

# Index

- absorption  
   of haem iron, 11  
   of iron, 11–12  
 acromegaly, 37  
 acupuncture therapy, 121–125  
 adrenal adenoma, 38  
 adrenal disease  
   adrenal adenoma, carcinoma  
     as, 38  
   CAH as, 38  
 age. *See also* maternal;  
   optimal age  
   ectopic pregnancy,  
     miscarriage and,  
       112–113  
   in fertility, 112  
   in pregnancy complications  
     caesarean section, 116  
     fetal chromosomal  
       abnormality, 114–115  
     multiple pregnancy, 115  
     pre-term delivery, 116  
     stillbirth, 115–116  
   in pregnancy health  
     breast cancer and, 117  
     great obstetric syndromes  
       and, 116–117  
     IVF in, 117  
 age-related illness  
   in pregnancy, 113–114  
     diabetes, 113–114  
     hypertension, 113  
     ischaemic heart  
       disease, 114  
     thyroid disease, 114  
 AIs. *See* aromatase inhibitors  
 alcohol. *See also* foetal alcohol  
   spectrum disorder  
   in child health, pregnancy,  
     80–81  
   counseling on, 81  
   in female fertility, 79–80  
   in fertility, 136  
   in male fertility, 80  
   in NTDs, 80  
   in pregnancy, 80–81  
   recommendations for,  
     81–82  
   reducing intake of, 81  
   reproductive risk of, 79  
   screening for, 81  
 alpha-amylase, 19  
 AMH. *See* anti-Mullerian  
   hormone  
 amphetamines, 85  
 anabolic androgenic  
   steroids, 85  
 anaemia, 10, 12–13  
 androgens, 146–147, 148  
 antenatal factors, in PCOS.  
   *See* polycystic ovarian  
   syndrome  
 anti-Mullerian hormone  
   (AMH), 143–144, 148  
 antioxidants, 136  
 antithyroid medication,  
   30–31  
 anti-tumour necrosis factor-  
   alpha (anti-TNF- $\alpha$ ), 42  
 aromatase inhibitors  
   (AIs), 42  
 ART. *See* assisted reproductive  
   technologies  
 Ashkenazi Jewish Panel, 103  
 assisted reproductive  
   technologies (ART).  
   *See also* immunological  
   preparation, prior  
   to ART  
   cigarette smoking in, 76  
 CM as adjunct to,  
   127–128  
 glycaemic control in,  
   35–36  
 hyperglycaemia and, 36  
 hypothyroidism and, 30,  
   32–33  
 lifestyle factors in, 76  
 metformin in, 36  
 severe endometriosis during,  
   43–44  
 stress in, 18, 19  
 thyroid in, 30  
 vaccination for, 59, 60  
 viral testing for, 59–60  
 weight loss and, 70  
 asymptomatic carrier, 102  
 autoimmune disease, 58  
 behavior. *See also* cognitive  
   behavioral therapy  
   periconceptual,  
     modifying, 138  
   in stress, 21–22  
 biology, of stress, 20–21  
 bisphenols (BPA), 91–96  
 blood pressure, 34  
 body mass index (BMI), 21,  
   66–67, 137–138  
 BPA. *See* bisphenols  
 bread, 9  
 breast cancer, 117  
 cadmium, 98  
 caesarean section, 116  
 caffeine  
   avoidance of, 83  
   in child health, pregnancy,  
     82–83  
   consumption of, 82  
   in female fertility, 82  
   in male fertility, 82  
   in miscarriage, 136  
   recommendations for, 83  
 CAH. *See* congenital adrenal  
   hyperplasia  
 calories, 5  
 carbohydrates, 3–4, 6  
 carcinoma, 38  
 CF. *See* cystic fibrosis  
 chemical. *See* environmental  
   chemicals  
 child health  
   alcohol and, 80–81  
   caffeine in, 82–83  
   cigarette smoking and, 78  
   illicit drugs and, 85  
   maternal obesity in, 69  
 Chinese herbal medicine, 125  
 chocolate cyst, 45–47  
 chromosomal  
   abnormalities, 111  
 cigarette smoking  
   in ART, 76  
   cessation of, 78–79  
   child health and, 78  
   in conception, 21  
   female fertility and, 76–77

- cigarette smoking (cont.)  
