



ROCKY MOUNTAIN FERTILITY CENTER  
9235 CROWN CREST BLVD. SUITE 250  
PARKER, COLORADO 80138  
303-999-3877

### *Improving Diminished Ovarian Reserve*

1. **Start DHEA (*Dehydroepiandrosterone*)**. Take one, 75 mg tablet once a day. Your prescription will be sent to Pencil Pharmacy or The Medicine Shoppe. DHEA is a weak androgen (testosterone like substance). It has been reported in several research studies to improve pregnancy rates in patients who have poor egg quality. DHEA is used for patients who have decreased ovarian reserve (low AMH) and/or elevated FSH levels. DHEA can also be used when a patient has a decrease number of follicles at a baseline ultrasound (antral follicle count).

- DHEA at Pencil Pharmacy will be shipped  
Address: 1325 South Colorado Blvd. Suite B-024 Denver, CO. 80222  
Please give them a call at (303) 388-3613 to setup delivery.
- North/South Dakota patients will have their prescription sent to The Medicine Shoppe in Rapid City. Please call them to see if your prescription is ready (605-348-6305).
- If you start having problems with acne, increased hair growth, deepening of the voice, adjustment of dosing may be necessary. Please call if you have these side effects.

2. **Start taking COQ 10 (*Ubiquinol*)**. Coenzyme 10 is a natural antioxidant synthesized by the body, found in many foods, and available as a supplement. It comes in two forms: ubiquinol (the active antioxidant form), and ubiquinone (the oxidized form) which the body partially converts to ubiquinol. We recommend you take the Ubiquinol form. Take 100 mg three times a day with meals. COQ10 can be purchased without a prescription at your local drug or health food store.

3. **Start Acai Berry Supplement**. Take 1,000 mg twice a day. There is promising research showing this can help improve ovarian function.

4. **Begin acupuncture** with an acupuncturist who is specialized in the field of infertility (please see our acupuncture list). Acupuncture involves the painless insertion of ultra-thin needles into specific points on the body that may help trigger healthier fertility, increase blood flow to reproductive organs, and improve hormone levels. When we look at the data, women who receive acupuncture in conjunction with fertility treatment have better outcomes than those who do not so we strongly encourage it.

5. Follow **The Fertility Diet**. Details of how to follow this diet can be found in "The Fertility Diet" book by Jorge E. Chavarro, MD, ScD and Walter C. Willett, MD, RdPH. You can order the book online.