OBJECTIVE
Comparison of clinical outcomes in the SMART (Stimulation with Minimal Adverse effects, Retrieval and Transfer) protocol with and without the use of GH (Growth Hormone) in poor ovarian responders.

RESULTS

GROWTH HORMONE IMPROVES EGG RETRIEVAL RATES IN POOR OVARIAN RESPONDERS

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DESIGN
In a retrospective cohort analysis, we compared the outcomes of the SMART protocol with and without the use of GH over the period of January 2008 to November 2011. The SMART IVF protocol that has been designed for use in poor ovarian responders as an ultimate alternative before recommending egg donation, aiming to privilege oocyte quality rather than quantity. GH is used as adjunctive therapy in poor ovarian responders again with the aim of improving oocyte quality.

MATERIALS AND METHODS
Patient characteristics and clinical outcomes were compared. Statistical analysis using Fisher Exact Test, student t-test, and Chi-squared test were used, and a p-value of < 0.05 was considered statistically significant.

Utilization of GH supplements significantly improves egg retrieval rates and reduces cancellation rates in SMART protocols for poor ovarian responders.