

Successfully hosted a collaborative masterclass titled

THE OOCYTE

TOO FEW... TOO MANY



Prof. Dr. G. A. Rama Raju

(Krishna IVF, Visakhapatnam)

Topic

Adjuvant therapy in
POR- Does it count?

Key Highlights

- Lifestyle Factors: Smoking, alcohol consumption, and obesity contribute to chronic low-grade oxidative stress, negatively impacting ovarian reserve, oocyte quality, and overall ovarian function.
- CoQ10: This lipophilic antioxidant improves oocyte and embryo quality, ovarian response, and IVF outcomes. Clinical trials show that pretreatment with CoQ10 for two to three months significantly enhances ovarian response, embryological parameters, clinical pregnancy rates and other parameters in women with diminished ovarian reserve (DOR) and poor ovarian responders (POR).
- Melatonin: Known for its antioxidant properties, melatonin improves oocyte quality and reduces apoptosis, making it a promising adjuvant therapy for DOR.
- Androgens and GH Supplementation: Androgens like DHEA and testosterone enhance follicle sensitivity to gonadotropins, improving follicular growth and ovulation rates. GH supplementation boosts granulosa cell function, oocyte mitochondrial activity, and embryo quality, though responses vary among subgroups.
- Advanced Therapies: Innovative treatments like stem cell therapy and platelet-rich plasma offer potential benefits in repairing ovarian tissue and improving mitochondrial function, though they require further research and ethical considerations.

Click here to watch full Recording

<https://drive.google.com/file/d/14bkfwB8m1vZMlHEnftqHVamK9454br54/view?usp=sharing>

The Makers of:

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