



TITLE: THE ROLE OF MODERN MAYR MEDICINE IN REDUCING OBESITY AND TOXIC LEVELS OF ENDOCRINE DISRUPTORS IN A FERTILITY PRACTICE IN LAGOS

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ABSTRACT

The negative impacts that obesity and exposure to certain environmental toxins (collectively described as Endocrine Disruptors (or Endocrine Disrupting Chemicals) have on human fertility and general health are well documented. Obesity, defined by WHO as a BMI > 30Kg/M², is associated with anovulation and other menstrual irregularities, often resulting in subfecundity and infertility in both natural and assisted conception cycles. Obesity is characterized by excessive fat storage which negatively affects reproductive health, but the mechanism through which this happens is still being explored. By interfering with normal hormone and endocrine function, EDCs contribute to the development of endometriosis and polycystic ovarian syndrome. Heavy metals, particularly lead, mercury and cadmium have been associated with poor pregnancy outcomes including miscarriages, stillbirths and birth defects. This presentation describes the clinical success of Modern Mayr therapy type of detoxification in the management of both obesity and exposure to Endocrine Disrupting Chemicals (EDCs) in a fertility practice that uses detoxification as a complementary treatment.

211 patients undergoing in-vitro fertilization treatment from Jan 2016- February 2019 were referred for a supervised Modern Mayr-type of detoxification before further Assisted

Reproductive Technology (ART) treatment, having satisfied the criteria for either obesity or significant exposure to heavy EDCs or both. Fertility indices and other laboratory parameters were assessed in subsequent cycles following detoxification for comparison with previous values. The concluding data, which saw a reduction in BMI in 90% of participants and a reduction in EDC load suggests that supervised modern Mayr type of detoxification may positively impact fertility indices in infertile couples, especially those with obesity and exposure to EDCs.

BIOGRAPHY

Professor Oladapo Adenrele Ashiru's academic and professional qualifications include MBBS, MS, PhD, HCLD/CC, FASN, FNSEM, FAcadMedS, and Dip. MMM (Modern Mayr Medicine) Austria. He is the President of the Africa Reproductive Care Society Foundation and the Secretary-General of the International Federation of Fertility Societies (IFFS). Also, the President of the Academy of Medicine Specialties of Nigeria and a member of the International Federation of Obstetricians and Gynecologists (FIGO) Committee on Climate Change Toxic Environmental Exposure (C2TE2). He is also the Foundation President of the African Fertility Society. Prof Ashiru was appointed a Professor at the College of Medicine University of Lagos at 32, making him the youngest professor of Medicine in

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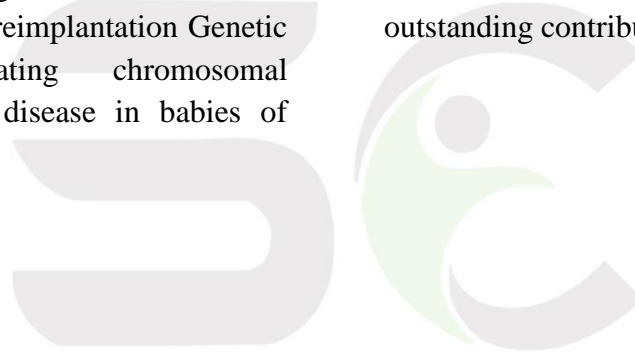


Africa to date. He was awarded Officer of the Order of the Federal Republic of Nigeria (OFR), in 2005, for his meritorious contributions to Assisted Conception and reproductive health.

He discovered and reported the follicle-stimulating hormone (FSH) positive feedback mechanism in 1979. He pioneered the technique of In-Vitro fertilization and Embryo transfer in West Africa in 1983 (experimental), 1984 (human) co-pioneer of the first test-tube baby through IVF-ET in 1989. He also pioneered the use of Preimplantation Genetic Diagnosis for eliminating chromosomal abnormalities, Sickle cell disease in babies of

sickle cell carrier couples, and family balancing. He has over 150 publications and four books.

Prof Ashiru is the CEO and Chief Medical Director of the MART Group of Health services consisting of the Medical ART (Assisted Reproductive Technology) Center, the MART Diagnostic Center, the Mart Medicare, the Mart Life Detox Clinic, and the Institute of Assisted Reproductive Technology. He has recently been selected for the 2022 Hallmark of Labour Foundation award for outstanding contribution to Medicine in Nigeria.



Presenter Name: Professor Oladapo Adenrele Ashiru

Mode of Presentation: Oral

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