

عنوان مقاله:

Integration of Personalized Nutrition Counseling and Diet Therapy in Improvement of IVF Success

محل انتشار:

سومین کنگره بین المللی پزشکی شخصی ایران (سال: 1397)

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خلاصه مقاله:

Evidently, optimum success in treatment of infertility requires professional teamwork of various specialists who consider wide range of multiple underlying causes. Mounting body of evidences reinforces direct and transgenerational indirect impact of specific dietary factors upon fertility status in female and male. In fact, hormonal and neuroendocrine controls of energy balance, appetite control, insulin sensitivity and reproduction are closely intertwined since prenatal developmental stages. Proper nutritional modification based on comprehensive personalized nutrition assessment, adjuvant to invasive treatments can influence both ovulation induction and improve sperm profile via hormonal and metabolic axis. As influence of dietary composition on optimum responsiveness to fertility overrides the effects of body weight, at hypothalamic and hormonal level of endocrine organs, integration of nutrition counseling for improvement of ART is needed to be focused further than weight management in obese or very underweight amenorrhoeic cases. The wide array of dietary influences on ovulatory dysfunction suggests a complex balance of nutrition for optimal fertility and confirms the dictum that there is no one size fits all dietary intervention to boost fertility. Additionally, the deleterious effects of dietary factors can impair spermatogenesis, sperm concentration, motility, and increase sperm DNA damage. Especially, infertile obese male with diabetes, dyslipidemia or metabolic syndrome are at increased risk of oxidative stress in the testicular microenvironment or excurrent ductal system. Although, number of nutritional therapies and antioxidants as, zinc, selenium, vitamin B12, Vitamin C, Vitamin E, Glutathione and Coenzyme Q10, carnitine and arginine have been shown to improve sperm count and motility, none of these interventions can provide optimum support without complete assessment of food intake and appropriate dietary modifications. In comprehensive personalized model of nutrition counseling in infertile couples, not only dominant quality and quantity of carbohydrates, proteins and fats, micronutrients and antioxidant intake is addressed but also dietary habits, such as meal timing and general believes, food preferences, appetite and mood fluctuations have to be focused at initiation of treatment. Definitely, providing timely optimal maternal and paternal diet therapy can promote embryo quality and eventually the rate of live birth success. Moreover, succession in infertility ... treatment is not finalized only in pregnancy, but the ultimate aim has to be p

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