

Editors View Point 2019

Importance of high-quality research and its implications on changing clinical practices cannot be over-stressed. The current issue contains some of the articles which focuses on important topics like poor responders and male infertility.

According to the World Health Organization estimate, the overall prevalence of primary infertility in India is between 3.9% and 16.8%. With an ever-increasing share attributed by the male partner, a discussion into the modifiable risk factors gives us an insight of the preventable causes. This would enhance the knowledge into counselling and improvement in management of patient with semen parameter abnormalities. This article re-enforces the role of a healthy lifestyle pattern and diet modifications to enhance male fertility potential.

Body mass index is a very important prognostic indicator for success in artificial reproductive techniques. The article very aptly highlights the need for health education program in society to create awareness amongst the women for consumption of a healthy diet and the need for an overall increased level of physical activity amongst the sub-fertile population of a state in Pakistan.

The incidence of hyperandrogenism is rising exponentially in the current era. This has multitude of manifestations and aetiologies making it imperative for the treating physician must determine the cause of excess androgens. An ideal treatment should be aimed to target the specific aetiology with the aim of prevention of long-term development of metabolic syndrome. A comprehensive management and a thorough approach to the patients is needed for a satisfactory outcome.

Cryopreservation of the semen is commonly indicated and performed. A study to detect the possibility of retrieving healthy sperm in the post-thaw sample by using computer-assisted sperm analysis is an excellent tool. This would also guide us to more appropriate counselling of the patients.

Literal phase support is an integral part of any in-vitro fertilisation protocol. However, there is a clinical debate regarding the ideal support protocol. Addition of oestradiol in literal phase along with progesterone

might improve the clinical outcome but the available literature remains inconclusive. Original research article looks at efficacy of oestradiol along with progesterone in in-vitro fertilisation program. Another original article looks at the capability of Poseidon criteria to predict poor outcome. Both of these articles deal with the important clinical dilemmas and will help in decision making.

Changing lifestyle, work stress, exposure to excessive use of mobiles and laptops are some of the common causative factors which are implicated in defective spermatogenesis. An article on effect of excessive use of sweetened beverages on semen parameters is an interesting study and worth reading and requires critical analysis.

I am sure that the current issue will be very useful and will stimulate further research in clinically relevant areas.

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CONFLICTS OF INTEREST


There are no conflicts of interest.

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