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Investigation of menstrual disorders in systemic lupus erythematosus Patients.

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Background and Aim : Persistent menstrual disorders are relatively common in patients with SLE. The purpose of this study is to shed light on the causes and associations of menstrual disorders in SLE patients, particularly focusing on the potential influence of immunosuppressive medications.

Methods : This cross-sectional pilot study was performed on all the SLE patients referred to our medical department who were eligible for participation. Venous blood samples were taken for FSH, LH, and anti-mullerian hormone measurement.

Results : This study examined menstrual disorders and their association with disease activity on 50 SLE patients. Patients were divided into 16-35 years (n=23) and 36-51 years (n=27) groups. Medications included hydroxychloroquine (82%), prednisolone (80%), azathioprine (20%) and methotrexate (6%). Dysmenorrhea was more common in the older group but not significantly. A remarkably higher proportion of prednisolone users reported menstrual disorders versus non-users (94.7% vs 5.3%, p<0.05). No significant association was seen between polymenorrhea/menorrhagia and hydroxychloroquine, azathioprine or no medications. Menstrual disorder frequency did not significantly differ by SLEDAI severity. FSH, LH and anti-mullerian hormone levels were comparable across SLEDAI groups. Eventually, prednisolone use was associated with menstrual disorders in SLE patients, but disease activity based on SLEDAI was not correlated with these disorders.

Conclusion : The significant association between prednisolone usage and dysmenorrhea in our study suggests that medication, rather than SLE itself, may be a contributing factor to menstrual disorders. This important finding underscores the need for healthcare providers to be aware of the potential side effects of medications commonly used in the treatment of SLE.

Keywords : systemic lupus erythematosus, menstrual abnormalities, amenorrhea.

Evaluation of the effect of oral treatment with metronidazole and levofloxacin on increasing fertility after at least two failed IVFs

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Background and Aim : The urogenital system is one of the most common places in the body for microbial colonization, so infections in this area can be a justification for unexplained infertility. Also, in previous studies, bacterial contamination of the transmission catheter during embryo transfer has been associated with poor clinical outcomes. Antibiotics during fetal transfer may improve outcomes. Therefore, this study was designed and performed to evaluate the effect of oral therapy with metronidazole and levofloxacin on increasing fertility after at least two unsuccessful IVF sessions.

Methods : This is a controlled clinical trial study that evaluates the effect of oral treatment with metronidazole and levofloxacin on increasing fertility after at least two unsuccessful IVFs. The statistical population was couples who had referred to Shahid Beheshti Infertility Center of Isfahan University of Medical Sciences for the third (or more) IVF due to infertility.

Results : In general, in this study, 300 people with a mean age of 34.19 years (standard deviation: 3.63 and range: 20-39 years) were studied. Serum β HCG test was positive in 60% (n = 90) of the intervention group and 51.33% (n = 77) of the control group. The difference between the two groups was significant and there was a statistically significant difference between the two groups (P = 0.032). . In 56.7% (85 patients) of the case group and 43.3% (65 patients) of the control group, pregnancy sac was observed on ultrasound, which showed a significant difference between the two groups (P = 0.022). There was no difference in mean age, duration of infertility, FSH, LH trigger, TSH, and number of antral follicles (AFC) between the two groups (P> 0.05).

Conclusion : The results of this study show that oral treatment with metronidazole and levofloxacin greatly increases a woman's chances of achieving a successful pregnancy after the next IVF. These findings support the hypothesis that a certain number of fractures during IVF cycles are due to intrauterine infection, which can affect the course of pregnancy and delivery and cause complications for both mother and fetus.

Keywords : IVF, Infertility, Antibiotic, Metronidazole, Levofloxacin

Empty follicle syndrome following GnRH agonist stimulation, in a PCO patient treated with HCG rescue protocol, resulting in 3PN formation

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Background and Aim : Empty follicle syndrome is a rare condition characterized by failure to retrieve oocytes despite repeated careful aspiration of mature precursor follicles during controlled ovarian stimulation cycles

Methods : we present a case of empty follicle syndrome in a polycystic ovary syndrome patient, using a gonadotropin-releasing hormone agonist as a trigger for final oocyte maturation. No oocytes were retrieved from the right ovary and the procedure was discontinued. The patient was successfully started on 10,000 unit inj. HCG and 3 oocytes were obtained after 24 hours of retrieval. All oocytes were mature (MII), then fertilization was done by the patient's husband's sperm, and finally 3PN oocytes were formed.

