

## **ACUPUNCTURE PRIOR TO TRANSFER OF EUPLOID EMBRYOS TO UTERUS AND ITS IMPACT ON IMPLANTATION RATES – A RETROSPECTIVE REVIEW**

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### **Abstract Body**

Introduction: A review of the medical literature of the use of acupuncture as an adjunct to assisted reproductive technologies (ART) is conflicting. According to ASRM, there is fair evidence that acupuncture around the time of embryo transfer does not improve live birth rates. However, a survey study conducted by Domar et al found that 47% of women utilize acupuncture in their ART cycles. Considering its widespread use, the need for more research in the area is clear. Methods: This was a retrospective review of all women who underwent frozen embryo transfer of a euploid embryo at Main Line Fertility from January 2017 through December 2018 and also received at least one treatment of acupuncture prior to transfer. The embryos were all biopsied and underwent preimplantation genetic screening through next generation sequencing technology. Only euploid embryos were transferred. The implantation rate in this cohort was then compared to the cohort of women who underwent embryo transfer of euploid embryos at the same facility over the same time period but did not receive acupuncture treatment. Results: In total, 55 women who had undergone preimplantation genetic screening for aneuploidy received acupuncture treatments. The implantation rate in this cohort was 54% (31/55). In contrast, 450 women underwent embryo transfers with euploid embryos and did not receive acupuncture treatment over this same time period. The implantation rate in this cohort was 56% (243/450). Conclusion: Consistent with the findings by ASRM regarding acupuncture and the use of ART, our study shows that acupuncture does not improve live birth rates in IVF. To my knowledge, this is the first study to include only preimplantation genetically screened embryos thus eliminating a huge variable present in previous studies.