

High prolactin levels:

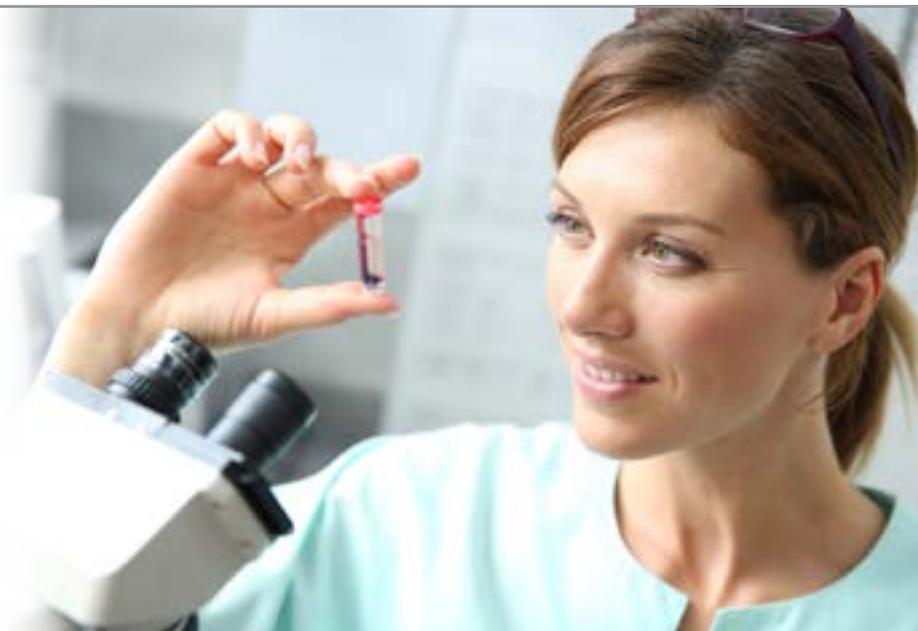
a common cause of infertility

There is a common cause of infertility in women: an excess of a particular hormone, called prolactin, which is responsible for about 20% of female infertility and which can be treated effectively and quite simply.

Prolactin is a hormone secreted by the pituitary gland in both men and women. It is known for its key role in the initiation and maintenance of lactation and the growth of the mammary glands. It also acts on the secretion of progesterone in women and testosterone in men and plays a role in the functioning of the libido. If there is an excessive secretion of prolactin, it is called hyperprolactinemia.

Which are the normal prolactin levels?

The results of prolactin levels vary from laboratory to laboratory, but in general the normal level is between 5 and 20 ng/mL, and it can reach 250 ng/mL in late pregnancy. Although standards vary from laboratory to laboratory, it is between 1 and 15 nanograms/mL after the menopause.



The reference values with another measurement unit are 100 to 500 mIU/l in women, and 85 to 325 mIU/l in men. The pathological threshold is 900 mIU/l. Sometimes the test is repeated to confirm the result in an experienced laboratory.

What is the cause of this pituitary gland disorder?

There are several causes. There may be a small, benign tumor called a pituitary adenoma. In the past, it was treated by surgery through the nose, in fact by going behind the nasal cavity without opening the skull, under visual control thanks to a binocular magnifying glass.

Read the rest of the article:

<https://medimall.gr/high-prolactin-levels-a-common-cause-of-infertility/>



The playpen: playground and safety for small children

Provide safety for your child by using the playpen to protect your little one from harm. The barrier is perfectly suitable for securing danger spots. Thus, you will be able to easily manage any critical situation. For example, you can put your child into the playpen when you are cooking. This way you can always keep an eye on your child and are nonetheless able to do something else. Besides even older children like to use this playpen with its specific design: they just creatively integrate it into their play!

https://www.ma-trading.eu/en/baby-vivo-playpen-made-of-plastic-with-door_98748246_2079/



Learning how to Meditate:

a guide for beginners

Meditation is an ancient method of relaxation through mindfulness and concentration. What is the point of meditation? Meditation allows you to reconnect your mind and body to the present moment and thus improve the perception of yourself and your environment.

What is mindfulness meditation?

Pause everything. Close your eyes. Observe what is going on inside you. Feel your own breathing, your body sensations, the flow of thoughts. Understand what surrounds you: the sounds, the odors, etc. Simply try being present and observe.

Read the rest of the article:

<https://medimall.gr/learning-how-to-meditate-a-guide-for-beginners/>



Ovulation:

the best timing for fertility!

It is important for a woman to know that her ovulation corresponds to the phase of expulsion of the oocyte (egg) from the ovary, ready to be fertilized by a spermatozoon and finally give birth to an embryo.

A girl is born with 500,000 oocytes distributed in her two ovaries, most of which will disappear. Only 450 oocytes will mature and be expelled. After the age of 40, this reserve of oocytes decreases. Ovulation is a continuous normal process that begins at puberty and ends at the menopause, when the activity of the ovaries ceases and the woman no longer ovulates or menstruates.

Read the rest of the article:

<https://medimall.gr/ovulation-the-best-timing-for-fertility/>



IVF: how to increase your chances of success



There are many factors that could lead your IVF attempt to a successful pregnancy. Our tips will help you increase your chances of getting pregnant.

Before and after IVF

Adopt a healthy lifestyle

- A balanced diet, enough sleep, physical activity, quit smoking and alcohol, and reducing stress are some healthy habits that you should practice every day. Also avoid smoking areas, as passive smoking is also harmful to your health.
- Choose food supplements that will help your body prepare for pregnancy. Folic acid, vitamin D, omega-3, vitamins B6 and B12

will help you get pregnant easier, prepare your body for pregnancy, and boost the development of your baby.

- Follow closely the medical and pharmaceutical advice for your treatment.
- Pay attention to your treatment protocol, trying to take your medication at the same time every day. In the case of vaginal suppositories, it is recommended that you lie to bed for 15-20 minutes after inserting them for the best possible absorption.

Read the rest of the article:

<https://medimall.gr/ivf-how-to-increase-your-chances-of-success/>