Results : The formation of the following 3PN ICSI can be due to oocyte cytoplasmic disorders caused by long-term exposure to gonadotropins and increased number of days of stimulation. Therefore, although the empty syndrome was false in this case and the hCG rescue protocol was able to recover the oocytes, the oocytes were not of good quality

Conclusion : the empty follicle syndrome cannot be a predictor of subsequent cycles, as in This patient also had the next cycle without any problems.

Keywords : Empty follicle syndrome, 3PN, rescue protocol, ICSI

Pregnancy Rates of Embryo Transfer: Measuring the Uterus Length with Transvaginal Ultrasound in Art Freeze Cycles Compared with the Conventional Experimental Method

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Background and Aim : This study is conducted to compare the pregnancy rate among patients with embryo transfer using the conventional experimental method with those using measurement of uterine length with transvaginal ultrasound before transfer in freeze ART cycles.

Methods : In this cohort study, all participants were subjected to the cycle of ovulation stimulation according to the antagonist protocol; consequently, after oocyte recovery, the embryos were frozen following the next cycles. If they were ready, they were subjected to the cycle of endometrial preparation with estradiol protocol. In case of having one to three embryos of good quality (based on the patients' selection), they were placed in two groups of embryo transfer using the conventional method (clinical touch) or embryo transfer after measuring the length of the uterus with transvaginal ultrasound. Then, all patients were treated with vaginal progesterone and oral estradiol; two weeks later, a pregnancy test was performed, and if it was positive, they were followed up for ultrasound and pregnancy outcomes.

Results : There are no statistically significant differences between the two groups in variables such as the type of stimulation, the type of gonadotropin, the number of retrieved eggs, the number of transferred embryos, the thickness of the endometrium, the length of the uterus, and easy or difficult transfer. Although the pregnancy rate was higher in the group of ET with measuring the length of the uterus (38.5% versus 34.0%), this difference was not statistically significant ($p=0.681$).

Conclusion : The use of the embryo transfer method using transfer guidelines which were guided by transvaginal ultrasound and determining the location of the embryo deposition by experienced doctors does not increase the fertility rate in ART cycles compared to using the traditional and blind method in Iran. At the same time, it is necessary to examine other advantages of using this method.

Keywords : ART freeze cycles, Conventional experimental method, Embryo transfer, Length of the uterus, Pregnancy, Transvaginal ultrasound.

Effectiveness of healthy lifestyle in the treatment of infertility caused by low endometrial wall thickness in a 40-year-old woman after three failed IUIs

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Background and Aim : The endometrium is the tissue that covers the inner thickness of the uterus and for a successful implantation we need a suitable endometrium and if this wall is thin, the occurrence of pregnancy will be a problem with clinical symptoms, spotting, uncontrollable and continuous bleeding. And it is associated with infertility and abortion, and unfortunately most of the treatments so far are symptomatic treatments with the use of hormonal drugs or trying to get pregnant with drugs or IVF or IUI, which is usually not very effective.

Methods : A 40-year-old woman, who got married 12 years ago, had no problems and menstrual disorders before marriage, and after marriage, she had frequent spotting, and according to the tests and ultrasounds, it was determined that the thickness of the uterine wall in the middle of the period cycle is below 5. After deciding to get pregnant and taking a lot of drugs, the result was not achieved, and with several unsuccessful IUIs, pregnancy did not occur. The infertility specialist's opinion was on IVF. Finally, a year ago, she was treated with a lifestyle modification method, which includes: Teaching stress reduction techniques such as diaphragmatic breathing, exercise, massage, proper sleep pattern, proper diet including cutting off all simple sugars and preservatives, consuming vegetables and brains, reducing carbohydrate consumption, daily walking, and consuming phytoestrogenous foods.

Results : After three months of treatment without any spotting in the middle of the cycle and without any hormonal drugs, she became pregnant and is now in her 36th week of pregnancy.