 male fertility and, 77  
 in miscarriage, 136  
 passive, 78  
 pregnancy and, 77–78  
 sperm quality and, 77
- clinics, preconception care, 139
- cocaine, 84–85
- cognitive behavioral  
 therapy, 24
- cognitive coping and relaxation  
 intervention, 24
- complications. *See* age, in  
 pregnancy  
 complications
- complementary medicine, 120,  
 127–128. *See also*  
 acupuncture therapy;  
 herbal medicine
- conception. *See also*  
 periconception;  
 preconception  
 cigarette smoking in, 21  
 iron in, 10–11  
 in IVF, 1  
 obesity and, 66–68  
 optimal age for, 111, 118  
 parenting in, 1  
 stress in, 18
- congenital adrenal  
 hyperplasia (CAH)  
 as adrenal disease, 38  
 infantile onset, 38  
 late onset, 38
- counseling, 81, 103
- Cushing's disease, 37
- cystic fibrosis (CF), 103–104
- decidual function  
 early pregnancy loss and,  
 132–133  
 endometrium and, 132, 133
- diabetes, 3, 113–114, 139–140
- diabetes mellitus  
 complications of, 34  
 diagnosis of, 35  
 established, known, 33–35  
 glucose tolerance and, 35–36
- dienogest, 42
- diet, 15, 136
- dioxins. *See* polychlorinated  
 dibenzo-p-dioxins
- diphenyl ethers (PBDEs),  
 94–95. *See also*  
 persistent organic  
 pollutants
- DNA, 71, 77. *See also* pre-  
 pregnancy genetic  
 carrier screening
- drugs. *See also* illicit drugs;  
 recreational drugs  
 for endometriosis, 42  
 AIs as, 42  
 anti-TNF- $\alpha$  as, 42  
 dienogest as, 42
- dye studies, 55–56
- early pregnancy loss, 132–133.  
*See also* miscarriage
- ectopic pregnancy, 112–113
- emotional distress,  
 psychosocial  
 interventions for  
 reducing, 23–26
- endocrine disrupting chemicals  
 (EDCs), 89
- endometriomas, 47–48
- endometriosis. *See also* drugs,  
 for endometriosis;  
 infertility,  
 endometriosis in;  
 recurrent endometriosis
- fertility and, 48–49
- GnRH for, 41–42
- hormonal treatment of,  
 41–42  
 as inflammatory disease, 41  
 as oestrogen-dependent  
 disease, 40–41  
 pathogenesis of, 40  
 pregnancy and, 44, 45, 48  
 severe, during ART, 43–44  
 after surgery, 44, 45
- endometrium, 140–141  
 antioxidants and, 136  
 BMI and, 137–138  
 decidualized, 132, 133  
 diet and, 136  
 folic acid and, 135–136  
 in implantation, 131  
 omega 3 and, 134–135  
 periconceptual interventions  
 and, 133–134  
 vitamin D and, 134
- environmental chemicals  
 bisphenols, 91–96  
 in females, 92  
 in males, 91–92
- clinical recommendations  
 for, 100
- evidence of, 89–90
- in fertility, 99
- parabens, 93–94  
 in females, 94  
 in males, 94
- in periconception period, 89
- phthalates, 92  
 in females, 93  
 in males, 92–93
- phytoestrogens, 90  
 in females, 90–91  
 in males, 90
- epigenetics, 15
- established, known diabetes  
 mellitus, 33–35
- established hypothyroidism,  
 31–32
- estrogen. *See* oestrogen
- euthyroid women, 33
- exercise, 138
- expanded carrier screening,  
 105–106. *See also* pre-  
 pregnancy genetic  
 carrier screening
- FASD. *See* foetal alcohol  
 spectrum disorder
- FAST approach, 26–27
- fertility. *See also* environmental  
 chemicals  
 age in, 112  
 alcohol in, 79, 136  
 BMI in, 21, 66–67  
 carbohydrates in, 3–4  
 cigarette smoking in, 76  
 cocaine and, 84–85  
 endometriosis and, 48–49
- female  
 alcohol in, 79–80  
 caffeine and, 82  
 cigarette smoking and,  
 76–77
- folate in, 14
- illicit drugs in, 84
- insulin resistance in, 3
- macronutrients in, 3–4
- male  
 alcohol in, 80  
 caffeine and, 82  
 cigarette smoking and, 77
- nutrition in, 3
- obesity in, 71, 72
- smoking cessation in,  
 78–79
- stress in, 18–19, 27
