of them but still, it was a major improvement ;o)

We went to our apartment after the transfer and I laid down, watched a movie and then we went out to dinner. The next day, I was back in the swing of things – my 2 year old daughter kept asking for Mommy to hold her and I couldn't resist. She is about 25lbs. I know that the instructions are not to lift anything heavier than a purse but I couldn't help it. We had a great time at a park with other children and I drove us back to Brno. My bloating was getting more and more uncomfortable but since I have eliminated constipation, I was thinking about my symptoms. My conclusion surprised me – I was constipated big time! I bought all kinds of pregnancy – safe fiber and suppositories to help the situation but I didn't get much relief.

The next day, we left for a weekend at a friend's cottage. It was a very cozy little cottage but the sleeping quarters were upstairs and we had to climb a staircase that was so steep it was just like climbing a ladder.

We were going for walks, climbing hills while looking for mushrooms and eating a lot. We had a great time, even though, the weather was mostly rainy. Not sure if it was the calming effect of Lexapro or what, but I was feeling so calm and confident, that for the first time, I was actually enjoying myself rather than freaking out after the transfer. I would have never driven, went climbing hills or picked up a small child before.



My constipation was getting worse and worse, my friends were looking at me concerned as my belly was so swollen, I looked like I was 6 months pregnant – I am not exaggerating. But I guess, all the walking, fresh air and lots of fiber, water and medicine finally helped but temporarily. Two days later, we had our pictures taken in a chateau's garden of my home town and left for a trip to the mountains in northern Bohemia with our friends and their children.





We had a great time, bob sledding, visiting the local Zoo – we saw so many storks flying over our heads, I took it as a good sign ;o)





My brother and his girls from Florida came and visited my parents at the same time so our party got even happier. And since the conditions were right again, we went mushrooming – the most popular summer past time hobby for Czechs. The first find of the day was mine – isn't it a beauty! ;o)



With all these activities, my two weeks' wait has gone by very quickly. It was a Sunday and I was scheduled to go to Reprofit the next day for my pregnancy blood test. I felt really good the entire time, I cannot explain it, but I could tell that this time was different. I was so confident that I have done what I discourage all of our patients from – I bought a very sensitive home pregnancy test. Also, I was going to have my blood test just the next morning so I knew I was going to get a firm confirmation in less than 24 hours.

I was pleased and surprised at the same time, that my pregnancy test has turned positive immediately. There was no doubt about it, it was a very instant dark line. I was thrilled and scared at the same time. Next day, my home pregnancy test's result was confirmed by an hCG test at Reprofit, my levels were 691 – very good!!

I have also had another treatment with IL. To make sure that my levels were growing as they should and we were not holding on to another false hope, I had my test redone at Reprofit two days later. The levels are supposed to double every 3 days but they should increase by at least 60% in 48 hours. My levels two days later were 1310. Great!!!

We didn't have much opportunity to celebrate as our daughter got sick – she has gotten blisters all over her mouth and throat, keeping her from eating and drinking, causing a lot of discomfort and her temperatures were going up and reaching really high temperatures. We took her to see a doctor and got some medications and antibiotics. Her fever spiked at night, causing her to hallucinate so we kept her between us in bed and many times at night and during the day, we had to give her very cold body wraps that were very stressful for her and physically and emotionally draining for Jeremy and I. We all were exhausted. We had to force her to eat, drink some and take her medications – battle every 8

hours. I did lots of lifting of Míša, didn't get enough sleep and the whole situation was very stressful as I felt so helpless.

I was finally pregnant after years of trying and my 2 year old baby was very sick.



But Míša was a trooper, her temperatures were started to come down and she was starting to feel a little better.

We still had a long flight home ahead of us. The doctor cleared Míša for the flight as she had only a few more days on antibiotics but she was still fussy.

Unfortunately, our flight home got complicated and we all got separated. It was very stressful and frustrating to me, why that happened. We had to find accommodations for the next few nights as Jeremy was flying stand by and we didn't know when he and Míša could fly. I was able to reschedule my flight for three days later.

