

Accepted Manuscript

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PII: S1472-6483(17)30303-6
DOI: <http://dx.doi.org/doi: 10.1016/j.rbmo.2017.06.019>
Reference: RBMO 1775

To appear in: *Reproductive BioMedicine Online*

Received date: 21-3-2017
Revised date: 18-6-2017
Accepted date: 22-6-2017

Please cite this article as: Juan J Espinós, Ana Polo, Juan Sánchez-Hernández, Ramón Bordas, Pere Pares, Olga Martínez, Joaquim Calaf, Weight decrease improves live birth rates in obese women undergoing IVF: a pilot study, *Reproductive BioMedicine Online* (2017), <http://dx.doi.org/doi: 10.1016/j.rbmo.2017.06.019>.

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Short title: Lifestyle intervention and IVF

Weight decrease improves live birth rates in obese women undergoing IVF: a pilot study

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Key message

A diet and exercise programme can lead to a significant reduction in total weight and visceral adiposity and to more favourable IVF outcomes in obese women.

Author Biography



Juan José Espinós is coordinator of the Reproductive Endocrinology Unit of the Department of Obstetrics and Gynaecology at Hospital de la Santa Creu i Sant Pau and Professor of Universitat Autònoma de Barcelona. He is also co-founder of the interest group on Reproductive Endocrinology of the Spanish Society of Fertility and served as President of the National Spanish Fertility Society Meeting held in Barcelona in 2014. His main areas of interest are gynaecological endocrinology and lifestyle factors and reproduction.

Abstract

Obese women have lower pregnancy rates than normal-weight women undergoing assisted reproductive treatment. We conducted a pilot study to evaluate whether a 12-week diet and exercise intervention before an IVF cycle would influence pregnancy rates in obese women. Forty-one patients were enrolled in this study. They were randomly allocated to two groups: an intervention group ($n = 21$), who underwent an individualized diet and physical exercise programme supervised by a dietician, and a

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