

Successfully hosted a collaborative masterclass titled

THE OOCYTE

TOO FEW... TOO MANY



Dr. Markus Nitzschke

(Instituto CEFER, Barcelona)

Topic

PCOS: Evolutionary perspective and stimulation strategies using Letrozole

Key Highlights

- Effective management of PCOS includes lifestyle modifications, insulin-sensitizing medications, hormonal regulation with oral contraceptives, and ovulation induction using Letrozole for women pursuing fertility.
- **Nutraceuticals** such as Inositols, Berberine, Co-enzyme Q10, Vitamin D, and chromium can help manage symptoms and improve infertility outcomes.
- **Key Points on Letrozole:**
 - **Preferred for Ovulation Induction:** High success rates and safety make it a top choice.
 - **Good Tolerance:** Fewer side effects allow for repeated use.
 - **Versatility:** Effective for various fertility treatments, including IUI, IVF, and timed intercourse.

Click here to watch full Recording

<https://drive.google.com/drive/folders/1yweYfJBrVU7izsS3jUYXz7ZQs3HZLBdh?usp=sharing>



The Makers of:

CoQ[®] 300 | **CoQ[®] Forte** | **CoQ[®] LC** | **CoQ[®] MAN** | **CoQ[®] Fem** | **UNS D3[®]**