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POLYCYSTIC OVARIAN SYNDROME

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A dietary supplement of Myo-inositol and folic acid improves ovulatory function and egg quality

Objective: Myo-inositol and folic acid are the key ingredients in Pregnitide®, which is an odorless, tasteless colorless powder that dissolves in liquid. Preliminary European research, on Pregnitide®, demonstrates improve cycle regulation/duration and improved overall quality of ovary follicles. A prospective Internet-based study was conducted with an online application that monitors infertile and records self-track menstrual cycle.

Materials and Methods: 152 women who have the polycystic ovarian syndrome (PCOS) and were considered infertile, were recruited for the 6-month HIPPA compliant trial. Informed consent was obtained. 100 untreated controls were also followed. Demographic, self-reported variables and adverse events were monitored.

Results: 152 women were recruited with an average age of 28 (range 20-38). The average Body Mass Index was 30 (range: 22-33). Most of the participants were Caucasian (76%) and 20% had taken a previous fertility supplement. The average days of logged information were 49; with 7556 events logged in total. Approximately 60% of patients on the supplement conceived during the 6-month trial, compared to 45% of controls. 30% of the pregnitide® pregnancies occurred within the first 3 months. Responders analysis revealed that younger women (average age 28) with an average BMI of 27. There was a bi-modal distribution of pregnancies an initial peak at 1 month and then another spike at 5 months of consistent use. More women on pregnitide reported cycle consistent regularity than those in the control group. 6% requested unenrollment for mild adverse events.

Conclusions: Pregnitide® may offer a simple non-medical intervention that helps regulate ovulatory cycles and improve egg quality. There is a bimodal distribution with respect to pregnancies occurrence which may signify that there are two PCOS sub-type women trying to conceive- mild cases (achieve within 1 month), and a later group which may have more moderate or refractory issues that have impacted egg quality.

Biography

Michael L Krychman, MDCM, is the Executive Director of the Southern California Center for Sexual Health and Survivorship Medicine located in Newport Beach California. He is the former Co-Director of The Sexual Medicine and Rehabilitation Program at Memorial Sloan-Kettering Cancer. He is an Associate Clinical Professor at the University of California Irvine, Division of Gynecological Oncology and the Medical Director of Ann's Clinic, a high-risk program for Breast and Ovarian Cancer Survivors. His special interests include infertility, menopausal health, hormone therapy, sexual pain disorders, and loss of libido, chronic medical illness and its impact on the female sexual function as well as breast cancer sexuality.

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