

Un timing clinico-biologique different

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Between 30 and 70% of human conceptuses are lost before implantation. Uterine, embryonic and also environmental factors have an involved on this process.

During ovarian stimulation for IVF, several of these factors are altered. It has been shown that changes in the endometrium pattern are caused by ovarian stimulation, which have been observed in histological, immunohistochemical and gene expression profile studies. Moreover, it has been observed that ovarian stimulation promotes uterine contractility. However, whether these changes impair embryo implantation remains unclear.

Ovarian stimulation induces also a dramatic increase on sex steroids during the follicular phase. Reduced implantation rates have been observed when this increase overpasses determined thresholds, due to a negative impact on embryo development and endometrial receptivity.

Due to these events, some authors have suggested a freeze-all strategy with ulterior embryo transfer in natural or artificial cycles to overcome a possible negative effect of ovarian stimulation on endometrial receptivity. However, today there is insufficient evidence to prove a benefit of moving to a freeze all general strategy, while the costs of a cycle can increase up to 30%. In anyhow, this practice could be beneficial under some particular circumstances, as elevated E2 or P4, or suboptimal embryo quality.