

Case Study

25 year old white female with chief complaint of INFERTILITY
- previously treated for oligomenorrhea, acne, menorrhagia, cold intolerance, obesity with gradual weight gain and Polycystic Ovarian Syndrome



In September 2003, the patient was very interested in becoming pregnant. She was counseled in and utilized Basal Body Temperature charting with adjunctive use of the LH ovulation kit. She and her husband were counseled on focused sex for five days before and three days after ovulation. After more than a year and a half of unsuccessful attempts at pregnancy, the physician performed SpectraCell's micronutrient testing in June 2005. Her results returned gross deficiencies of vitamins B1 (Thiamin), B6 (Pyridoxine) and E (alpha-tocopherol). She was also grossly deficient in Zinc, Serine, Glutamine and Coenzyme Q10 in addition to revealing a Glucose-Insulin interaction consistent with insulin resistance frequently found in PCOS. Her Antioxidant Function was remarkably low at 38.1% demonstrating increased potential for oxidative damage. All of the abnormalities were present despite the patient taking excellent prenatal vitamins, fish oil, chromium and NAC. **Based upon her deficiencies found with SpectraCell's micronutrient testing, she was placed on adequate replacement for each of the gross and even the marginal deficiencies in June 2005.**

Clinical Outcome:

She and her husband subsequently became pregnant very quickly within a month and she attended her first obstetrics appointment on August 2005. She delivered a 8lb. 7oz. viable baby boy at 38 and a half weeks by vaginal delivery after being induced for mild preeclampsia.

Conclusion:

As a result of performing SpectraCell's micronutrient testing, her physician was able to identify key nutritional deficiencies in this patient which occurred despite the patient following a good diet and taking good prenatal vitamins and other nutritional supplements. Her physician safely supplemented her during her pregnancy knowing that the patient and thus the baby did in fact need these nutrients. This helped allay fears of over supplementation and facilitated optimal growth and development of what proved to become an extremely healthy and happy young male child.

Approximatley 85% of women will become pregnant within one year of trying. This young lady had been unsuccessful for 21 months before her nutritional deficiencies were identified and supplemented and then became pregnant shortly thereafter. She would have probably had to undergo fertility treatment as do many women with PCOS. The 27 year old white female with PCOS and infertility is forever grateful for the existence and utilization of SpectraCell's micronutrient testing.



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