PREMATURE OVARIAN FAILURE AND INFERTILITY. 
PREGNANCIES WITHOUT IVF/ICSI 
CASE REPORT.

Seimuska Nellija [1]

Introduction:
Premature ovarian failure (POF) affects 1% of women and is defined as the occurrence of amenorrhoea lasting more than 6 months along with high levels of gonadotropins which is observed before the age of 40. To solve infertility, donor egg is used together with man's semen. Usually POF is in 1-5% women aged 20-35, when the donor's egg psychologically is difficult to accept.

Methods:
We described two patient's clinical cases (patient A and B). Both patients were younger than 37, with proven POF - 6-8 months amenorrhoea, FSH>70 U/L, estradiol ~ 30 pg/ml, US - in the ovaries- some little follicles 2-4 mm in diameter, infertility.

Results:
Patient A, age 28. Infertility five years. Patient had anenorrhoea for 2 years, hot flushes.
Treatement:
Oral contraception with regular FSH controle. When FSH reached ~ 20 U/L on cycle days 3-5, then estrogen ( 4 mg Estradiol and Duphaston 10 mg) cyclic therapy was started.
12.07.2014 after 39 weeks of pregnancy a girl was born- weight- 3510g , Apgar scale 8/9 points.
Patient B, age 36 came in with complaints about having no menstruations for one year and infertility for three years. In analysis: positive anti ovarian antibodies.

Treatment:
Oral contraception and dexmetasone 0.5 mg every day(to block ovarian antibodies), then with Estradiol growing endometrium till 10 mm and folicules till 20 mm, Pregnyl i/m 10000 units. Pregnancy occured during second cycle.
14.08.2014 at 39th gestation week with spontaneus delivery boy 3500g, Apgare scale 9/10 was born. 
Now breastfeeding, child development normal.

Conclusion:
It is desirable to try to obtain POF patients own ovulation with medication (HRT + glucocorticosteroids), and only after failure send to IVF with donor eggs.

[1] Rigas Stradins CUH