



Can Tailored LH-control Strategies Overcome Repeated IVF Failures in High LH Patients?

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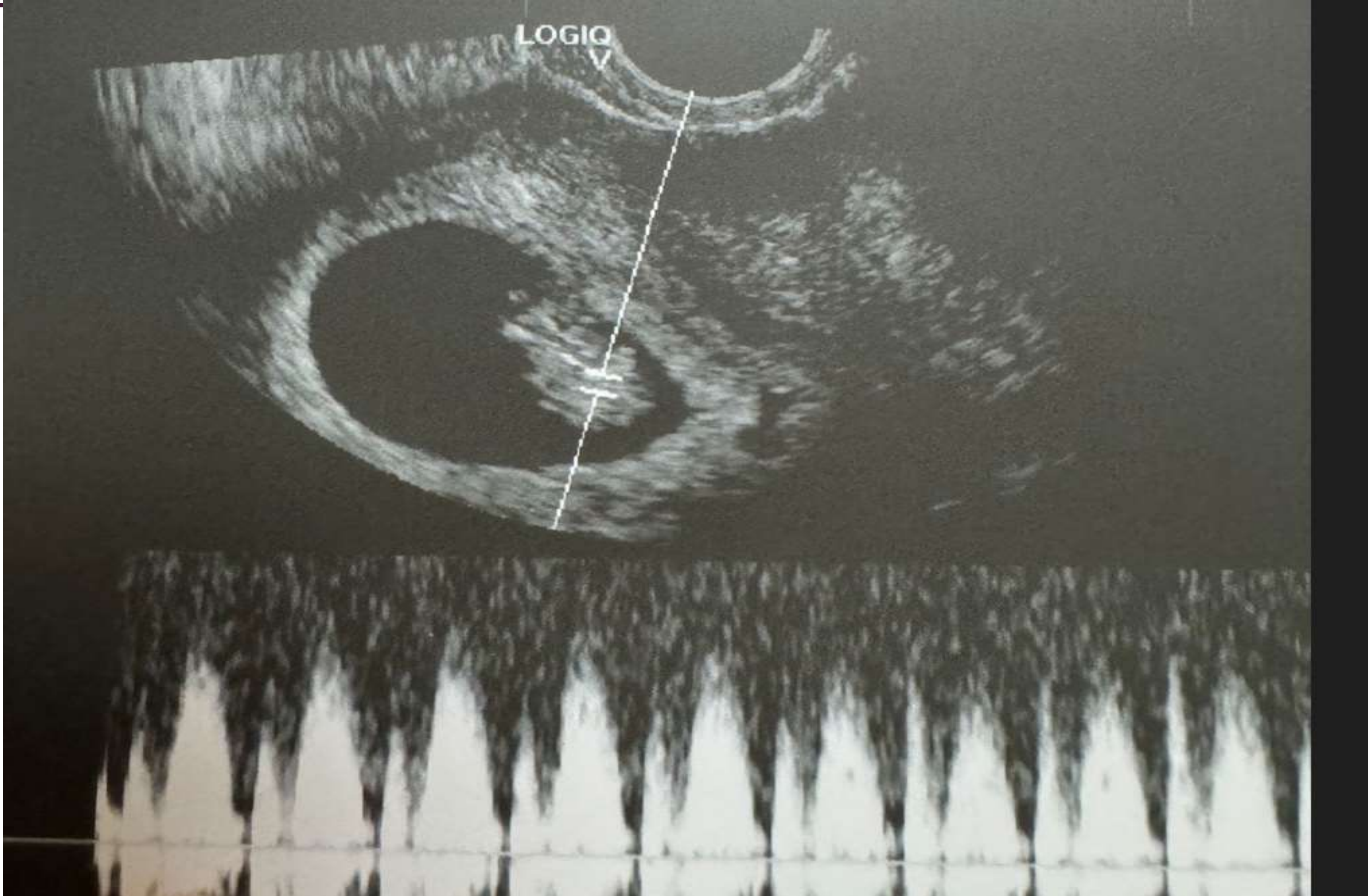
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INTRODUCTION/BACKGROUND
This case series highlights the impact of individualized ovarian stimulation protocols in patients with elevated baseline luteinizing hormone (LH) levels and multiple IVF failures. The study emphasizes the importance of dynamic LH monitoring and tailored dydrogesterone dosing to optimize follicular development, oocyte quality, and blastulation rates in patients with normal or high ovarian reserve.

OBJECTIVES/AIMS
Three patients with high baseline LH levels (8–19 mIU/mL) and normal or high ovarian reserve underwent multiple failed IVF attempts, characterized by low oocyte yield and failed blastulation. LH levels were monitored on the first day of stimulation and every third day thereafter, with dydrogesterone doses adjusted accordingly. The duration of stimulation ranged from 13 to 17 days. LH spikes were not observed; however, when LH fell below 1 mIU/mL, LH-containing gonadotropins were introduced to prevent over-suppression.

RESULTS
This case series highlights the clinical significance of dynamic LH monitoring and personalized ovarian stimulation. The findings suggest that excessive LH suppression (<1 mIU/mL) may impair follicular development, while maintaining levels within an optimal range (1–5 mIU/mL) can enhance oocyte maturation and embryo quality. A dose-dependent effect of dydrogesterone was observed, demonstrating its potential in precise hormonal control.

CONCLUSIONS
Patients with elevated baseline LH and repeated IVF failures may benefit from personalized stimulation protocols incorporating meticulous LH monitoring and individualized progestin dosing. Strengthening pituitary suppression without excessive LH reduction can significantly improve oocyte yield and blastulation rates. Further research is needed to establish standardized protocols and explore the long-term outcomes of this approach in broader patient populations.



Pelvic Ultrasound proving the successful adhesion and implantation of the chorion, and visualising uterine pregnancy of 7-8 gestational weeks



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