

The myths of mild stimulation and natural cycle IVF

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Mild stimulation and natural cycle IVF were suggested to result with similar live birth rates, lower risk and lower cost compared to conventional treatment. This improved outcome was related to their ability to overcome the detrimental effects of conventional controlled ovarian hyperstimulation (COH) on oocyte and embryo quality, the chromosomal constitution of embryos and endometrial receptivity.

In this presentation we will challenge the aforementioned claims of the mild stimulation proponents. We will call into question the different definitions of mild stimulation, together with their implementation in clinical trials. Cumulative live birth rates (LBR) following utilization of all fresh and frozen embryos, were recently shown to significantly increase with the number of oocytes retrieved. In accordance with this observation, we will present the superiority of conventional COH, which enable the recruitment of multiple healthy fertilizable oocytes, over mild stimulation and natural cycle IVF, both in normal and poor responder patients.

Further large prospective studies are needed to elucidate the role of mild stimulation and natural cycle IVF and to identify the specific characteristics of

women that might benefit from these approaches (before initiating ovarian stimulation).