Conclusion : Considering the very high number of women suffering from hormonal and menstrual disorders and the low thickness of the uterine wall, the lack of success of hormonal drugs in the definitive treatment of these diseases, and considering the proof of the effectiveness of lifestyle modification in the treatment of these patients, attention should be paid to the education and promotion of a healthy lifestyle from a child needs urgent treatment to prevent infection or diagnosis.

Keywords : sterility Thin endometrium

Evaluation of the relationship between genital infections and embryo transfer results in infertile women who undergo frozen embryo transfer in the infertility ward of Shariati Hospital in 1399-1400

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Background and Aim : About 24.9% of Iranian couples experience infertility during their life. Considering that I.V.F is the first and only treatment for some couples and the last option for many, it creates costs and a severe psychological burden for families. It is tried to improve all the patient's conditions to enter the treatment cycle to get the best result. The involvement of microbial factors in reducing the pregnancy rate has been discussed for a long time and considering that the results are contradictory and that no comprehensive study has been done in our country. By conducting this study, we decided to investigate the possible negative effects of abnormal flora of the endometrium and cervix on pregnancy prognosis in I.V.F cycles in order to open further studies to treat this problem and achieve positive results in I.V.F treatment.

Methods : In this cross-sectional study, all patients who are candidates for frozen embryo transfer were included in the study. After transferring the frozen embryo with the appropriate grade into the uterus, the tip of the embryo transfer catheter was placed in thioglycolate medium, and a sample of the patient's cervix was taken with a swab and placed in Stewart's culture medium, and the type of microbe that grew was reported. A blood test was requested to check pregnancy two weeks after embryo transfer. If it is positive, it is called chemical pregnancy. Two weeks later, transvaginal ultrasound is performed to observe the pregnancy sac, which is called clinical pregnancy. Then the patients were divided into two culture positive and culture negative groups. Pregnancy results included chemical and clinical pregnancy rate in two groups together.

Results : In general, about 32% of the people included in the study had primary infertility and 57% had secondary infertility. Also, 11 patients had done more than 4 embryo transfers. 19 people had no previous disease and 9 and 3 people had PCO and fibroma, respectively. Embryo transfer catheter samples were cultured. 78 samples, i.e. 83% of the samples, had positive cultures and 16 samples, i.e. 17%, had negative cultures. There was no statistically significant difference between the groups with positive and negative beta test and with

and without gestational sac in terms of the types of microorganism cultured. But for the E-Coli organism, there was a statistically significant difference between the two groups with and without fetal heart rate, so that none of the people with fetal heart rate had a positive culture for this organism. There was no statistically significant clinical relationship.

Conclusion : As a result, the results of this study showed that the bacterial colonization of the embryo transfer catheter among asymptomatic women without clinical infection did not have a significant effect on the implantation success rate and the chemical and clinical pregnancy rates were comparable among culture-positive and culture-negative patients.

Keywords : Bacterial population, Embryo transfer catheter, Implantation, In vitro fertilization, Vaginal-cervical contamination

Comparison of diagnostic accuracy of saline infusion sonohysterography, transvaginal sonography, and hysteroscopy in evaluating the endometrial polyps in women with abnormal uterine bleeding: a syst

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Background and Aim : In women with abnormal uterine bleeding (AUB), endometrial polyps are a frequent finding, and the risk of a focal (pre)malignancy in a polyp is up to 6%. Because of this reported risk, the detection of polyps in these women is important. Aim: To evaluate and compare the diagnostic accuracy of saline infusion Sono hysteroscopy, transvaginal sonography, and hysteroscopy in detecting endometrial polyps in

Methods : The searches were conducted by two independent researchers to find the relevant studies published from 1/1/2009 until the end of 30/06/2019. We searched for published literature in English language in MEDLINE, EMBA-SETM, The Cochrane Library, and Trip database. For literature published in other languages, we searched national databases (Magiran and SID), KoreaMed, and LILACS. The risk of bias of every article was evaluated by using QUADAS-2.

Results : After selection and quality assessment, 11 studies were included. Based on the random effect model the total prevalence of endometrial polyps in women with abnormal uterine bleeding was 38%. The sensitivity and specificity of saline infusion sonohysterography in diagnosis of endometrial polyps were 0.87 and 0.86, respectively. The sensitivity and specificity of transvaginal ultrasonography were 0.62 and 0.73 and the sensitivity and specificity of hysteroscopy were 0.92 and 0.85, respectively

Conclusion : Although that sonohysterography is a safe and relatively cheap method, which allows ruling out or confirming endometrial polyps, it cannot be replaced with hysteroscopy due to the fact that hysteroscopy combined with biopsy is the gold standard for ruling out malignancies in an endometrial polyp.

