

Powerful Patient #18

Host: Joyce Graff, WebTalkRadio.net

Planning the Marriage

Don't just plan the wedding – more important, plan the marriage! It's not all about romance, it's also the biggest, most serious contract you will ever sign.

Understand the assets and obligations that each partner is bringing into the relationship. Talk about them, possibly with a professional, and work out a plan for how you are going to protect those assets and insure that the family will survive in good order, even if some disaster strikes.



Adryenn Ashley

It's not all about money. What about the medical issues that may be lurking out there, that could impact the family both emotionally and financially? Laying all your cards on the table, discussing how to handle potential troubles, and putting together a disaster plan – all these will help to strengthen the marriage.

This lively conversation covers birth control, genetic testing, and paternity fraud!

1) About Our Guests

Adryenn Ashley is an actress, an award-winning filmmaker, a writer, and an entrepreneur. Her book “Every single girl’s guide to her next husband’s last divorce” is not only funny, it is a very serious guide to the things we all-too-often forget to think about when planning the marriage. She openly shares her own experiences as a financial planner and forensic accountant, as well as a second wife and mother with a disability.

Mark East was the head of VHLFA UK for two years, during which time he helped countless people come to terms with their condition, learn to manage their health. He taught us all the most important lesson of all: to enjoy each day we are given. His music is his gift to the world.

2) The book

Every Single Girl’s Guide to her Next Husband’s Last Divorce.

See <http://www.everygirlsguides.com>

The number one cause of divorce is financial conflict. You need a map, guidebook, and compass in order to plot a course through the potentially stormy financial waters of marrying a divorced man. This book is all of that, and more.

Every Single Girl's Guide to Her Future Husband's Last Divorce gives you an all access pass to the world of second marriages. By the time you finish this book, you will know what to ask, where to look for information, and whenever possible, how to right the wrongs perpetrated by the ex-wife's divorce lawyer. We'll get down to the nitty-gritty sharing practical steps you can take to protect yourself and your new family.

So set that seating chart aside, postpone the meeting with your wedding planner, and put your financial security at the top of that to-do list. Then, when it comes time to carry that bouquet, you can walk that aisle with more confidence than a runway model at fashion week! (Except you'll be smiling.)

In the program we talk about a number of issues that can influence the health of a child, and how to protect your reproductive rights – both as a man and as a woman. This show is for everyone!

3) **Rh Factor**

A simple blood test will tell whether you and your partner have compatible blood types. If the woman has a NEGATIVE blood type, and the man has a POSITIVE blood type, there are potentially devastating issues that can arise which would endanger the life and health of the child. If the doctors know this ahead of time, there are precautions they can take. See <http://pregnancy.about.com/cs/rhfactor/a/aa050601a.htm>

Adryenn talks about getting the Rhogam shot (also known as Rhig) to prevent build-up of antibodies in the mother. To be effective, this preventive therapy must be administered following every pregnancy, including any miscarriages.

4) **Genetic Testing**

If you are concerned about the risk of passing along a family medical condition, there are three points at which one might consider doing some genetic testing. In Adryenn's case, she used CVS to check the baby's blood type, to see whether special emergency measures might be needed to save her baby's life. Her son's blood type matched her own, so everything was okay, and she was able to relax and enjoy her pregnancy.

Pre-implantation Genetic Diagnosis (PGD) is one additional step in the process of In-Vitro Fertilization (IVF). The sperm and egg are brought together in a glass dish in the laboratory, and the one cell begins to divide. When there are 8-16 cells in the blastomere, one cell is teased out and used for genetic analysis. This allows the parents to choose to implant only the unaffected embryos into the womb.

Chorionic Villius Sampling (CVS) is performed by removing a small sample of the placenta (nourishment for the baby) from the uterus. It is removed with either a catheter (a thin tube) or a needle. Local anesthesia is used for this test. The sample of placenta may be obtained through the cervix. A catheter is inserted into the vagina and through the cervix and the sample is withdrawn. The sample also can be obtained by inserting a needle into the abdomen and withdrawing some of the placenta. Most women feel fine

after the test, although some may have mild bleeding (spotting) afterward. (from www.familydoctor.org) This is usually done at 10-12 weeks of pregnancy..

Amniocentesis. During amniocentesis, a sample of amniotic fluid (the fluid around the baby) is removed from your uterus and sent to a laboratory for evaluation. Amniocentesis is performed by inserting a thin needle through the mother's abdomen into the uterus (womb) and withdrawing a small amount of fluid. The mother's body will make more fluid to replace the fluid that is taken out. The baby will not be hurt during the procedure. Some women feel mild cramping during or after the procedure. The doctor may advise rest on the day of the test, but usually one can resume normal activity the next day. (from www.familydoctor.org) This procedure is usually done during the 15th week of pregnancy or later.

5) *Utopia*

Mark East's album *Utopia* was produced at Firehouse Studios, produced, recorded and mixed by Barry Vernon, Mark East, and Chris East. Engineered by Barry Vernon and Mark East.

The song "Stop playing games" was written, arranged, and performed by Mark East.

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