

## **Diminished Ovarian Reserve (DOR)**

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## Why in news?

Recently published medical Journal suggest that young women in India are experiencing a rise in diminished ovarian reserve (DOR).

- **DOR** It is a condition when a woman has fewer eggs in her ovaries compared to what is considered normal for that age group.
- It is also known as *low egg count*, can make it difficult to get pregnant.
- Women are born with all the eggs they will ever produce.
- While, with age, the number of eggs decreases, some factors lead to women having fewer eggs than they should at a particular age.
- · Causes -
  - Aging (natural decline in ovarian reserve accelerates after age 40),
  - Genetics or medical treatments like chemotherapy, surgery on ovaries,
  - Autoimmune conditions,
  - Extremely unhealthy diets with fast foods, environmental, chemical, obesity, smoking, drinking, and other lifestyle factors, etc.
- **Symptoms** Irregular menstrual cycles, difficulty conceiving, symptoms of low estrogen, vaginal dryness.
- **Diagnosis** Blood tests and transvaginal ultrasound is conducted to measure ovarian volume and count the number of follicles in ovaries.
- **Treatment** There is *no way to reverse* diminished ovarian reserve or produce more eggs, but the doctors only helps to reach pregnancy goals.
- Treatment options may include egg freezing for later use, undergoing IVF, etc.
- **Prevention** By focusing on physical exercise and healthy balanced diets, reducing the amount of fast food and ultra-processed food, go for early fertility checks, avoiding tobacco products, etc.

In urban areas, increased issues of DOR and premature ovarian

failures because the urban women get tested more frequently and seek treatment for fertility issues, whereas in **rural areas**, may remain underreported due to lack of awareness and intervention.

## **References**

- 1. The Hindu | Diminished ovarian reserve
- 2. Cleveland Clinic | Diminished ovarian reserve