Keywords : sonohysterography, transvaginal sonography, saline infusion sonohysterography

A study on the association between demographic and clinical characteristics of ectopic pregnancy cases and treatment outcomes

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Background and Aim : Ectopic pregnancy (EP) is a life-threatening condition and a significant cause of maternal mortality. The aim of this study was to find out association between demographic and clinical characteristics of EP patients and treatment outcomes, success rate of methotrexate (MTX) therapy and the need for surgical intervention

Methods : This was a retrospective study of 821 EP cases attended to Kamali Hospital, Karaj, Iran between April 2015 to March 2020. Medical records of all cases were reviewed and following parameters were extracted: sociodemographic characteristics, ultrasonography findings, treatment methods, laboratory data of β hCG concentrations on day 0, 4 and 7 after initiation of treatment.

Results : Our results indicated that β -hCG concentration upon EP diagnosis was the only associated factor with the degree of β -hCG decline during days 4-7 after treatment initiation. In addition, β -hCG initial concentration, presence of peritoneal effusion and size of adnexal mass had association with success of MTX treatment and predicted the need for surgery. Most of cases who experienced a $15\% \leq$ decline in β -hCG during days 4-7 after treatment initiation needed no surgery. Furthermore, single-dose MTX therapy was the most successful approach and the mean time for β -hCG clearance was the shortest in the cases who received single dose of MTX.

Conclusion : Collectively, initial β -hCG concentration, size of adnexal mass and peritoneal effusion may be important predictors in choosing the best treatment for EP cases and to prevent unnecessary surgeries for patients who desire fertility preservation, and avoid side effects of EP.

Keywords : ectopic pregnancy-mtx- β hCG

Clear cell carcinoma of the ovary and venous thromboembolism: a systematic review and meta-analysis

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Background and Aim : As the second most common subtype of epithelial ovarian cancers (EOCs), ovarian clear cell carcinoma (OCCC) is associated with a high rate of cancer-associated thrombosis. Previous studies revealed the wide range prevalence (6–42%) of venous thromboembolism (VTE) among OCCC patients. This study aimed to determine the prevalence of VTE among OCCC patients as well as factors affecting it.

Methods : PubMed, Scopus, Embase, and Cochrane Library databases were searched up to December 12th, 2022. Studies reporting venous thromboembolic events in women with clear cell carcinoma of the ovary were included. Demographic data, clinical, and paraclinical features of the patients were independently extracted by two reviewers.

Results : Out of the 2254 records, 43 studies were processed for final review. The qualified studies involved 573 VTE cases among 2965 patients with OCCC. The pooled prevalence of VTE among OCCC patients was 21.32% (95%CI 17.38–25.87)). Most VTE events were reported in Japanese women (26.15%), followed by Americans (24.41%) and UK (21.57%), and Chinese (13.61%) women. VTE was more common in patients with advanced stages (37.79%) compared to those with early stages of the disease (16.54%).

Conclusion : Ovarian clear cell carcinoma is associated with a high rate of cancer-associated thrombosis. VTE events in OCCC patients were higher in advanced stages and Japanese women.

Keywords : Clear cell adenocarcinoma, venous thrombosis, thromboembolism, ovarian epithelial carcinoma, deep vein thrombosis

Evaluation of Human Papillomavirus in the Semen of Infertile Men and Its Relationship with Semen Quality

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Background and Aim : The prevalence of human papillomavirus (HPV) infection in infertile men is significantly higher than that in the general population. Nevertheless, it is unclear whether the presence of HPV in semen samples is related to reduced semen quality. The present article aims to elucidate the possible association between HPV infection and semen parameters in Iranian infertile men.

Methods : This cross-sectional study included semen samples from 140 infertile Iranian male partners of couples seeking fertility assessment. Standard semen analysis was performed. Sperm DNA fragmentation index (DFI), sperm chromatin maturation, anti-sperm antibodies, leukocyte count, fructose concentration, and zinc concentration were also assessed. Nested polymerase chain reaction (PCR) and INNO-LiPA were used to identify HPV DNA sequences in semen samples and to determine HPV genotype, respectively. Independent samples t-tests were used to compare sperm parameters between HPV-positive and HPV-negative groups.