- underweight status in, 72
- weight loss and, 70
- Fertility Quality of Life, 23

- “Fetal and Infant Origins of Adult Disease” (Barker), 1
- fetal chromosomal abnormality, 114–115
- fetal growth, 11
- fight or flight response, 20
- foetal alcohol spectrum disorder (FASD), 80–81
- folate, 12
- folate acid and, 13–14
  - in food, 14–15
  - in male fertility, 14
  - recommendations for, 14
  - supplements, 14
- folic acid
- endometrium and, 135–136
  - folate and, 13–14
  - supplementation, 34
  - in twinning, 14
- follicular stimulation, 32
- general practitioner (GP), 138
- genetic. *See also* DNA
- factors, in PCOS, 147–148
  - programming, in utero, 145–146
- genetic carrier. *See* pre-pregnancy genetic carrier screening
- glucocorticoids, 20–21
- glucose
- in diabetes mellitus, 35–36
  - in hyperglycaemia, 36
- glycaemic control, 34–36
- glycaemic index, 4, 6. *See also* low GI diets
- gonadotropin-releasing hormone (GnRH), 20, 41–42
- GP. *See* general practitioner
- Graves’ disease, 30, 31
- group interventions, 25
- haem iron, 11
- healthcare interventions, internet in, 140
- heart disease, ischaemic, 114
- heavy metals, 97
- in females, 98–99
  - in males, 97–98
- hemoglobinopathies, 104–105
- hepatitis, 59, 60
- herbal medicine. *See also* Chinese herbal medicine
- for female subfertility, 125–126
  - for male subfertility, 126–127
- herbicides, 96. *See also* persistent organic pollutants
- high fat diet, 3
- HIV screening, 59–60
- hormonal factors, in PCOS, 143–144, 148
- hormonal treatment, of endometriosis, 41–42
- HPG. *See* hypothalamo-pituitary-gonadal axis
- HSG. *See* hysterosalpingogram
- HyCoSy. *See* hysterosalpingo-contrastsonography
- hyperandrogenism, 147
- hyperglycaemia
- ART and, 36
  - glucose in, 36
  - in pregnancy, 36
- hyperprolactinemia, 36–37
- hypertension, 113
- hypothalamo-pituitary-gonadal axis (HPG), 20
- hypothyroidism, 8
- ART and, 30, 32–33
  - established, 31–32
  - Graves’ disease and, 30, 31
  - in pregnancy, 30, 32
  - subclinical, 32–33
  - thyroxine replacement for, 31–32
- hysterosalpingo-contrastsonography (HyCoSy), 54
- hysteroscopy, 55–56
- hysterosalpingogram (HSG), 54–55
- illicit drugs
- amphetamines, methamphetamines in, 85
  - anabolic androgenic steroids as, 85
  - in child health, pregnancy, 85
  - cocaine as, 84–85
  - disorders of, 86
  - in fertility, 84
  - marijuana as, 84
  - opioids as, 85
  - recommendations for, 86
  - use, 83–84
- immunological preparation, prior to ART, 58–59. *See also* vaccination; viral testing
- consultation in, 64
- factors in, 60–61
- implantation, endometrium in, 131
- in vitro fertilization (IVF)
- age and, 117
  - conception in, 1
  - dropout, psychosocial intervention for, 27
  - oocyte, 67–68
  - screening tools, for stress in, 23
  - stress in, 18–19, 22–23
- infantile onset CAH, 38
- infectious disease, screening for, 58–59, 61, 64
- infertility
- male, acupuncture therapy for, 124–125
  - pelvic abnormalities in, 51
- infertility, endometriosis in management of, 42–48
- primary endometriosis, 42
  - recurrent endometriosis, 44–48
  - severe endometriosis, during ART, 43–44
- inflammatory disease, endometriosis as, 41
- insecticides, 96. *See also* persistent organic pollutants
- insulin resistance
- in fertility, 3
  - high fat diets and, 3
- internet, 140
- intramuscular iron (IM), 12
- intrauterine growth retardation, 1
- intravenous drug use (IVDU), 59
- intravenous iron (IV), 12
- iodide, 8
- iodine, 7
- in bread, 9
  - deficiency, 8–9, 32, 33
  - excessive intake of, 9
  - increasing intake of, 9
  - in milk, 8

- iodine (cont.)  