Not sure what was happeninng in Prague but we couldn't find any accommodation even with a help of the airport's info center. We ended up on the other side of Prague. Míša still wasn't feeling the best and giving her medications was still a battle. Jeremy and her left the next day, I followed with all of our 3 huge suitcases the next day.

Jeremy's flight home was very hard and frustrating to say the least and we all arrived at home just a few hours apart.

August 2011

We have started settling back into our normal lives at home. I was feeling good – well, I didn't feel any different so I was getting nervous and anxious to get my ultrasound to confirm my pregnancy. I have had high hCG before and it wasn't a viable pregnancy. I went to the closest Any Lab Test location to get my hCG checked again. But after the initial pregnancy, hCG is not such a reliable source for pregnancy confirmation as they don't double as regularly as they do in the early stages of pregnancy and that got me even more impatient. My levels were 12,182. I have scheduled a visit with my OB/GYN who could see me in a few days. I was 5 weeks and 6 days – too early to detect a heart beat but Dr. Hsiao is very thorough and has a 4D ultrasound in his office and knows all about our struggles. He gladly did a very detailed ultrasound and eased our minds as he said that everything looked good – fetal pole that the baby is living off of and an embryonic sac – he also showed us the developing heart muscle that produces a detectible heart beat yet but the muscle was moving. That was enough to calm me down. I knew we still had a long journey ahead of us but somehow I knew that everything was going to be OK.



My pregnancy was officially confirmed and we were given a due date of Friday, April 13, 2012. We were so thrilled!

I was feeling wonderful up to this point, but things have changed drastically when I reached exactly 6 weeks.

I was so nauseous and queasy day and night without a relief. I didn't throw up I just felt really, really sick. I tried everything the doctor's office recommended – Vitamin B6, ginseng, constant munching of food and plenty of fluids. Unfortunately, nothing was giving me any relief. After talking to other women I have asked my doctor for something stronger. He prescribed Zofran and for the next 8 weeks I had good and bad days. Sometimes even the prescription medication didn't help but as much so I was laying down a lot, eating salty chips and kept a pack of Saltines next to my bed so that I could eat a few of them before I even tried to get out of bed. Within the first trimester, I have lost 5lbs.

September 2011

We continued with all of my medications, ILs and my daughter was a very good nurse and compassionate co-patient ;o)



Our next appointment was at 8 weeks to confirm the heartbeat and see how the baby is progressing. It is amazing how fast the peanut was growing, in just a week the baby grew from a little “dot” to something that resembled a growing being.



The heartbeat was nice and strong and the doctor and us couldn't be happier! Miša went to this appointment with us and kept asking the doctor to play the heartbeat over and over again. He gladly obliged ;o)
It was an amazing feeling – hearing that strong and regular beat echo through the examining room. It was very hard for me to believe that it was coming out of my belly where a new life was growing. I didn't feel it, I didn't feel any different and I certainly wasn't showing it.

I went about my life as usual – taking care of my family, communicating with other couples, visiting friends,.. all was just as it used to be with occasional spurts of nauseous feeling and feeling tired.

I have pretty much spent most of the evenings in bed as I was easily getting tired.

Of course, we had our share of a scare. At around 10 weeks, after a busy day with my daughter, I was preparing dinner and all the sudden I started to feel hot, dizzy, weak and nauseous. I have also experienced a heavy bleed.

Of course, I have freaked out. I have layed down and called the doctor's hot line. Unfortunately, on call was a doctor that has never seen me and his immediate response was that I could go to the emergency room but that I was most likely experiencing a miscarriage. I couldn't believe what he was saying! I couldn't wait for the next morning so that I could see my usual doctor.

My doctor is great, he made me feel better instantly as bleeding in early pregnancy is very common and doesn't have to mean a miscarriage. He re-assured us that the baby was all OK – the heart beat was strong and regular. When looking for the reason of my bleed, he found a little „pocket“ of blood in my uterine lining and explained to me that as the uterus is stretching and growing, the blood either gets absorbed by the body or expelled through a bleed. The fact was that by that morning, the bleeding has stopped but he still suggested to take it easy for the next few days. Well, as easy as I could with a very active 2 year old that wants to be part of everything and loves to be picked up and held.

