

EVALUATION OF PROLACTIN CHANGES DURING ICSI FRESH CYCLE AS A MARKER OF PREGNANCY

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ABSTRACT

Introduction: Prolactin (PRL) may be pituitary or extra-pituitary. Pituitary PRL secretion pulses. The pituitary releases prolactin every day. Prolactin (PRL) levels during in vitro fertilisation (ICSI) infertility therapy are being examined as a predictor of success. **Method:** An observational cross-sectional research analysed 69 fresh embryo transfer ICSI cycles in academic and private infertility clinics. On day 2, day 0 (oocyte pick up), and day 9, hormones were tested (oocyte retrieval). Pregnancy rate and hormones on days 0 and 9 were compared. **Results:** pregnancy rate 22% (n=15), mean serum PRL on day 9 post-oocyte pick up 52.55± 23.54 in pregnant women, not significantly higher than the mean of 45.05± 28.33 in sterile women (p-value 0.352). After controlling for baseline S. PRL estimated mean = 78.35, end line readings after 9 days were not statistically significant (p-value = 0.349). FFPRL on D0 as a screening test for pregnancy after ICSI may consistently distinguish between those who succeeded and those who failed (total area under the curve =0.667, P-value =0.5; at the cutoff point of FFPRL level=30 and above, sensitivity=0.667 and specificity=0.685). **Conclusion:** FF PRL on pick-up day (D0) may screen for pregnancy following ICSI. It reliably predicts pregnancy, which is helpful for physicians and patients during the anxious wait for confirmation, which is also affected by psychological variables and limiting activity.

KEYWORDS: Follicular, prolactin, pick up day, pregnancy rate.

INTRODUCTION

Origins of PRL might be extra-pituitary or pituitary.^[1] There is pulsatile pituitary PRL secretion. There is a specific daily cycle in the pituitary gland's prolactin production.^[2] Pituitary and extra pituitary PRL have same structural properties. It is composed of the ovaries, uterus, endometrium, breast, prostate, lymphocytes, hemopoietin cells, adipose tissue, skin, thymus, lymphatic system, endothelium, and brain.^[1,3] A rising amount of evidence supports the pleiotropic role of prolactin in reproduction, development, metabolism, electrolyte transport, behaviour, immunology, and cancer.^[4] Prior study has shown that follicular fluid prolactin is not produced locally, but rather originates in the pituitary gland, passively diffuses into the ovary from the circulation, and is regulated by oestrogen.^[5] According to more recent study, the ovary may be an extra-pituitary source of prolactin secretion.^[6] In addition to the pituitary gland, prolactin gene expression has been detected in the endometrium, T-lymphocytes, brain, skin,

breast, follicular fluid, ovarian follicular cells, and amniotic fluid. While the pituitary is the principal source of circulating prolactin, the precise role of extra-pituitary prolactin remains uncertain.^[7] PRL has a role in the development of follicles and the maintenance of the corpus luteum.^[8] as well as in mammogenesis, lactogenesis, and galactopoiesis, as part of its reproductive function. Moreover, PRL helps to oogenesis and implantation success.^[8] Through decreasing kisspeptins, elevated PRL levels inhibit the production of ovarian oestrogens, progesterone, the LH pulse, and GnRH.^[9,10] In the human ovary, hyperprolactinemia inhibits granulosa cell luteinization, steroidogenesis, and corpus luteum development.^[11,12] For optimal reproductive outcomes, it may be necessary to maintain a certain amount of circulating prolactin. Throughout the menstrual cycle, prolactin levels changed, giving evidence for its function in a range of reproductive activities. During controlled ovarian stimulation (COS) for assisted reproductive technology, a particular serum

prolactin level dynamics, characterised by transient hyperprolactinemia, has also been identified.^[13,14] In addition, accumulating evidence indicates that prolactin directly influences the activity of granulosa cells,^[13] and inhibits the action of gonadotropin in the ovary.^[14,23] In granulosa cells, prolactin stimulates progesterone synthesis and inhibits estradiol production.^[18,20] by activating several signalling pathways.^[21] Reduced aromatase activity is the mechanism through which high prolactin inhibits follicle-stimulating hormone (FSH)-induced estradiol production in preovulatory follicles, according to research.^[22,23] In a hyperstimulated cycle, midluteal phase PRL levels are considerably higher than preovulatory phase levels.^[24] The purpose of this research is to evaluate if prolactin (PRL) level changes throughout cycles of in vitro fertilisation (ICSI) infertility treatment may be used as a predictor of success.

