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Poster Presentations

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Insulin resistance defects in male fertility

Asefy Z¹, Kayati Sh², Hoseinnejhad S¹, Ceferov Z³, Abbasi Oshaghi E⁴.

1. Maragheh University of Medical Sciences, Maragheh, Iran.

2. Azad Islamic University of Medical Sciences, Maragheh, Iran.

3. Baku State University, Baku, Azerbaijan.

4. Hamadan University of Medical Sciences, Hamadan, Iran.

Email: zasefy@gmail.com

Background: Insulin resistance (IR) in men with unexplained infertility can be a possible cause of hypogonadism and idiopathic oligozoospermia along with other metabolic abnormalities.

Objective: In this study we investigate IR and following that inflammation effects in male infertility.

Materials and Methods: 45 men with IR deficiency

(case group) and 30 men without IR deficiency (control group) were enrolled in this study. Body mass index, testicular volume, semen samples, serum hormone/lipid profiles and high sensitive C-reactive protein (hsCRP) were compared in two groups.

Results: Both case and control groups have shown no significant differences in terms of age, testicular volume, serum hormone, and lipid profiles and body mass index. Nevertheless, HOMA-IR was associated with hsCRP levels ($r = 0.92$, $p < 0.0001$).

Conclusion: Lifestyle management is an essential aspect of IR on men's health and fertility which include, nutrition therapy, physical activity, smoking cessation. It is assumed that male infertility pathophysiology discovery should be effective in therapeutic interventions.

Key words: Infertility, Dyslipidemias, Insulin resistance, C-reactive protein.