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A case report on the effectiveness of lifestyle modification in the treatment of infertility in a 43-year-old woman with amh: 0.8 with a history of two negative transfers, once with her own embryo and once with a donated egg

Ms. Mansoura Eshghparast

Irana

According to scientific references, antiMüllerian hormone is a hormone known as ovarian reserve. The level of this hormone is low in girls until puberty, and in the period before puberty, its production begins in the ovaries, and at the time of puberty, it is produced by the granulosa cells of the antral follicles of the ovary. It is secreted and the level of anti-Müllerian hormone gradually decreases over the years and it will be almost unmeasurable during menopause, and its decrease causes a decrease in fertility.

Method : About 1.5 years ago, for a 43-year-old woman with a history of negative ivf twice (once with her own egg and once with a donated egg) with an amh of 0.8, for whom I was once again offered a donated egg. Dieting included removing processed foods and preservatives, removing sugar, adding vegetables to the diet, and methods such as abdominal massage training, diaphragmatic breathing, pelvic floor strengthening exercises, and stress control techniques training. First, the menstrual cycles were adjusted without hormonal drugs, and about 9 months after changing the lifestyle, the pregnancy test was positive, and now they are spending 28 weeks of

Conclusion: Modifying the lifestyle by implementing stress control techniques plays a significant role in the treatment of infertility and childbearing and reduces the treatment costs and side effects of hormone therapy.

Biography

Mansoreh Eshghparast is a midwifery expert at Shahid Beheshti University of Medical Sciences in Tehran, Iran, specializing in maternal and newborn health. She contributes to both clinical education and women's health research within the university's School of Nursing and Midwifery.

mamaeshghparast@gmail.com

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