   in pregnancy, 7, 8, 9  
   sources of, 7–8
- iron, 9–10. *See also* haem iron;  
   intramuscular iron;  
   intravenous iron  
   absorption of, 11–12  
   anaemia and, 10  
   in conception, 10–11  
   deficiency, 10–11  
   in fetal growth, 11  
   in foods, 11–12  
   in preconception, 12  
   recommendations for, 12–13  
   sources of, 11  
   supplements, 12
- ischaemic heart disease, 114
- IVF. *See* in vitro fertilization
- kisspeptin, 144–145, 148
- laparoscopy, 55–56
- late onset CAH, 38
- lifestyle factors, 86–87  
   in ART, 76  
   psychosocial interventions  
     for, 26–27  
   in reproductive function, 76  
   in stress, 21
- low GI diets, 5
- macro adenoma, 37
- macronutrients, 3–4
- male fertility. *See* fertility
- male partner, evaluation of,  
   62–64
- manual therapies, 125
- marijuana, 84
- maternal  
   age  
     pregnancy complications  
       and, 112  
     in risk, of chromosomal  
       abnormalities, 111  
   iodine deficiency, 8–9  
   obesity  
     in child health, 69  
     complications associated  
       with, 69
- mercury, 99
- metformin, 36
- methamphetamines, 85
- microbiome  
   human, 58  
   vaginal, 61–62, 64
- micronutrient, 5–7
- milk, iodine in, 8
- miscarriage, 112–113  
   alcohol in, 136  
   caffeine in, 136  
   cigarette smoking in, 136  
   exercise and, 138  
   recreational drugs in, 136–137  
   sleep deprivation in, 137  
   stress in, 137
- multiple pregnancy, 115
- natural killer cells (NK), 61
- neural tube defects (NTDs),  
   13–14, 80
- NK. *See* natural killer cells
- non-functioning pituitary  
   adenomas, 37
- NTDs. *See* neural tube defects
- nutrition, in fertility, 3
- obesity. *See also* maternal  
   conception and, 66–68  
   DNA and, 71  
   in fertility, 71, 72  
   maternal, obstetric  
     complications of, 69  
   in preconception care, 66  
   in pregnancy, 68
- obstetric complications, of  
   maternal obesity, 69
- obstetric syndromes, 116–117
- oestrogen, in endometriosis,  
   40–41
- omega 3, 134–135
- oocyte  
   health, 67  
   IVF, 67–68
- opioids, 85
- optimal age, for conception,  
   111, 118
- panhypopituitarism, 37
- parabens, 93–94
- parenting, in conception, 1
- passive smoking, in  
   reproductive  
   function, 78
- pathogenesis, of  
   endometriosis, 40
- PBBs. *See* polybrominated  
   biphenyls
- PBDEs. *See* diphenyl ethers
- PCBs. *See* polychlorinated  
   biphenyls
- PCDDs. *See* polychlorinated  
   dibenzo-p-dioxins
- PCOS. *See* polycystic ovarian  
   syndrome
- pelvic abnormalities  
   dye studies for, 55–56  
   examination of, 51–52, 53  
   history of, 51  
   HSG for, 54–55  
   hysteroscopy, laparoscopy  
     for, 55–56  
   in infertility, 51  
   pathology, symptoms of,  
     52, 53  
   serum for, 55  
   ultrasound for, 53–54
- periconception, 89,  
   133–134, 138
- persistent organic pollutants  
   (POPs), 94  
   herbicides, insecticides,  
     pesticides, 96  
   in females, 97  
   in males, 96–97
- PCBs, PBBs, PBDEs,  
   94–95  
   in females, 95  
   in males, 95
- PCDDs, 95–96  
   in females, 96  
   in males, 96
- pesticides, 96. *See also*  
   persistent organic  
   pollutants
- PGD. *See* preimplantation  
   genetic diagnosis; pre-  
   implantation genetic  
   diagnosis
- phthalates, 92–93
- physician, quality of, 27
- phytoestrogens, 90–91
- pituitary disease  
   acromegaly as, 37  
   Cushing's disease as, 37  
   hyperprolactinemia as,  
     36–37  
   non-functioning pituitary  
     adenomas, 37  
   panhypopituitarism  
     as, 37
- polybrominated biphenyls  
   (PBBs), 94–95. *See also*  
   persistent organic  
   pollutants
- polychlorinated biphenyls  
   (PCBs), 94–95. *See also*  
   persistent organic  
   pollutants

- polychlorinated dibenzo-  
p-dioxins (PCDDs),  
95–96
- polycystic ovarian syndrome  
(PCOS), 3, 5, 121–124  
aetiology of, 147  
androgens in, 146–147, 148  
antenatal factors in, 143  
genetic factors in, 147–148  
genetic programming, in  
utero and, 145–146  
hormonal factors in,  
143–144, 148  
hyperandrogenism, 147  
kisspeptin in, 144–145, 148  
as preventable, 148–149
- preconception  
care  
clinics, 139  
GP in, 138  
for high risk women,  
139–140  
obesity in, 66  
iron in, 12  
planning, 1–2
- pregnancy. *See also* age; age-  
related illness; early  
pregnancy loss; ectopic  
pregnancy; multiple  
pregnancy  
alcohol in, 80–81  
caffeine in, 82–83  
cigarette smoking and,  
77–78  
complications, maternal age  
in, 112  
diet before, 15  
endometriosis and, 44,  
45, 48  
hyperglycaemia in, 36  
hypothyroidism in, 30, 32  
illicit drugs and, 85  
iodine requirements in, 7,  
8, 9  
obesity in, 68  
thyroxine in, 33
- preimplantation genetic  
diagnosis (PGD),  
38, 108
- prenatal exposure, to  
androgens, 146–147
- pre-pregnancy genetic carrier  
screening, 102, 109  
for Ashkenazi Jewish  
Panel, 103  
background of, 102–103  
for CF, 103–104  
for disorders, 102–103  
DNA-based, 106–107  
ECS in, 105–106  
guidelines for, 103–105  
for hemoglobinopathies,  
104–105  
management of, 107–108  
non-DNA based, 107  
platforms for, 106  
for SMA, 104
- pre-term delivery, 116
- primary endometriosis, 42
- PROCEED, 139–140
- psychosocial interventions. *See*  
*also* group interventions  
for IVF dropout, 27  
for lifestyle factors, 26–27  
for reducing emotional  
distress, 23–26
- radioactive iodine (RAI), 30
- recessive conditions, 102
- recreational drugs, 136–137.  
