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ACCEPTED ABSTRACTS

Inter-linkages between diet and nutrition and women's ability to conceive**Santosh Kumar Mishra**

S.N.D.T. Women's University (Retired), India

Women's ability to conceive is at its peak during their late teens and early 20s. Fertility generally starts to decline during early 30s and declines more rapidly after 35. According to the research data published on 28-09-2023 by Better Health Channel (<https://www.betterhealth.vic.gov.au/>) by age 40, the monthly chance of getting pregnant is around 5%. In this context, it is important to remember that a woman's diet and nutritional intake play a significant role in her ability to conceive. Notably, a balanced diet rich in essential nutrients can positively impact:

- Ovulation,
- Egg quality, and
- Overall reproductive health

The author of this research work argues that balanced diet & nutrition pattern potentially enhance the chances of successful conception. As against this, a poor diet can negatively affect these processes. This situation results in infertility, and other reproductive complications. It is essential

that women of child-bearing age supplement folic acid. Also, since some women experience vitamin-D and iodine deficiency, they should control their blood concentrations and consider supplementation if necessary.

This brief research work primarily aims to investigate into inter-linkages between diet and nutrition pattern (habits) and women's ability to conceive. Method of analysis of data (largely qualitative in nature) is descriptive, involving "**desk-based research approach**". Systematic review of related literature (published by inter-governmental agencies & other publishing houses of international repute) was undertaken to collect the needed data. In addition, analysis of data in this work also benefitted from in-person interaction of the author with various stakeholders during travel to the USA, Ireland, Vietnam, Turkey, Tajikistan, Tanzania, Egypt, Poland, Sweden, Philippines, etc. in connection with presenting research papers at international conferences. The paper briefly concludes that since diet and lifestyle are significant factors influencing fertility, it is imperative to expand knowledge in this area through more collaborative research studies.

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