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### Case report on the effectiveness of a healthy lifestyle on the treatment of infertility in a 28-year-old woman due to ovarian insufficiency

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Pregnancy is a complex process in which various factors influence it. One of the most important factors that cause infertility and delayed pregnancy is polycystic ovary syndrome or PCO. It is a common hormonal disorder that affects 5-10% of women. PCOS includes a set of symptoms that are observed together or alone. For this reason, women with PCOS do not have the same symptoms. To be diagnosed with PCOS, a woman must have two of the following three symptoms: ovulatory dysfunction (irregular periods), high testosterone levels (hyperandrogenism), and the shape of the ovaries on ultrasound (polycystic ovaries). Unfortunately, the treatment of this disorder in both fertile and non-fertile ages is not taken seriously and is mostly done as symptomatic treatment or hormone therapy.

In this article, lifestyle changes including stress control, proper nutrition, massage, and proper sleep patterns have been proven to treat this disorder and the success of this treatment method without hormonal intervention and as a result, natural pregnancy. The purpose of this study is to determine the effectiveness of a healthy lifestyle in the treatment of infertility due to ovarian insufficiency and to achieve successful pregnancy without intervention and without the use of hormonal drugs.

**Method:** A 28-year-old woman with a 3-year history of infertility was diagnosed with ovarian insufficiency when she visited infertility centers and underwent tests and ultrasound. She was prescribed hormonal drugs, which unfortunately did not work, and as a result, she was referred to our center and lifestyle modifications were performed for her.

Finally, in March 1402, I was referred to the doctor and treated with lifestyle modification methods, including: teaching stress reduction techniques such as diaphragmatic breathing, exercise, massage, having a proper sleep pattern, a proper diet including cutting out all preservatives, simple sugars, industrial oils, as well as consuming vegetables, nuts, and sprouts, and increasing protein intake, reducing carbohydrate intake, doing exercises such as walking and doing yoga daily.

**Conclusion:** Given the mechanical life of this time period and the many stresses of life, both of which are considered the main factors of this disease, as well as the many side effects of drug treatment and the lack of proper response to this type of treatment, and the many side effects that these drugs have for the person being treated, and given the effectiveness of lifestyle modification in treating this disease, it seems necessary to pay attention to education and promoting a healthy lifestyle.

### Biography

Dr. Fatemeh Sami Zadeh is a practicing obstetrician based in Iran, specializing in prenatal care, childbirth, and women's reproductive health. She is dedicated to providing compassionate care to women throughout all stages of pregnancy and beyond.

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