METHOD

The Fertility Clinic at Al-Sadr Teaching Hospital in Baghdad, Al Najaf city, and the High Institute for Infertility Diagnosis and Assisted Reproductive Technologies / Al-Nahrain University performed this cross-sectional observational research between October 2020 and September 2021. The Arab Faculty for Medical Specialization approved the research. This study comprised 115 ICSI patients and 29 who had their treatments terminated because they failed to complete all tests or produce an oocyte or embryo. 18 patients shifted from a fresh cycle to a segmented one because to moderate or severe OHSS or trigger day progesterone levels over 1.5 ng/mL. After echographic and hormonal confirmation of ovarian stimulation conditions (no endometrial or ovarian pathologies), controlled hyperstimulation cycles were started on days 2 or 3 of the cycle using a recombinant follicular inducer (rFSH: Gonol F, Follitrope) with or without human menopausal gonadotropins (HMG: Menagon, menopure). Once ultrasonography showed follicles larger than 13 mm, patients began an antagonist (cetorelix acetate-Cetrotide). Serial transvaginal pelvic ultrasonography tracked follicle growth. Following two or more 18-mm follicles, alter the stimulation dosage. Ovitrelle or an agonist (Treptoreline-Decapeptyl) should be given at that

stage. Follicle aspiration was performed transvaginally with ultrasound monitoring 36 hours after the trigger under general anaesthesia. ICSI and sperm collection and processing were completed on the same day. Two or three days following ova collection, abdominal ultrasonography implanted embryos. P pessaries at 200 or 400 mg and intramuscular P injections every 3–4 days until a pregnancy test are indicated. Serum BHCG tests 16 days post-pickup confirmed pregnancy. PRL radioimmunoassays measured blood hormone levels (nanograms per millilitre are the unit of measurement). Four samples were obtained on day 2, day 0, and day 9 in the morning. For consistency, most of our samples go to the same clinical lab. A statistical analysis was done using SPSS-27 (Statistical Packages for Social Sciences-version 24). Graphs were used to display descriptive statistics like frequency, percentage, mean, and standard deviation. On the ninth day of work, the Students t-test and ANCOVA, a technique between ANOVA and regression analysis, were employed to examine the significance of differences between quantitative variables' means (quantitative data). Receiver Operating Characteristic The "ROC" curve approach was used to examine any parameter as a diagnostic or screening tool for illness and establish the "cut-off value" with the optimum sensitivity and specificity. After tweaking day zero variables, this was done. AUC explains the ROCS region: "Good": 0.8, "Good": 0.7, "Perfect": 0.9 "Fair" Poorly Poorly Failure Pearson correlation was used to evaluate numerical data correlations. A P-value of 0.05 or less was utilised to determine significance.

RESULTS

54 (78%) of the 69 infertile couples in the research did not conceive, whereas 15 (22%) of them did. On day 9 post-oocyte pick up, the mean serum PRL in pregnant women was 52.55+- 23.54, which is not substantially higher than the mean of 45.05+- 28.33 in sterile women (p-value 0.352). The results show that even after accounting for baseline readings of S. PRL estimated mean = 78.35, the differences between end line readings after 9 days were not statistically significant (p-value = 0.349), indicating that the starting serum PRL level (pick up day: day 0) had no effect on the 9th day post-collection serum level. (Table 1)

Table 1: Difference between means of serum Prolactin levels after 9 days of OPU after adjustment of baseline readings according to ANCOVA test.

Pregnancy	Estimated Serum Progesterone					P value
	Starting mean	9 th day mean		95% Confidence Interval		
		Mean	Std.error	Lower Bound	Upper Bound	
Not pregnant	78.35	45.023 ^a	3.761	37.514	52.532	0.349
Pregnant		52.663 ^a	7.161	38.365	66.961	

