

# The IVF experience, from a patient's perspective

*NEW BOOK: Twin Stars and a Mother from Mars – Heartache and joy in an IVF world*

Over 48,000 women had IVF treatment in the UK in 2011\*. It can be a roller-coaster of an experience, not only for the women involved, but also their partners, families and close friends who will also get caught up in the ride. A new book, *Twin Stars and a Mother from Mars* is due to be released to share the heart-felt true story of one woman's IVF experience, offer support to all of the other parents-to-be facing a similar situation and raise awareness of infertility issues.

The author, Tru Spencer, had been with her partner since 1998 and spent two years trying for a baby before discovering they would need IVF treatment in 2005. What followed was a journey that would test Tru and her partner to extremes, both emotionally and financially.

*Twin Stars and a Mother from Mars* explains the ups and downs of IVF treatment in a way that only a patient's perspective could achieve. Rather than focus on the technicalities and medical jargon, it is written from the heart with remarkable honesty to reflect the sadness, loneliness, joy and even humour that will provide comfort and support for readers who are either experiencing a similar situation or know someone who is dealing with infertility.

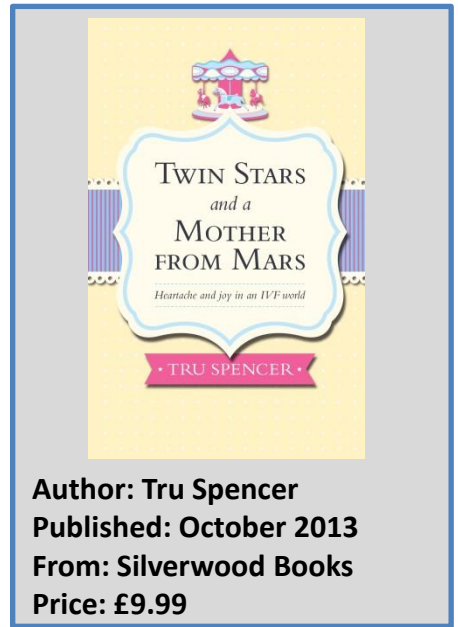
Tru's personal journey involved three cycles of IVF, all of which they had to fund themselves due to the "postcode lottery" of IVF provision on the NHS. She explains how her life was effectively put on hold due to the emotional strain of the treatments, describing remarkably frankly a fog of paranoia and how at times she just wanted to shut her eyes and forget the world. Following medical complications during her first cycle of IVF, Tru even ended up in hospital with a potentially fatal condition, which goes some way to explaining the huge leap of faith required to put herself through it all again.

Most importantly, *Twin Stars and a Mother from Mars* helps provide invaluable perspective on the whole IVF experience for couples, as they work towards the possibility of an amazing, life-changing end result that they dream of. Tru Spencer is available to offer advice on a number of fertility related topics, such as:

- How to support someone going through IVF
- 10 things to consider before saying yes to IVF
- The financial cost of IVF: What to expect
- Your IVF jargon-buster

*Twin Stars and a Mother from Mars* is due to be published in October from Silverwood Books, priced £9.99.

\*Source: <http://www.hfea.gov.uk/ivf-figures-2006.html>



**Author: Tru Spencer**

**Published: October 2013**

**From: Silverwood Books**

**Price: £9.99**



**About the author:** Tru Spencer has experienced the emotional journey of an IVF patient, from the years of trying, 3 rounds of IVF and medical scares, before eventually giving birth to beautiful twins. She has been with her partner since 1998 and started IVF treatment in 2005. Her career has taken her to work in both Switzerland and the UK, and she is now a qualified interior designer.

For a review copy, a by-lined article or an interview with the author, please contact Ella Gascoigne on [ella@thebookpublicist.co.uk](mailto:ella@thebookpublicist.co.uk) or 07896 595 527.

THE BOOK  
PUBLICIST