Results : Human papillomavirus DNA was detected in 18 (12.85%) out of 140 semen samples (10% high-risk genotypes, 2.14% low-risk genotypes, and one sample was excluded). Our findings revealed that HPV18 was the most prevalent type (8.57%). According to our results, the presence of HPV DNA in semen samples was associated with higher semen anti-sperm antibodies ($P = 0.001$), higher white blood cell (WBC) counts ($P = 0.02$), and increased DFI values ($P = 0.03$).

Conclusion : Human papillomavirus -positive patients had higher semen anti-sperm antibodies, semen WBC counts, and sperm DFI values. These results highlight the importance of careful screening for the presence of HPV in semen samples from infertile men. It should also be noted that more studies are required.

Keywords : Human Papillomavirus, Male Infertility, Semen Quality, Sperm

Menopause and other Factors Associated with Burning Mouth Syndrome (BMS) in old women: A Systematic Review and Update

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Background and Aim : Burning Mouth Syndrome (BMS) is a chronic pain condition of oral mucosa that is mostly observed in old women. The prevalence of BMS is 12.2% in the old age group. This syndrome is probably of multifactorial cause. In this systematic review, we aimed to have an updated overview of various factors associated with BMS.

Methods : The systematic search was conducted on PubMed, Web of Science, and Embase using postmenopause, menopaus*, postmenopausal period, estrogen, reproductive, and hormone replacement therapy AND Burning Mouth Syndrome, dysesthesia, BMS, Burning Mouth disease, stomatodynia, stomatopyrosis, glossopyrosis, glossodynia, oral dysesthesia, glossalgia, for articles published from 2000 until 17th July 2022. 667 studies were identified (102 duplicates). Cross-sectional, case-control, cohort, and descriptive studies conducted on individuals with BMS included in this review. Twenty-one were qualified and their quality was assessed by Newcastle Ottawa Scale.

Results : Findings revealed that BMS is strongly associated with female gender, menopause, climacteric symptoms, hypothyroidism, chronic drug use, and also being old, married, unemployed, and less educated. Salivary levels of progesterone, protein, opiorphin and candida species and diabetes were not correlated with BMS. Other factors associated with BMS include urological chronic pelvic pain, higher pain sensitivity to heat stimuli, depression, anxiety, cancer phobia, stressful life events, poor sleep quality, impaired quality of life, and changes in daily activities. Oral factors such as dentures, dry mouth, periodontitis, tooth extractions, dental treatment, and para-functional habits such as tongue thrusting, pressing the tongue against teeth, diurnal and nocturnal clenching, bruxism, tongue and/or cheek biting, and lip sucking were associated with BMS as well. Smoking, alcohol, smells, citric and spicy foods was reported to worsen the BMS.

Conclusion : The present review identified demographics, neurologic, psychological, hormonal factors and oral and dental disorders contribute to developing BMS. Identifying correlated factors with BMS can prevent and treatment BMS in the earlier stages.

Keywords : Burning mouth syndrome; stomatodynia; glossalgia; menopaues; BMS; oral cavity

Iranian HPV-positive women's sexual life

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Background and Aim : Human Papillomavirus (HPV) has an adverse effect on the patient's emotional and sexual health. The current study aimed to explore the sexual life of women after HPV diagnosis.

Methods : In this qualitative content analysis study, twenty Iranian HPV-positive heterosexual women over 18 years of age; having no serious illness (including cervical cancer), with a diverse age, marital status, education, and socio-economic status, shared their sexual life through face-to-face, semi-structured interviews, September 2018 to December 2019. the trail version of MAXQDA-10 software was applied for data management.

