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Biography:

Awatif Juma Al Bahar is a Medical Director, Senior Consultant, Obstetrics/Gynecology, Reproductive Endocrinology at the Dubai Gynecology & Fertility Centre, Dubai Health Authority. After completing her graduation, she has specialized in Obstetrics & Gynecology from the German Board, Koln and she has a Membership in Endocrine and Infertility from Academic University in Bonn. She was selected in 2002 in Dubai Excellency Program. Her name is mentioned in the UAE Book of Special Personalities of All Fields (i.e., medicine, politics, art etc). She has been awarded by his highness Amro Mosa in 2004 as to be the Leader in Medicine and Social Services. She was also awarded as Hero of Health Care in 2012 by his highness ruler of Ajman. She has held multiple posts in various capacities in the OBS/GYN and she is currently the Director of the IVF Board of the Ministry of Health of UAE. She is the Chairperson of the Emirates Obstetrics/Gynecology & Fertility Forum (EOFF) and a regular speaker on UAE activities in mother and child health via media: Television, radio, ladies association, universities etc. She has many publications on polycystic ovaries and infertility.

Vitamin D, an anti-oxidant nutrition: A new look in infertility

The vitamin D receptor (VDR) and vitamin D metabolizing enzymes are found in reproductive tissues of women and men. Vitamin D plays a role in fertility on multiple levels, it has impact on in vitro fertilization (IVF) outcomes, endometriosis, polycystic ovary syndrome (PCOS), as well as it can boost levels of progesterone and estrogen, which decide the regulation of menstrual cycles and can increase the likelihood of successful conception. The most critical role of vitamin D in pregnancy may be within the uterus at the uterine lining. Improved fertility rate among women with sufficient levels of the hormone could be due to the vitamin D boosting production of good-quality eggs in the ovaries and improving the chances of embryos implanting successfully in the uterus. Vitamin D supplementation has its overall health benefits, which include bone health, pregnancy health, cancer and chronic disease risk reduction. Researchers recently found that low vitamin D levels may reduce pregnancy chances in women undergoing in vitro fertilization. Many studies have implicated oxidative stress in the pathogenesis of infertility causing diseases of the female reproductive tract. Studies have shown antioxidant supplementation to improve insulin sensitivity and restore redox balance in patients with PCOS. We will review through the lecture, the recent literature showing the advantage of antioxidants & vitamins in male and female fertility.

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