

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](#)

