RETROSPECTIVE EVALUATION OF PREGNANCY RATE IN SUBFERTILE COUPLES USING BILLINGS OVULATION METHOD

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ABSTRACT.
Context: The mucus symptom according to the Billings Ovulation Method (BOM) has been demonstrated to be an accurate marker of ovarian hormones pattern, both in ovulatory and anovulatory cycles. It could be a tool for achieving pregnancy in subfertile couples. Objective: We explored the usefulness of BOM in couples with male infertility factor, isolated or associated with female factor. Methods: Registration of the mucus symptom pattern, endocrine and metabolic evaluation in both partners, seminal characteristics comparing criteria of WHO 1999 and 2010. Patients: 155 couples aimed to achieve a pregnancy. Mean age was 37 for males, 34 for females. Intervention: retrospective study in couples using BOM. Main Outcome Measures: Pregnancy rate in our cohort of patients. Results: 52 out of 155 males (33.5%) showed abnormal seminal pattern according to WHO 1999 and 26 out 155 (16.8%) according to WHO 2010. They were classified as: normozoospermic (n=22), oligozoospermic (WHO 1999 n=10/WHO 2010 n=8), asthenozoospermic (WHO 1999 n=5/WHO 2010 n=8), teratozoospermic (WHO 1999 n=6/WHO 2010 n=2), oligoastenoteratozoospermic (WHO 1999 n=11/WHO 2010 n=0), oligoastenozoospermic (WHO 1999 n=10/WHO 2010 n=7), asthenoteratozoospermic (WHO 1999 n=10/WHO 2010 n=1). Female factors (ovulation disorders, unilateral tubal occlusion, endometriosis) were present in 15 out 52 (29%) of these couples with male infertility factor according WHO 1999 and 8 out 26 (30.7%) according to WHO 2010. Pregnancy was achieved in 47% of couples with WHO 1999 male infertility parameters, and 52% of couples with WHO 2010 male infertility parameters. Cycles of observations ranged from 1 to 12. Conclusions: BOM was useful to achieve pregnancy in couples with male subfertility and represents an alternative to couples who do not want or are unappropriately addressed to assisted reproduction technologies.

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