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

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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.

Speaker Biography

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

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