84 Results : "Nothing is like before" reflected women's experiences of their sexual life after HPV diagnosis. It comprised of three categories: abnormal sex life, new attitude toward sexuality, and myths and misconceptions. Many women found their sex life unusual and less satisfying. Half of the interviewees, reported that they lessened their sex frequency. Some women reporting that they had stopped having sex, mostly in the first two months of the diagnosis. They brought up two reasons related to HPV transmission uncertainty: self-protection and partner-protection. Women reported that most men had mild reactions toward HPV diagnosis of their spouse, except in a few cases, male partners still preferred not to use condoms. Disgust with sex and self-isolation was also reported by patients. Women noted that they gave up oral sex for fear of the link between oral HPV and throat cancer. A small number

of women indicated that their partners avoided having sex with them to provide self-protection. Those women said they felt that their husbands were too frightened of getting HPV and so they were distant from them. Two married women reported condom use and wearing special customs to prevent genital skin-to-skin contact.

Conclusion : More attention is needed to the way healthcare providers and doctors educate women about HPV-transmission and HPV-treatment because they shape women's perceptions of HPV.

Keywords : Human Papillomavirus Infections; Sexual Activity; Sexual Health; Qualitative Research; Iran

Pulmonary emboli (PE) in a known case of Immune thrombocytopenic purpura (ITP) postpartum; a case report

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Background and Aim : Immune Thrombocytopenic Purpura (ITP) is a rare but potentially severe disorder which affects blood clotting. When combined with pregnancy or post-partum circumstance, it may pose some risks to the patients leading to adverse events such as an pulmonary emboli (PE).

Methods : In this case report, we delve into the intricacies of a known case of ITP who developed a pulmonary embolus after delivery. This insightful examination sheds light on the complexities surrounding ITP and the heightened vulnerability to pulmonary emboli post-delivery.

Results : In the presented case there were several risk factors for developing VTE including a high BMI, post-partum states, immobilization, receiving IVIg, and ITP. On the other hand, the refractory thrombocytopenia the patient had despite receiving treatment, limited us to start prophylactic anti-coagulant treatment.

Conclusion : Exemplifying the delicate interplay between these conditions, this case report offers valuable insights for medical professionals and researchers alike. By understanding the intersection of ITP and postpartum pulmonary emboli, we can enhance patient care, refine treatment practices, and ultimately improve outcomes for mothers dealing with these intersecting health challenges.

Keywords : Immune Thrombocytopenic Purpura ITP - pulmonary emboli (PE)-refractory thrombocytopenia

Sexual dysfunction in infertile women: a review study

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Background and Aim : Infertility can lead to significant emotional and psychological damage for women, so that the diagnosis of infertility in women leads to negative emotions and psychological distress and may have negative effects on marital relationships and sexual activity. The purpose of this review was to examine the association between infertility and sexual dysfunction in women with infertility.

Methods : In this review study, information search using the keywords Infertility; Sexual dysfunctions, Sexuality, Sexual disorder, women alone or in combination with their possible combinations, in the Google Scholar search engine and PubMed, Elsevier, Scopus, web of Science Databases and Science direct was performed in the time period of the years (2000-2023). Full-text articles were then reviewed.

88 Results : The result indicated a significant association between an increase in sexual dysfunction and infertility in women. Also, infertile women have more sexual dysfunction than fertile women. However, high heterogeneity was observed between studies. The most common disorders were disorders of lubrication and desire. arousal dysfunction and Desire appeared more common in women with secondary infertility, while lubrication dysfunctions were more common in older women. In addition, some studies reported problems in the field of orgasm and sexual satisfaction. Investigating psychosocial factors in women with low libido should be considered.

Conclusion : Sexual dysfunction in infertile women is a complex issue. Evaluation of other factors affecting sexual performance and fertility, including men-

tal health and social issues, should be considered. Management of infertility and sexual dysfunction should include appropriate medical treatment and addressing psychosocial concerns of fertile women.

Keywords : Infertility; Sexual dysfunctions, Sexuality, Sexual disorder, women

Effects of Acupressure points on labor pain reduction and create a pleasant childbirth

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Background and Aim : The experience of pain during childbirth is influenced by many physiological and psychosocial factors, and its intensity can vary greatly. Most women in labor need pain relief. Pain management strategies include non-pharmacological interventions and pharmacological interventions. The aim of this review study was examined evidence about the use of acupressure for pain management in labor and create a pleasant childbirth.

Methods : In this review study, information search using the keywords Acupressure; Labor pain; non-pharmacological pain management and delivery alone or in combination with their possible combinations, in the Google Scholar search engine and PubMed, Elsevier, Scopus, web of Science Databases and Science direct was performed in the time period of the years (2000-2023). 11 Full-text articles were then reviewed. Randomized controlled trials were included in this review. Studies were excluded if they were non-randomized or quasi-randomized and case reports.