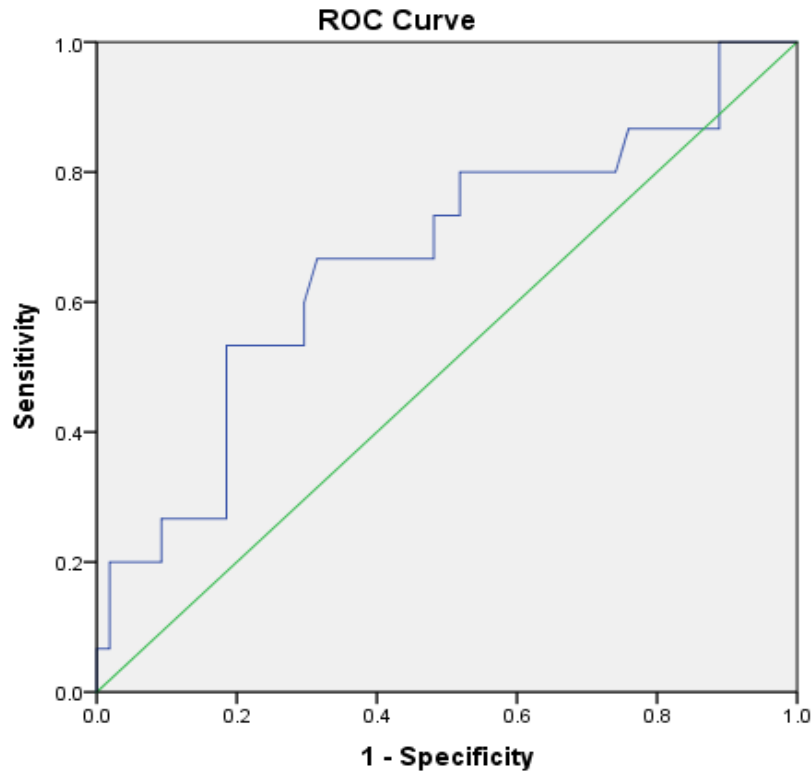


Figure 1 ROC curve for analysis of OPUD FF prl level.

Table 2: Area Under the Curve according which one can differentiate correctly between those who are pregnant and who are not depending on OPUD prl FF.

Test Result Variable(s): OPUD.prlFF				
Area	Std. Error ^a	Asymptotic Sig. ^b	Asymptotic 95% Confidence Interval	
			Lower Bound	Upper Bound
.667	.084	.050	.502	.831

Coordinates of the Curve		
Test Result Variable(s): OPUD.prlFF		
Positive if Greater Than or Equal To ^a	Sensitivity	1 - Specificity
4.9750	1.000	.889
7.9000	.933	.889
10.9500	.867	.889
12.2000	.867	.870
22.8000	.800	.519
30.0000	.667	.315
32.4450	.600	.296
34.8450	.533	.296
39.3250	.533	.204
47.2000	.267	.130
49.4450	.267	.111

Roc curve in Fig.1 and table 2: show that FFPRL on D0 as a screening test to determine the likelihood of becoming pregnant after ICSI can accurately distinguish between those who succeeded and those who failed (total area under the curve =0.667, P-value =0.5); at the cutoff point of FFPRL level=30 and above, sensitivity=0.667 and specificity =0.685.

Table 4: Correlation between measured numerical variables.

		CD2E2	PrIFFDO	PrISd0	PrISD9	M2	TNO	G1	SD	AMH	Mage	NET
TDE2	r	.096	.157	.086	-.160-	.572**	.660**	.106	.053	.359**	-.223	.117
	pv	.433	.197	.484	.190	.000	.000	.386	.663	.002	.065	.337
CD2E2	r		.051	-.089-	-.219-	-.072	.058	-.034	.007	.045	-.004	.133
	pv		.678	.466	.071	.558	.639	.779	.957	.715	.973	.277
PRLFF	r			.138	.040	.197	.236	.272*	.155	.102-	-.094	.186
	pv			.259	.743	.105	.051	.024	.203	.406	.444	.127
PRLSD0	r				.007	.007	.040	-.288	.044	-.092-	-.074	-.283
	pv				.956	.955	.746	.016	.720	.452	.547	.018
PRLSD9	r					-.013	.026	.278*	.103	.021	-.017	.232
	pv					.914	.832	.021	.399	.862	.890	.055
M2	r							.835**	.281*	-.079	.324	-.213
	pv							.000	.019	.521	.007	.079
TNO	r								.235	.007	.447	-.299
	pv								.052	.953	.000	.013
G1	r									.048	.087	-.002
	Pv									.692	.477	.990
SD	r										-.067	.027
	pv										.586	.823
AMH	r											-.302
	pv											.012
Mage	r											
	pv											

M2=Mature Oocyte.G1=Grade1 embryo.SD=Stimulation duration.NTO=number of total oocytes .NET=Transferred embryoETD=Embryo transfer day

Weak correlation r=<0.3, intermediate correlation r=0.3-0.6, strong correlation r=>0.6

PV<0.05 significant correlation, PV<0.01 highly significant correlation

Table 4: It shows that Significant positive correlation were noticed between Trigger day E2 level (TDE2) and getting Mature oocyte (MII) (r=0.572, pv=0.01), Total number of oocytes (TNO)(r=0.660, pv=0.001),and AMH (r=0.359,pv=0.002). Significant negative correlation was found between TNO and Maternal age (M. age) (r=-0.299, pv=0.13), and between M. age and AMH (r=0.302, pv=0.012). Significant positive correlation was noticed between FFPRL and G1(r=0.272, pv=0.024). Significant negative correlation was noticed between serum OPUPRL and G1(r=0.288, m pv=0.016). Significant positive correlation was noticed between D9 SPRL and G1(r=0.278, pv=0.21).

