

Androgen-Related Alopecia and Infertility: Impact of Lifestyle Modifications

Abstract

Background: Dietary changes and regular exercise are the first-line treatments for obese women with hyperandrogenism. Extreme weight and infertility all have strong correlations. Even small lifestyle adjustments can make a big difference, and in obese anovulatory women

Aim: This study was conducted to evaluate the effect of lifestyle modification intervention among hyper-androgenic infertile overweight and obese women.

Subjects and Methods: Using a purposive sample, 116 hyper-androgenic infertile overweight women were studied using a quasi-experimental research design at gynecological and infertility outpatient and inpatient clinics as well as a specialized medical center for the treatment of infertility and delayed childbearing affiliated with Beni-Suef University Hospital in Egypt. Arabic is the first tool. The Ludwig Scale, which measures female baldness, and basic sociodemographic data are included in the structured interviewing questions. (2): Characteristics of lifestyle and habits that were classified into: Part I: Information regarding eating habits Section II: Adult Physical Activity Block (PA) The predictor of physical activity was the screener.

Results: Statistically significant association between androgenic alopecia levels and lifestyle dietary habits was observed after program implementation ($p < 0.05$). 28.6% of moderate activities of the studied group have had stage III androgenic alopecia levels before intervention compared to 0% after intervention. Statistically significant association between androgenic alopecia levels and physical activity level habits was found ($p < 0.05$).

Conclusion: For obese and overweight infertile women with PCOs, lifestyle modification therapies significantly improve the levels of androgenic alopecia.

Recommendations: Maternity and gynecologic health nurses need proper knowledge and skills to help clients adjust to daily challenges, and continuous training in fertility settings is necessary to understand psychological and social impacts.

Keywords: androgenic alopecia; lifestyle; modifications; infertile women