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Enas M. Yaseen<sup>\*(1)</sup>

## Melatonin as a supplement in the treatment of old infertile women

(1) Department of Obstetric & Gynecology  
College of Medicine  
Tikrit University  
Salahaldean  
Iraq

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### ABSTRACT:

**Background** Old infertile women, poor responder and poor ovarian reserve are the main challenge to the doctors because of oxidative stress due to aging process. Many supplement of multiple vitamins, minerals, synthetic hormones, herbal medicine and biological technique such as (stem cells) were introduced as an ovarian rejuvenation in infertility treatment and assisted reproductive techniques. Melatonin is one of these supplements that participate in circadian rhythm and follicles quality.

**Patients& Methods:** 63 infertile women with ovulatory cause were taken in the study and they were divided randomly into two groups, group (1) or melatonin group, whom women use melatonin 5 mg at night, folic acid 400g, coenzyme q10 200 mg and vitamin E 800 mg daily and group (2) or control group whom patient use folic acid 400 ug, coenzyme q10 200 mg and vitamin E 800 mg daily. Both groups use their treatment for three months and follow up the patient if pregnancy occur. During follow up period pregnancy rate and pregnancy related complications were observed.

**Results:** in group (1) 13 of women (43.3%) were get pregnancy while in group (2) only 4 of them (17.6) get pregnant. Conclusion: increasing pregnancy rate in old infertile women > 35 years old after melatonin treatment with other supplements.

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\*Corresponding author E mail : [enasmahmood@tu.edu.iq](mailto:enasmahmood@tu.edu.iq)