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Electroacupuncture for reproductive hormone levels in patients with diminished ovarian reserve: a prospective observational study. Yang Wang et al, 2016, *BMJ Acup Med*, Vol 34, Issue 5. *BMJ Acupuncture in Medicine*

Effects of transcutaneous electrical acupoint stimulation on ovarian reserve of patients with diminished ovarian reserve in in vitro fertilization and embryo transfer cycles.

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240 women with poor ovarian reserve who were undergoing IVF treatment, were divided into either a group that received electrostimulation to acupuncture points or into a control group. The study showed that the 56 women who received the electrostimulation to acupuncture points had a significantly higher clinical pregnancy rate than the other groups. This is an encouraging finding for these patients since it is often thought that not much can be done to improve the chances of IVF patients with low ovarian reserve.



Prior to Conception: The Role of an Acupuncture Protocol in Improving Women's Reproductive Functioning. eCam-An-Open-Access-Journal. Cochrane S et al, Evid Based Comp and Alt Med, 2016, Article ID 3587569, 11 pages. Evidence-Based Complementary and Alternative Medicine

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This Pilot study examined the effect of taking traditional herbal formulas for fertility in 22 women who had very low ovarian reserve (measured as AMH <1.1ng/ml). They found that 2 months of taking the herbal formulas increased the AMH significantly (double) in women below 38 years of age, but not over this age. This study now needs to be repeated with a larger number of women.

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