Appointment at 11 weeks was even more exciting as we were approaching „the safe zone“ and all of our tests carried out to that point have been normal. All was pointing at a regular, uneventful pregnancy. But I was looking forward to stopping my estrogen and progesterone, although Míša and Jeremy were great nurses – giving me my progesterone in oil shots. I kept taking Fragmin daily, prednisone twice daily and IL every 4 weeks.

Although, we were hoping to get a first guess on the sex, our little one was not cooperating but seeing her/him on the ultrasound again, wiggling and moving so much as just priceless.



I was still below my normal weight, my blood pressure was 100/55 (I have always had a low blood pressure) and my doctor liked these numbers, all tests were good, nausea was manageable for the most part with the Zofran and laying in bed a lot. I still couldn't eat even my favorite foods (I pretty much lived on very salty chips and onion dip) and the only way I could drink was through a straw.

But overall, things were looking good and I was told I could stop my estrogen and progesterone, hurray!

My 35th birthday was a few days later and all I have asked for was some good Indian food – butter chicken is my favorite. I have lost a few pounds in the last few weeks as I was very nauseous so I was trying to please my taste buds so that I could eat at least a little. But that day I was not feeling too good and on the way to the restaurant, that was quite a distance from our home, I threw up for the first time and upon arriving at the restaurant, I just asked to get it to go and my birthday dinner was over ;o(

My doctor kept reassuring me that the nausea should go away soon and once I enter the second trimester, I should feel great, have lots of energy and really enjoy my pregnancy. I couldn't wait for that day to come and I just kept thinking about women that are pregnant with multiples how much worse they must feel!

My misery lasted a few more weeks but at the mark of my 14th week, the nausea went away as quickly as it started.

I could again go to the gym and get moving. My calves have always been swelling some from sitting at a desk for a longer period of time but since I got pregnant the swelling got worse. But with 30 minutes of a brisk walk on a treadmill a little bit of weight training, I was able to manage my swelling.

I was also able to eat again normally – 3-4 small portions a day. I was waiting for those pregnancy cravings to hit but I didn't have any. I was still eating what I was used to and sometimes even make myself eat so that I wouldn't get sick from my stomach being empty.

OCTOBER – 2011

I was still feeling good, although, not showing yet, I was over 15 weeks pregnant. Fall was very nice in Atlanta and we all went to the north Georgia mountains for apple festival – lots of fun, great food, fresh apple cider and all kinds of apple products. Our 16 week appointment was a few days later.



At this appointment, triple test is usually carried out to find out any possible genetic and chromosomal abnormalities. After reading about how inaccurate these tests still are and they have a very high percentage of false negative and positives that are further diagnosed with amniocentesis that increases the risk of a miscarriage, we have decided not to proceed with this blood test.

Our doctor has supported our decision, since it has taken us this long to get here, we were not willing to jeopardize this pregnancy. Instead of blood tests, the doctor did a very detailed 4D ultrasound checking the head, brain and the blood supply to it, organs, heart with all of its valves, spine, ribs, legs, feet, fingers and toes,... Heart beat was nice and strong as well, the amount of amniotic fluid was just right, cervix looked good too so he was able to confirm that visually everything about our baby checked out OK. We also tried to sneak a peek at the sex but s/he wasn't willing to share with us yet, legs were still crossed no matter how much we poked and tried to move her/him. We had to wait till our next appointment.

NOVEMBER 2011

Another month went by and at this point I started to show a little. I looked more like someone who has just had a big lunch and was full than a pregnant woman. I was trying to focus on feeling some movement inside of me, but I couldn't feel anything yet. Other than the movement and visual confirmation at our ultrasound visits, nausea that was gone and forgotten by now, it was hard for me to believe that I was pregnant.

Our next appointment was at the end of November and especially Jeremy was anxious to find out the sex of the baby. Of course, we were going to be happy and thrilled with a girl or a boy but I could tell he was really hoping for a boy.