Results : It seems that the use of acupressure compared to the control group probably slightly reduces the intensity of pain during first stage of labor, however, high-certainty evidence in this area is limited. Also, the use of acupressure seems to be a safe and low-risk method for the mother and fetus. LI4 and SP6 were the most commonly used acupressure points because of their specific effect of increasing uterine contractions, shortening the length of labor and reducing labor pain. There was no uncertain evidence on the use of acupressure on the use of pharmacological analgesia, satisfaction with childbirth, instrumental vaginal delivery, or cesarean section.

Conclusion : The use of acupressure may play a role in reducing pain, shortening the length of labor and improving women's sense of control and emotional experience of childbirth. However, there is a need for further high-quality research and conduct randomized clinical trials to definitively prove this issue.

Keywords : Acupressure; Labor pain; non-pharmacological pain management; delivery; review

Comparison of normal delivery outcome with and without episiotomy in nulliparous mothers in Mobini Hospital in Sabzevar

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Background and Aim : Limited indication of episiotomy and selective episiotomy versus conventional episiotomy have been recommended in various studies. But according to statistics from developing countries, episiotomy is still the most common obstetric incision. The most common cause of episiotomy in low-risk mothers is maternal concern about severe perineal injuries. The aim of this study was to compare perineal injuries in normal delivery of nulliparous mothers with and without episiotomy.

Methods : This descriptive-analytical study was performed by reviewing 3602 files of primiparous pregnant women who had a normal delivery in Sabzevar Obstetrics and Gynecology Hospital between 2017 and 2019. The data collection tool was a researcher-made checklist. data were collected based on maternal demographic variables, active phase length, neonatal weight, neonatal head circumference, labor mobility, induction or non-induction with oxytocin, and exposure to analgesia, neonatal hospitalization in neonatal intensive care unit (NICU), neonatal death and the extent of perineal damage including grade 1, 2, 3 and 4 laceration. Data analysis was performed using SPSS software (version 21) and Chi-square and regression tests. P value was considered less than 0.05.

Results : In the delivery group without episiotomy, 317 patients (37.8%) had healthy perineum and 56 patients (6.6%) had second degree laceration, but in the delivery group with episiotomy, 1302 patients (99.3%) had second degree laceration. Chi-square test showed a significant difference between perineal injuries in the two groups ($P= 0.0001$). The rate of severe perineal injuries in

the delivery group with and without episiotomy was not significantly different ($p > 0.05$). The rate of neonatal hospitalization in neonatal intensive care unit was not significantly different between the two groups ($p > 0.05$).

Conclusion : Delivery without episiotomy in primiparous mothers who do not have risk factors for maternal diabetes, instrumental delivery and infant weight above 4000 g; does not increase severe perineal injuries

Keywords : Primiparity, episiotomy, perineum, injury

Investigating the effect of ascorbic acid sustain release system on vaginal flora pH balance to suppress bacterial vaginosis

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Background and Aim : Bacterial vaginosis (BV) is a vaginal infection that occurs by vaginal bacteria overgrowth and cause a bacterial imbalance. This imbalance leads to an increased vaginal pH level, so BV can be suppressed by lowering the vaginal pH level. Ascorbic acid (vitamin C) is a natural supplement that can discourage the growth of anaerobic bacteria by lowering the vaginal pH level. As a result, an ascorbic acid sustain release system may maintain the pH level in the desired range.

Methods : The study synthesized nanoparticles (NPs) with zeolite, chitosan and some composites of these materials. FTIR, XRD and TGA characterized NPs and vitamin C loading. The zeta potential and size of NPs were determined by the DLS technique and their morphology by FESEM.

Results : The encapsulation efficiency (EE) and vitamin C percentage (VC) of the optimum NP formulation (CH/Z2-VC) were calculated to be 89.9% and 7.4%, respectively. The size and zeta potential of the mentioned NP were 458.4 nm and +51.7 mV, which are favorable. The abovementioned sustain-released system had shown a 22-day long ascorbic acid release, and release kinetics were confirmed by Higuchi and Korsmeyer-Peppas model.

