

* Smart ways to live well

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Prevention

SPECIAL ISSUE

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Say no to gender selection kits

For \$199, an Internet-based company claims you can choose your baby's gender with an at-home kit.

Our advice? Don't count on it.

You can't always get what you want

Although the company says that components of the kit are FDA approved, only one, the ovulation predictor, really is—but *not* for gender selection. For about \$1,000, another firm will sort a semen sample to theoretically increase your chances of con-

ceiving the gender you want and return it to you for do-it-yourself insemination. However, there is no good scientific evidence that either of these kits works, says **Frederick Licciardi, MD**, a reproductive endocrinologist at New York University School of Medicine.

The only reliable way to ensure that you'll have a child of a specific sex costs thousands of dollars and involves in vitro fertilization. —*Toby Hanlon*

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