DISCUSSION

The use of IVF provides the ideal opportunity to contrast the potential effects of PRL and gonadotropin suppression on reproduction.^[1] So, maintaining a certain amount of circulating prolactin may be necessary for the best reproductive outcomes.^[13] The timing of blastocyst competence and uterine receptivity, sometimes referred to as the "window of implantation," is an important factor in implantation. Many elements have been shown to obstruct this sensitive, closely regulated process.^[6] The majority of ART procedures include giving the patient hormones in an effort to boost the ovary's follicle count. Yet, regardless of the quality of the embryo, these hormonal effects on the endometrium vary dramatically from those of typical cycles and may alter the "window

of implantation," making pregnancy more difficult.^[25] One of the additional effects of PRL (2000) Binart is the ovaries' synthesis of progesterone.^[26] The idea that prolactin could be involved in the implantation process stemmed from the fact that it can impact both the uterus and the blastocyst.^[6] The success rate of our trial, which included 69 women aged 20 to 46, was 22%. IVF cycles in the US had an average success rate of 20–35%, with the greatest success rates circling around 40%, according to the National Infertility Association, which is consistent with the fact that the majority of our patients were older. With the first IVF round, women between the ages of 40 and 42 had a 12% live birth rate (Honor et al).^[27] In our research, we measured blood prolactin hormone early in the follicular phase (cd2), in the follicular follicle, and at the day of the midfollicular phase's opening addition (D9 of opu.). Our research, which is consistent with Paulina A. et al. (2018), revealed no relationship between the hormone level tested on day 9 after opu with endometrial receptivity or success in predicting pregnancy.^[28] but not with Ozaki et alresearch 's (2001).^[29] discovered that individuals who had miscarriage had considerably lower prolactin levels. According to our research, pregnancy and FF prolactin levels at opu day are strongly correlated. The authors' contradictory study found no association between follicular fluid prolactin levels and IVF success.^[30] Patients with or without transient hyperprolactinemia had similar numbers of oocytes and pregnancy rates during gonadotropin-stimulated IVF cycles, according to

Hofmann *et al.*^[31] According to Lee *et al.*^[32] unfertilized oocytes exhibited higher amounts of prolactin in their follicular fluid, while Reinthaller *et al.* showed that prolactin levels in follicular fluid dropped as follicular maturation advanced.^[33] Forman *et al.* also found no association between greater plasma or follicular fluid prolactin levels and the development of oocytes or embryos or the incidence of pregnancy in individuals undergoing ovarian stimulation for IVF.^[34] These findings concerning S prolactin at OP day are supported by these data, but not those about FF prolactin from our investigations. According to our research, robust embryos quality is related with high serum and follicular PRL on OPU day and even in the ninth day after pick-up (grad1; G1). In a small study of couples receiving ICSI for male factor infertility, it was discovered that the levels of prolactin, progesterone, growth hormone, interleukin-1 (IL-1), and tumour necrosis factor were higher in follicles producing oocytes that subsequently fertilised compared to those of oocytes that failed to fertilise.^[35] Gonen *et al.* study's showed no variations in the quantity of oocytes recovered or fertilisation rates based on prolactin levels assessed the day after HCG injection.^[36] Nonetheless, some studies showed that transient hyperprolactinemia can have a deleterious influence on follicular or oocyte development.^[37,38] Reinthaller *et al.* found that following gonadotropin stimulation, patients with transitory hyperprolactinemia had a lower fertilisation rate than those with low prolactin levels.^[38]

CONCLUSION

For the purpose of estimating the likelihood of pregnancy after ICSI, FF PRL on the day of retrieval (D0) may be utilised as a screening test. This test can reliably determine whether a woman will become pregnant or not, which is extremely helpful for both doctors and patients during the time leading up to the confirmation date. During this time, which is marked by high levels of stress, the psychosocial effects of medication, and restricted activity, patients are often under a lot of stress.

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