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## TITLE

### **CERVICAL MUCUS SYMPTOM AS A FERTILITY INDEX FOR ACHIEVING PREGNANCY**

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## ABSTRACT

**Context:** Prevalence of couple Infertility is growing, mainly due to worsening of male fertility indexes and female delayed search for pregnancy, causing an inappropriate use of assisted reproduction techniques.

**Objective:** To evaluate the effectiveness of a natural approach for achieving pregnancy based on cervical mucus symptom, according to the Billings Ovulation Method (BOM).

**Methods:** Use of a Database of MOB users of our Center of Natural Fertility Regulation (NFR) in the context of a trial promoted by the Italian Confederation of NFR Centers.

**Patients:** 155 couples aimed to achieve pregnancy.

**Intervention:** Comparison of results obtained from two groups of couples distinguished according to the presence (group A) or absence (group B) of risk factors, as: women age > 35 ys, previous pregnancy search time >12 months, BMI >30 Kg/mq, pathologies affecting female fertility, altered semen parameters evaluated according to WHO 1999 and 2010.

**Main outcome measures:** percentage of pregnancies obtained in the two groups.

**Results:** Among 155 couples, 117 were included in group A, 38 in group B. Pregnancy was obtained in 71% of couples (63% of group A and 95% of group B). Cumulative pregnancies rate was 83% within the sixth cycle of BOM use and 99% within the 12th one. Conception probability on the “peak” day of the mucus symptom was 24.6% in the overall sample, 17.2% in group A and 58.8% in group B.

**Conclusions:** BOM efficacy in achieving pregnancy was relevant both for couples, with and without risk factors, even in the presence of pathologies in one or both partners. Due to the high probability of conception on the “peak” day and the elevated percentage of pregnancies within the 6th cycle, MOB appears to be useful for establishing an appropriate timing for starting diagnostic protocols even in absence of risk factors for infertility.

## INSTITUTE

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