



April 18, 2017 – Grand Rapids, MI

How Your Microbiome Affects Infertility

Many couples struggle with infertility; they want to start a family but time passes with no results. This week, I'll cover three recent studies that examine some factors that may affect fertility.

Researchers tested the fluids from the cervical-vaginal area in 96 subjects to examine the microbiome: were there any differences in the microbes in these women when compared to an established database of microbes typically found in that area? They found differences in the quantities of several bacteria. The researchers commented that the pattern of the microbiome was similar to women with bacterial vaginosis; it didn't mean they had the condition, simply that there was a similar pattern in the microbiome. The researchers concluded that testing techniques could be developed along with treatment specific to the microbiome that could help infertility.



In this case, the researchers provided more questions and areas for further research. Where's the solution? What can we do now? Ask yourself this: what makes the microbiome healthy in general? Without question, one of the primary ways is through diet. Eating vegetables, yogurt, and fermented foods contributes to a healthy microbiome.

What are you prepared to do today?

Dr. Chet

Reference: J Cell Physiol. 2017 Jul;232(7):1681-1688. doi: 10.1002/jcp.25806.

WGVU FM 88.5/95.3 **npr** **Straight Talk on Health**

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* Sunday at 7:30 a.m. and 6 p.m. in the Eastern Time Zone on WGVU-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org/wgvunews and clicking on "Listen Live" at the top.

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

Subscribe to the Message from Dr. Chet at DrChet.com — © Chet Zelasko PhD LLC