Conclusion : An ascorbic acid loaded zeolite/chitosan NP was created for this study, and it showed a sustained release of vitamin C for 22 days. The combination of zeolite and chitosan as NPs had shown a great opportunity for drug release improvement. According to results, sustained vitamin C release may maintain the pH level of the vaginal environment, thus overcoming BV.

Keywords : Bacterial vaginosis, Ascorbic acid, Nanoparticle, sustain release, zeolite, chitosan

Design, fabrication, and characterization of a curcumin-controlled release Nano system with vaginal injection capability and its effects on ovarian cancer cells

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Background and Aim : In females, Ovarian cancer is the deadliest cancer in the world. Curcumin, a phenolic compound, has potential effects in cancer therapy but limited solubility. To address this, zeolites, microporous inorganic crystalline materials with a three-dimensional framework, can be used as nanocarriers for curcumin with high loading, enhancing its bioavailability and potential applications. To investigate curcumin loading in clinoptilolite, drug release in physiological pH = 7.4 and cancerous pH = 5.5 buffers, and ovarian cancer cell viability in different curcumin concentrations.

Methods : Clinoptilolite beads were sieved and converted into powders. To evaluate curcumin loading capacity, zeolite powders were dehydrated and incubated with a curcumin solution. A specific amount of clinoptilolite was added to a solution of different curcumin concentrations and stirred for 48 hours. The powder turned yellow, indicating curcumin loading. The encapsulation efficiency was evaluated, and the dried solid powder (CUR@CLN) was used to calculate the drug loading percentage.

Results : This study investigated the size, functional groups, and morphology of curcumin nanoparticles (CLN and CUR@CLN) using DLS, FTIR, and SEM analysis respectively. Results showed uniform particle sizes and successful loading of curcumin in zeolite structures. The encapsulation efficiency and drug loading of CUR@CLN were 54% and 6%, respectively. In vitro, drug release showed a three-fold increase in release amount at pH 5.5 than 7.4. MTT cell viability test revealed that the Cur@CLn sample has more potent cytotoxicity against ovarian cancer cells than free curcumin in equivalent concentrations.

Conclusion : Clinoptilolite is a safe, smart carrier for delivering curcumin, improving its properties and making it a suitable candidate for vaginal injection due to its small particle size.

Keywords : Curcumin, Drug delivery, pH sensitive, ovarian cancer, Zeolite

The relationship between the symptoms of pelvic floor disorders and the stage of pelvic organ prolapse and quality of life

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Background and Aim : The aim of this study was to investigate the relationship between pelvic organ prolapse symptoms with the severity and location of pelvic organ prolapse and its effect on quality of life in women referred to the pelvic floor disorders clinic.

Methods : In this cross-sectional and multi-center study which conducted in the pelvic floor disorders clinic of Ghaem (AS) and Imam Reza (AS) hospitals from February 20, 2019 to April 20, 2020, about 191 women who complaint of pelvic floor disorders were studied. The pelvic floor distress index (PFDI) questionnaire were also completed. The severity of prolapse was evaluated according to the POPQ system. Finally, the relationship between the severity of pelvic floor disorders and the stage of pelvic organ prolapse and quality of life was investigated through SPSS software version 16. P value <0.05 was considered as a significant level.

Results : In the study, the mean age of patients was 53.23 years (31 to 89 years). Among those, 95 (49.7%) patients were menopausal. One hundred and eighty patients (94.2%) had at least one urinary symptom and 116 patients (61%) had at least one bowel symptom. There was a significant relationship between the stage of anterior and posterior compartments prolapse with the severity of stress urinary incontinence (both Pvalue < 0.001). Also, the stage of the anterior and posterior compartments prolapse was significantly associated with incomplete defecation (Pvalue 0.031 and 0.004, respectively) and fecal urgency (Pvalue < 0.001 and 0.001, respectively). All urinary and defecatory symptoms except urinary frequency, urinary incontinence during sexual intercourse and fecal incontinence, were significantly related to PFDI. There was a significant correlation between PFDI and prolapse severity ($r = 0.334$).

Conclusion : Results of the current study showed a significant relationship between the urinary, defecatory and sexual symptoms with the severity and stage of pelvic organ prolapse and PFDI.

Keywords : Pelvic organ prolapse, Quality of life, Urinary stress incontinence, Fecal incontinence.