

Successfully hosted a collaborative masterclass titled

THE OOCYTE

TOO FEW... TOO MANY



Dr. Markus Nitzschke

(Instituto CEFER, Barcelona)

Topic

“ Different stages of POR & how to address each of them for treatment

Key Highlights

- Poor Ovarian Reserve (POR): A condition characterized by a reduced quantity and quality of oocytes, significantly impacting fertility, particularly in women over 35.
- Diagnostic Markers: Key indicators such as AMH, FSH, and AFC are essential for diagnosing POR and guiding treatment decisions.
- Stages of POR: There are four distinct stages of POR, each with specific hormonal profiles and clinical implications; understanding these stages is crucial for early identification and intervention.
- Treatment Protocols: Various treatment protocols are available for managing the different stages of POR.
- Nutraceuticals: Co-enzyme Q10 and Melatonin have shown efficacy in improving infertility treatment outcomes.

Click here to watch full Recording

<https://drive.google.com/file/d/1r4E92kpxRv36hjpxH4r426UK62PG4mbc/view?usp=sharing>



The Makers of:

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