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IVF & PCOS: Management and Solutions

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PCOS is a common polygenic multifactorial condition affecting a wide population. PCOS poses an interesting problem for assisted reproduction. Initial treatment of infertility in PCOS is ovulation induction with clomiphene citrate, letrozole and low dose gonadotrophin. LOD has been suggested as an effective alternative to OI. Patients' refractory to all these interventions or with existing pathology can undergo ART with a closely monitored setting to produce a desired outcome without much complication. Ovarian stimulation for women with PCOS often requires a different approach to that for women with normal ovaries. The response often is slow but then spiral rapidly to a picture of over response leading to OHSS and cyst formation. More oocytes are retrieved but fertilization rates were reduced when compared to other group of infertility patients. Despite comparable pregnancy rates, the miscarriage rate in PCOS following IVF remains high compared with women with normal ovaries. This unwanted outcome is proportional to BMI, increased waist hip ratio, and insulin resistance. OHSS is the most serious iatrogenic complication of IVF treatment. Patients with PCOS are at a higher risk of OHSS during IVF. The incidence is hard to quantify ranging from 10 to 18%. Pituitary desensitization with a GnRH agonist or antagonist has become a universal concept with ART. Risk of OHSS is more with agonist protocol in PCOS patients. The pros and cons of different gonadotrophin preparation have been debated for years. After the initial use of hMG and then highly purified FSH came the recombinant FSH, LH, and hCG. Overall, there appears to be little difference in outcomes when all studies are combined. Use of metformin as an adjunct within the context of IVF has been explored. Although there is variable data on improvement of take home baby rate with metformin, it definitely reduces incidence of OHSS. IVM has attracted a lot of attention as a new technique in patients with PCOS.

Biography

S M Rahman has done his MBBS from R G Kar Medical College, Kolkata, India in 2001. He completed his MD in obstetrics and gynaecology from prestigious AIIMS, New Delhi, India in 2006. He completed his senior residency from the same institute in 2009. At present he is working as consultant in obs & gynae at CMRI hospital, Kolkata, India. He is also working as IVF consultant at CRADLE fertility centre at Kolkata, India. He is also the founder and medical director of CRADLE fertility centre which is a high quality IVF setup. He has publications in several national and international journals.

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