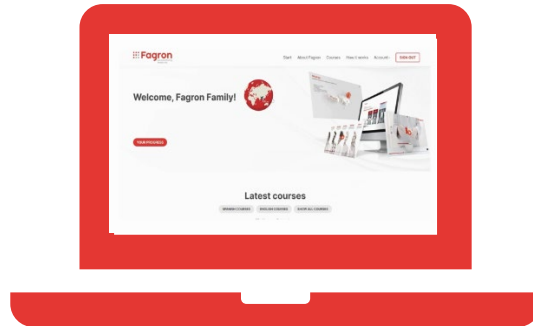


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Course contents

Infertility Assessment – Part III: Lifestyle, Nutritional, and Epigenetic Considerations

In the third and final part of the Infertility Assessment series, Dr. Melina Stasinou addresses the often-overlooked but critical role of lifestyle, nutrition, and epigenetics in reproductive health. The course explores modifiable risk factors such as BMI, sleep, stress, environmental exposures, and endocrine disruptors, along with their impact on both male and female fertility. A major focus is placed on methylation and the MTHFR gene mutation, explaining how nutrient deficiencies, chronic stress, and poor diet can affect gametogenesis and embryo development. Supplement recommendations, dietary strategies, and case-based clinical insights are shared to support a holistic and evidence-informed approach to improving fertility outcomes.

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