

# The role of Integrative Reproductive Medicine in the Management of RPL

Oliver Ernst, Mónica Redondo Anía, María Esther Ibarrola Torres.

Naturisthar, Special Integrative Reproductive Medicine Unit, founded by Naturisthar, Natural Fertility Clinic in collaboration with Cefer, Reproductive Medicine Clinic. Carrer de la Marquesa de Vilallonga, 12, 08017 Barcelona.

## Aim

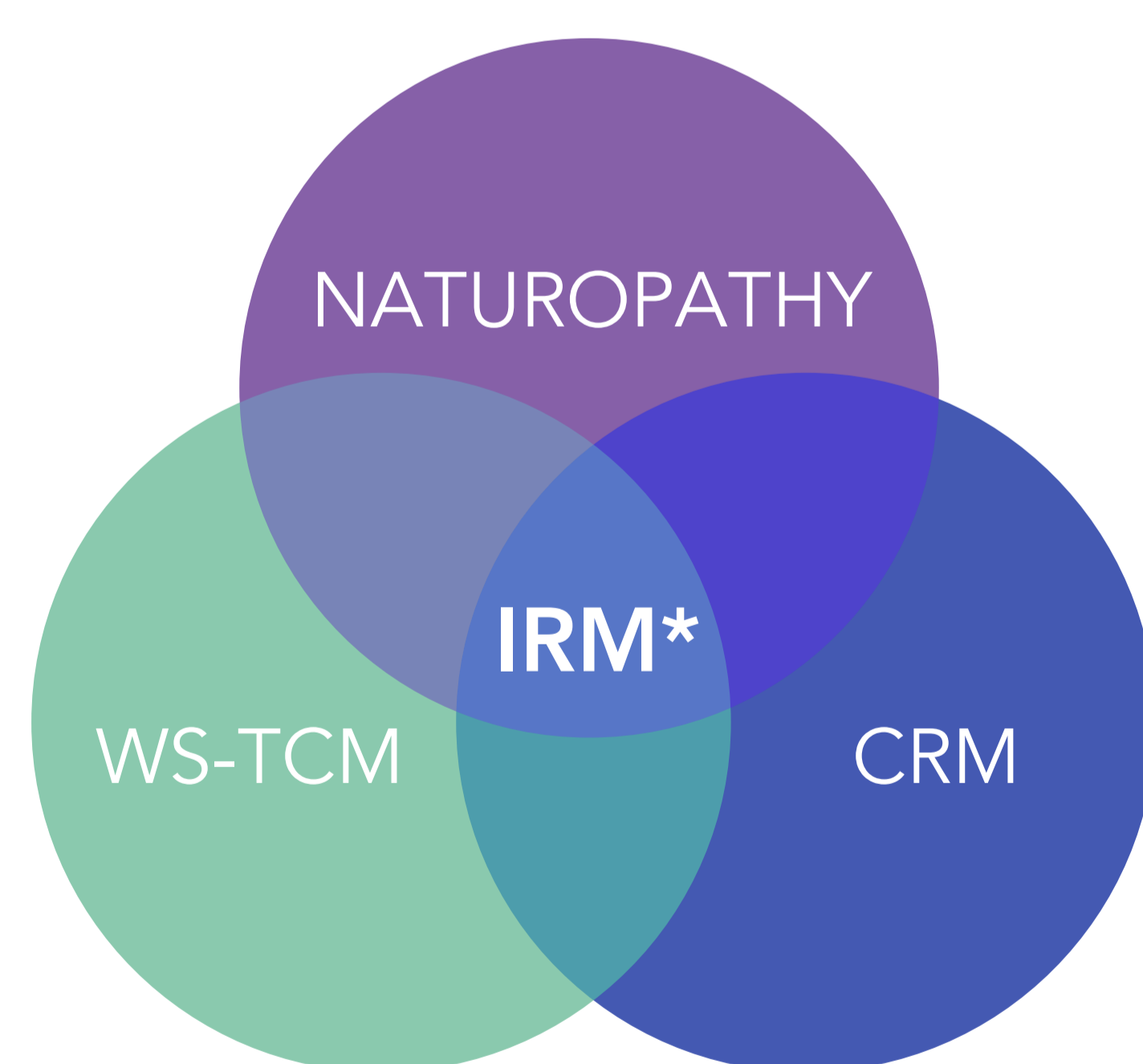
Nowadays, many patients seek more and more for a holistic approach when it comes to infertility treatment. In recent years, integrative fertility care has become more visible and important in the management of many issues related to infertility, such as low ovarian reserve, endometriosis, PCO, and RPL. In this poster presentation we try to demonstrate the importance of bioenergetic causes and integrative reproductive strategies related to RPL, which in our opinion are of utmost importance. When using integrative therapy strategies, especially WS-TCM, naturopathy all together with a conventional reproductive approach, the likelihood to achieve a successful pregnancy with baby taken home improves greatly.

## Material and Methods

Non-interventional, retrospective clinical study (NIS). This presentation includes a patient-related observational single case study of a women aged 43 with recurrent pregnancy loss. She had 6 miscarriages between week 6 and 7 in the last 4 years. Treatment was performed in a private integrative fertility clinic in Barcelona between may 2013 and may 2014. The following therapeutic tools were used in her treatment approach: WS-TCM, which includes Chinese Herbology, Acupuncture, Dietetics and Moxibustion, as well as naturopathic approach, including Nutrition, Quality of Life aspects (life style) and Nutritional Supplements. Besides, conventional reproductive medical analysis were also performed in order to rule out any immunological or hematological issues.

## Results

A new pregnancy without assisted reproductive technology (ART) was achieved in march 2014. The patient delivered a healthy baby boy on 10th of november 2014. A follow-up consultation was made in March 2018, which confirmed a completely healthy 3 year old boy.



\*Integrative Reproductive Medicine

### Medical History:

- Age 43
- 6 Miscarriages, w. 6-7 last 4 years

### Results after 1 year with IRM:

- Age 44
- New spontaneous pregnancy
- Live birth - healthy baby boy

## Conclusion

Patients dealing with infertility due to recurrent pregnancy loss may benefit from an integrative reproductive approach including WS-TCM and naturopathy, thus potentially increasing the likelihood of achieving a live birth. More research is required to determine whether this integrative approach can be helpful in the management of recurrent pregnancy loss.