

Hyper-Androgenic Symptoms and Infertility in Northern Upper Egypt: Impact of Lifestyle Modification

Abstract

Background: Obese women with hyperandrogenism require dietary changes and regular exercise as first-line treatments.

Aim: Study the impact of a lifestyle adjustment program on overweight and obese hyperandrogenic infertile women.

Subjects and Methods: A purposive sample of 116 hyper-androgenic infertile overweight women at gynecological/infertility clinics/specialized medical centers at Beni-Suef university hospital used a quasi-experimental research design. Tools: (1): Arabic A structured interview questionnaire contains: (a) basic sociodemographic characteristics. (b) modified Ferriman-Gallwey, Global Acne Grading System, and Ludwig Scale. (2): Lifestyle habits, and Block Adult Physical Activity Screener.

Results: After intervention, significant associations were observed between alopecia, hirsutism, and vulgaris levels and physical activity/lifestyle dietary habits among infertile overweight and obese women ($p < 0.05$). All women (100%) reported negative pregnancy tests before-intervention, while 36.2% got positive tests post-intervention. A statistically significant relationship was observed between the study and control group after lifestyle modification program implementation ($p < 0.05$).

Conclusion: Lifestyle modification significantly improves androgenic alopecia, acne vulgaris, and hirsutism levels in infertile overweight and obese women, thereby enhancing their fecundity-related decline and hyper-androgenism.

Recommendations: Nurses as counselors should provide counseling and guidance and have the responsibilities to teach among infertile overweight women lifestyle modification, as it offers a great challenge in today's world.

Kew Words: lifestyle; modification; infertile women; hyper-androgenic symptoms