

# Effect of Dietary Habit Modification on Ovulatory Features and Symptoms Experienced among Studied Infertile Overweight and Polycystic Ovary Syndrome

## Abstract:

**Background:** Miscarriage is one of the most upsetting consequences for a woman who is struggling to conceive, and sadly it appears that women with a diagnosis of PCOS are at an increased risk of miscarriage after conception. Aim: investigate the effect of dietary habit modification on ovulatory features and symptoms experienced among studied infertile overweight and polycystic ovary syndrome.

**Subjects and Methods:** A quasi-experimental design was utilized to fulfill the purpose of this study. A purposive sample of 116 women with infertility, overweight, and obese with polycystic ovary syndrome using Arabic structured interviewing questionnaire contains Data about Nutrition Habits

**Results:** 87.5% of poor nutrition habits of the study group women are duration of the menstrual cycle less than days (hypomenorrhea), before intervention, compared to 78% of good habits after intervention. 77.7% of poor nutrition habits of the study group women had long average menstrual cycle is more than 90 days (oligo amenorrhea) before intervention, compared to 83.3% of good habits, intervention.

## Conclusion:

Dietary habit modification has positive effect on ovulatory features and symptoms experienced for infertile overweight and polycystic ovary syndrome.

## Recommendations:

As an initial therapy for PCOS management, primary care clinicians should actively support lifestyle modification program as a way to improve the disease's clinical characteristics and avoid or treat metabolic problems.

**Keywords:** dietary habit modification; ovulatory features; polycystic ovary syndrome