



Is the quality of life in poor ovarian responders (POR) worse than normal responders? a prospective study using fertiqol.

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Infertility is one of the most critical situations in the life of a woman because this issue affects their self-esteem, their future plans and their relationships with their partner, as well as their family and social relationships.

Among women with fertility problems who undergo IVF treatments, patients with poor ovarian response are a particularly vulnerable group and face treatment with an uncertain prognosis and chances of having to make decisions like abandoning the treatment or use the egg donation program, losing any possibility of biological motherhood. That's one of the reasons why Instituto Bernabeu is the only specialized clinic that has a specific unit for advice and treatment of these patients.

The aim of this study was to assess the quality of life in patients undergoing IVF and to determine whether those patients with Poor Ovarian Response to ovarian stimulation, have a lower quality of life. This requires a tool called "Fertiqol" developed by the American Society for Reproductive Medicine and the European Society of Human Reproduction and Embryology. The tool consists of a survey to assess the quality of life in patients with fertility problems and explores various issues: emotional, mind-body relationship, social, relating to the treatment and the professionals who serve them.

After a thorough analysis of 75 surveys, we have found the quality of life of patients treated in our Poor Ovarian Response Unit is similar to women with normal response. We did not find differences in the scores obtained in surveys in any of the aspects analyzed.

These results support the implementation of a patient-centered medical response to their concerns and develop specific units for the multidisciplinary management of problems related to infertility.

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