*See also* illicit drugs
- recurrent endometriosis  
with endometriomas, 47–48  
management of, 44–48  
without chocolate cyst,  
45–47
- reproductive function. *See also*  
fertility  
lifestyle factors in, 76  
marijuana in, 84  
passive smoking, 78
- reproductive potential. *See*  
fertility
- screening. *See also* pre-  
pregnancy genetic  
carrier screening  
for alcohol use, 81  
for anaemia, 12–13  
for HIV, 59–60  
for infectious disease, 58–59,  
61, 64  
for stress, in IVF, 22–23
- SCREENIVF, 23
- second-hand smoke. *See*  
passive smoking
- serum, 55
- severe endometriosis, 43–44
- sexually transmitted infections  
(STIs), 58
- SGA. *See* small gestational age
- sleep deprivation, 137
- SMA. *See* spinal muscular  
atrophy
- small gestational age  
(SGA), 71
- smart technology, 140
- smoking. *See* cigarette smoking
- smoking cessation  
in fertility, 78–79  
in treatment, 79
- social relationships, stress  
and, 23
- sperm quality, 77
- spinal muscular atrophy  
(SMA), 104
- stillbirth, 115–116
- STIs. *See* sexually transmitted  
infections
- stress. *See also* psychosocial  
interventions  
in ART, 18, 19  
behavioral explanations for,  
21–22  
biology of, 20–21  
in conception, 18  
in fertility, 18–19, 27  
in IVF, 18–19, 22–23  
lifestyle factors in, 21  
in miscarriage, 137  
screening for, 22–23  
social relationships and, 23
- subclinical hypothyroidism,  
32–33
- subfertility. *See also* infertility  
female, 125–126  
low GI diet for, 5  
male, 126–127
- substance abuse. *See* illicit  
drugs
- supplements  
of folate, 14  
of folic acid, 34  
of iron, 12  
of micronutrients, 5–7
- surgery, endometriosis after,  
44, 45
- surgical weight loss, 71
- Tay-Sachs disease (TSD), 103
- thyroid, 30. *See also* antithyroid  
medication;  
hypothyroidism
- thyroid disease, 114
- thyroxine  
in pregnancy, 33  
replacement, for  
hypothyroidism, 31–32

156	Index
time to pregnancy (TTP), 90, 92, 93, 98–99	vaccination, 59, 60
toxicity, vitamin, 15	vaginal microbiome, 61–62, 64
TSD. <i>See</i> Tay-Sachs disease	very low calorie diet (VLCD), 70
tuboperitoneal pathology, 56	viral testing, for ART, 59–60
twinning, folic acid in, 14	visual field testing, 36–37
type 2 diabetes, 3	vitamin A, 15
ultrasound, for pelvic abnormalities, 53–54	vitamin D, 134
underweight status, 72	vitamin toxicity, 15
UNICEF, 7	VLCD. <i>See</i> very low calorie diet
	weight loss
	in female fertility, 70
	in male fertility, 71–72
	methods, for achieving, 70–71
	surgical, 71
	WHO. <i>See</i> World Health Organization
	WHO AUDIT
	questionnaire, 81
	women, 20. <i>See also</i>
	endometriosis;
	pregnancy
	euthyroid, 33
	high-risk, 139–140
	World Health Organization (WHO), 7, 9