



Anti-aging treatment in reproductive medicine: Modification of lifestyle and trial of supplemental diet

Naoki Okamoto

International University of Health and Welfare School of Medicine, Japan

Abstract

With delayed childbearing being the current norm in Japan and many other countries, where the average age of having the first child has increased to 31 years of age in Japan, sub-fertility in aging women is rapidly emerging as a common presentation. Because it is difficult to change the delayed childbearing in modern society, this situation becomes one of the biggest social problems. Infertility in aging women is characterized by the ovarian dysfunction which caused by decreases in residual follicles in ovaries with simultaneous decline of oocyte quality, leading to serious difficulties in infertility treatment. In addition to medical treatment, most of patients are seeking for self-treatments for their infertility. Those patients are sometimes receiving a self-treatment without solid scientific evidences based on internet search, and then resulting in health troubles and fraud damage. In this lecture, I will present several potentials of self-treatments for infertile aging women focusing in improvement of lifestyle as well as taking supplemental diets.

Biography

In 2006, a master's degree obtained in Applied Life Sciences, College of Bioresource Science, Nihon University. 2006~ Researcher of Institute of Medical Science, St.Marianna University Graduate School of Medicine. 2008~ Researcher of Obstetrics and Gynecology, St.Marianna University Graduate School of Medicine. In 2013, a doctoral degree obtained in St.Marianna University Graduate School of Medicine. 2018~ Embryologist/Visiting researcher of Department of Obstetrics and Gynecology, International University of Health and Welfare School of Medicine.

Publication

Number of CGG repeats in the FMR1 gene of Japanese patients with primary ovarian insufficiency, Bunpei Ishizuka, Naoki Okamoto, Naomi Hamad, Yodo Sugishita

Predicting optimal continuous positive airway pressure in Japanese patients with obstructive sleep apnoea syndrome Toshiki AKAHOSHI, Tsuneto AKASHIBA, Seiji KAWAHARA, Akihito UEMATSU, Kenichi NAGAOKA, Kouji KIYOFUJI, Naoki OKAMOTO, Tomohiro HATTORI, Noriaki TAKAHASHI, Shu HASHIMOTO

Adhesion of Electrodeposited Copper, Nickel and Silver Films on Copper, Nickel and Silver Substrates Naoki Okamoto, Feng Wang, Tohru Watanabe



[9th International Conference on Nutrition, Food Science and Technology](#) | Rome, Italy | June 17-18, 2020

Citation: Naoki Okamoto, Anti-aging treatment in reproductive medicine: Modification of lifestyle and trial of supplemental diet, Food Science 2020, 9th International Conference on Nutrition, Food Science and Technology, Rome, Italy, June 17-18, 2020, 13