



Study of Acupuncture Improving Oocytes Quality of Poor Ovarian Responders in IVF

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Received July 1st, 2022
Accepted July 4th, 2022
Published July 21st, 2022

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ABSTRACT

Introduction: Poor Ovarian Response (POR) occurs among women undergoing In Vitro Fertilization-Embryo Transplantation (IVF-ET), it affects the quantity and quality of retrieved follicles and embryos. Few approaches were proved beneficial for POR patients, while acupuncture might be an effective alternative and complementary therapy.

Objective: This random controlled trial (RCT) was conducted to investigate the effect of acupuncture on oocytes quality of Poor Ovarian Response (POR) patients in IVF.

Methods: POR patients were randomly assigned into acupuncture + IVF group and IVF group. The study period was 20 weeks, including baseline for 1 week, acupuncture treatment for 8 weeks, IVF cycle for 3 weeks and an 8-week follow-up. Acupuncture was performed in the acupuncture plus IVF group, from two menstrual cycles before IVF cycle, three times a week, except the menstrual period, until the HCG injection day, besides, IVF group received no acupuncture. Both groups received a micro stimulation program for follicle stimulation in IVF. The main outcomes were mature oocytes rate and high-quality embryo rate, secondary outcomes included number of eggs retrieved, number and rate of fertilization, rate of high-quality embryos, number and rate of available embryos, Gn dosage and GN days. Above outcomes were evaluated on the third day after follicles were retrieved.

Results: The main outcomes: the number of mature oocytes in the two groups was similar ($P > 0.05$); the high-quality embryo rate of acupuncture plus IVF group was significantly higher than that of IVF group ($P < 0.01$).

Secondary outcomes: Number of high-quality embryos & rate of available embryos in acupuncture + IVF group were significantly higher than those in IVF group ($P < 0.05$); the number of retrieved eggs, fertilized embryos, available embryos, the rate of fertilized embryos, the dosage and days of Gn were similar between two groups ($P > 0.05$).

Conclusion: Acupuncture improved the oocytes quality of POR patients in IVF, mainly manifested as increased number and rate of high-quality embryos.

Keywords: acupuncture; poor ovarian response; IVF; oocyte Quality