



Successfully hosted collaborative masterclass titled

# THE OOCYTE

## TOO FEW... TOO MANY



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### Topic

Lifestyle, diet, and other alternative therapies  
Does it have any role in the PCOS outcome?

### Key Highlights

- Lifestyle modification, including diet and exercise, is the first line of management for PCOS.
- Focuses on the significance of lifestyle modifications, including dietary management and physical activity in improving abdominal adiposity, insulin resistance, and obesity.
- Highlights common psychiatric co-morbidities like anxiety, depression, and sleep disorders associated with PCOS, emphasizing the need for holistic management that includes mental health support.
- It acknowledges the complexity of implementing lifestyle changes in general practice, noting high dropout rates and the need for ongoing support and tailored interventions to achieve sustainable results.
- Discusses the role of complementary and alternative medicine like acupuncture, berberine, and inositol in improving PCOS symptoms.

Click here to watch full Recording

[https://drive.google.com/file/d/1H3ACF1j0GjQc-z5FWUYa-sBek2MlrD9V/view?usp=drive\\_link](https://drive.google.com/file/d/1H3ACF1j0GjQc-z5FWUYa-sBek2MlrD9V/view?usp=drive_link)

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