

# Effect of Lifestyle Modifications on Fertility and Menstrual Regularity among Infertile Obese Women with Polycystic Ovarian Syndrome

## Abstract:

**Background:** Infertility was the main symptom first linked to PCOS. Later, epidemiological data revealed that PCOS is the most common cause of ovulatory problems and that oligo anovulation is linked to an increased risk of infertility. Purpose was to assess the Effect of Lifestyle Modifications on fertility and Menstrual Irregularity among Infertile Obese Women with Polycystic Ovarian Syndrome. **Design:** A quasi-experimental (study and control groups) design was utilized. Sample: A purposive sample of 115 women with infertility, overweight and obese with polycystic ovary syndrome. Settings: The study was conducted at gynecological and infertility outpatient clinics and inpatients at Beni-Suef University Hospital. Specialized medical center for infertility. **Instruments:** a structured interview questionnaire, Lifestyle and habits characteristics, the Block Adult Physical Activity (PA) Screener and Follow-up card. **Results:** The present study revealed that there were improvement in menstrual cycle irregularities, fertility and ovulation after six months of the lifestyle modification intervention. **Conclusion:** Lifestyle modifications in the form of diet and exercise should be placed as the first-line treatment for PCOS symptoms able to address clinical and metabolic characteristics. **Recommendations:** A study can be conducted to assess obstacles that affect adherence to lifestyle change program on overweight/ obese women.

**Keywords:** *infertility, life style modification, obesity, polycystic ovary syndrome (PCOS).*