Our visit was very quick as this time, baby was cooperating and our doctor was able to confirm the sex of the baby – it is another GIRL! He checked a few times to be as sure as he could but it was a girl no matter which angle he looked at her. The doctor quickly checked the size, weight, fluid and cervix and we were given an OK to leave for a month and a half in Czech. Pregnancy looked good, was uneventful, all three of us had a flu shot and we were looking for a great Christmas atmosphere in Czech and hoping for a white Christmas.

Just a few days after our appointment, I have woken up with very strong and lasting cramp in my lower abdomen that wouldn't even allow me to straighten up. I have immediately laid down again hoping for the cramp to go away. Unfortunately, that didn't help. Since the pain has lasted an hour already, I called my doctor's office for advice. The nurse on call has reassured me that it was normal, since it was my first pregnancy, it was just my uterus stretching and adjusting to the growing baby. She said that it is going to go away soon and I might experience this again in the future. That made me relax again and I could continue in our packing and preparations for our trip to Czech.

DECEMBER 2011

We have arrived in Brno on December 1st. Perfect timing for many festivities – celebration of Napoleon's battle near Austerlitz (my home town)



We also took Míša to Brno's city center that was set up as an Advent Market with stands selling food, snacks, hot beverages, gifts and various Christmas decorations. For children, they had a huge hand made Nativity Scene and all kinds of rides. She would go on one ride after another and there was no stopping her. We would go there every afternoon and spend hours watching her happy face and big smile. It was priceless.



Míša was also spending a lot of time with her Czech grandparents and was a big help with Christmas cookies baking. It was amazing how much difference just a few weeks have made already. Since she was surrounded mostly with Czech language rather than English, she started speaking more and more Czech. What amazed me, however, was the fact that she knew what language to use with different people. To Jeremy she spoke only English and me and my Czech family and friends she spoke Czech. At the age of 2,5 years, she was also translating for her own daddy ;o)
If Jeremy couldn't follow our Czech conversation, he would ask Míša how to say certain words in English (or vice versa) and she would promptly give him the right translation!



Unfortunately, the weather was not as favorable to us as it was last Christmas. It was cold and rainy, foggy, then it would get warmer and rainy again, simply a muddy and unpleasant weather.

Despite us taking vitamins, probiotics and dressing warm every time we would go outside, we got sick one by one.

Of course, I was most concerned about my ongoing cold and its effect on our unborn baby girl. I couldn't take the usual medications that would help me fight the virus so I had to rely on just hot tea, staying warm, resting and drinking plenty of fluid. To make sure things were OK with my baby girl, I have visited Reprofit for advice and a quick check up.

Dr. Machac has examined me, confirmed that things were looking good, just my coughing has initiated some contractions and my cervix was thinning out. He suggested rest, magnesium tablets and another check up next week.

I was a little concerned about the opening cervix from the inside and followed doctor's recommendation.

Resting did me good, I was feeling better as my cold has gotten better and a new ultrasound showed that the cervix is back to its preferred thickness of almost 4mm. Unfortunately, funneling of my uterus from the other side is not reversible and I was advised to take it easy from now on.



But we did manage to go to one of Míša's Czech friend's birth day party. It was a costume party and Míša Dressed up as one of her most favorite characters these days – Snow White. She was adorable! Party clown was keeping the children entertained and Míša had a blast with other kids, mostly older than her, participating in games and getting her face painted.

Baby Jesus – which is Czech „Santa Claus“ and brings children gifts in the evening of Christmas Eve, was also very generous to Míša and all of us.

Míša got lots of gifts and toys and the biggest gift were real sled. So we were just waiting and looking for places where we could take Míša sledding.



We found a slope with artificial snow about half an hour from my parents' house and took Míša there to have some fun.



Míša kept daddy and grandpa busy going down the slope but she also helped pushing the sled up the hill.





Unfortunately, that was all the Winter fun we could arrange for by the end of the year 2011.

Not only did our plans of White Christmas not come true but since we kept passing our cold from one to another, including my parents, we have spent our New Year's Eve at home separated from everyone else as they were sick as well.

Hopefully, we have left all of our bugs and negative karma in the year 2011 and the next year 2012 will be a good and happy one as our family will expand by another little girl!