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SPIRONOLACTONE USE AND OOCYTE MATURATION IN PATIENTS UNDERGOING OOCYTE CRYOPRESERVATION

Caroline Gellman, MD1, Samantha Lauren Estevez, M.D.1, Bethany Dubois, MD1, Atoosa Ghofranian, MD1, Shawn Kripalani, MD, MS1, Morgan Baird, MPH2, Joseph Lee, BA2, Alan B Copperman, M.D.3 and Kimberley A. Thornton, M.D.2, (1)Icahn School of Medicine at Mount Sinai, New York, NY, (2)Reproductive Medicine Associates of New York, New York, NY, (3)Icahn School of Medicine at Mount Sinai/Reproductive Medicine Associates of New York, New York, NY

Title:
SPIRONOLACTONE USE AND OOCYTE MATURATION IN PATIENTS UNDERGOING OOCYTE CRYOPRESERVATION

Submitter's E-mail Address:
caroline.gellman@mountsinai.org

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Infertility

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Abstract Text:

**OBJECTIVE:** Spironolactone is a pregnancy Category C drug often prescribed to reproductive age women to treat acne and hyperandrogenism. Recommendations are split between continuing or discontinuing spironolactone prior to controlled ovarian hyperstimulation (COH) due to the possibility of non-specific binding of progesterone and androgen receptors. This study aims to evaluate the relationship between spironolactone and oocyte maturation in patients undergoing oocyte cryopreservation.

**MATERIALS AND METHODS:** This retrospective cohort study evaluated oocyte yield and maturation rates in patients with prior spironolactone use who underwent COH for oocyte cryopreservation at a single academic fertility center between 2011 and 2022. Exclusion criteria included a history of ovarian pathology, ovarian surgery, chemotherapy or radiation, and gender affirming testosterone therapy. Patients who continued spironolactone during COH were compared with patients who discontinued use and with a control group of spironolactone-naïve patients matched by age, body mass index (BMI), and anti-Müllerian hormone (AMH) levels. Secondary outcomes included the assessment of the effect of duration and dosage of spironolactone on oocyte cryopreservation outcomes. Statistical analysis was performed using a Wilcoxon Rank Sum test to compare nonparametric values and the Welch’s t test for parametric values. A p-value < 0.05 was considered significant.

**RESULTS:** 161 patients reported spironolactone use. 105 patients continued treatment during their COH cycles, and 56 patients discontinued use prior to cycle initiation. Patients who continued spironolactone were matched with 315 controls without prior spironolactone use. Comparing patients who continued spironolactone to controls, there was no difference in the median (interquartile range) number of oocytes retrieved (15 (13) v. 16.5 (9.2), p = 0.9) or mature oocytes vitrified (13 (10) v. 12 (11), p=0.4). There was no difference between patients who continued and discontinued spironolactone in the median number of oocytes retrieved (15 (13) v. 16.5 (9.2), p=0.9) or mature oocytes vitrified (13 (10) v. 12 (7.2), p=0.5). There was no difference in the dose of spironolactone between the subcohorts that continued versus discontinued use, with a median daily dose of 100mg (p=0.4) for both groups. There was a nonsignificant association between dose of spironolactone and number of oocytes that were cryopreserved with $R^2=0.029$, $p=0.15$. Finally, there was no difference in peak estradiol or progesterone when comparing controls with the subcohorts with prior spironolactone use ($p > 0.05$ for all comparators).

**CONCLUSIONS:** There was no significant difference in oocyte yield and maturation rates between patients who continued spironolactone, patients who discontinued prior to cycle initiation, and patients with no prior use of spironolactone. This study suggests that patients may opt to continue spironolactone while undergoing oocyte cryopreservation.

**IMPACT STATEMENT:** Patients can be reassured that the continued use of spironolactone while undergoing oocyte cryopreservation will not adversely impact oocyte yield and maturation.

First Presenting Author

Presenting Author

Caroline Gellman, MD
Email: caroline.gellman@mountsinai.org -- Will not be published

Icahn School of Medicine at Mount Sinai
Obstetrics, Gynecology, and Reproductive Science
1176 Fifth Ave, Klingenstein Pavilion
New York NY 10029
USA

Within the past 2 years, have you or your spouse/partner had any potential COI?
No - disclosing all COI
Signature: Caroline N Gellman

CV Upload:

Second Author

Samantha Lauren Estevez, M.D.
Email: sestevez10@gmail.com -- Will not be published

Icahn School of Medicine at Mount Sinai
Obstetrics, Gynecology, and Reproductive Science
Fellow
1176 Fifth Ave, Klingenstein Pavilion
New York NY 10029
USA

Biographical Sketch Dr. Samantha Estevez is a fellow in Reproductive Endocrinology and Infertility at the Icahn School of Medicine at Mount Sinai in New York City and Reproductive Medicine Associates of New York. Dr. Estevez earned her Bachelor of Arts in History and Women’s Studies at the University of North Carolina at Chapel Hill where she graduated summa cum laude and with her honor’s thesis in Japanese history. She completed her medical school education at the Northwestern University Feinberg School of Medicine in Chicago and her residency in Obstetrics and Gynecology at the Donald and Barbara Zucker School of Medicine at Hofstra Northwell in New York. Throughout her medical training, Dr. Estevez has received numerous awards, including Northwestern’s Global Health Initiative Scholarship, the Northwell Health Culture of Care in Action Award, and induction into the Gold Humanism Honors Society. As a resident, Dr. Estevez was the Chief Resident of Research and a member of the residency interview committee. She has authored numerous articles in peer-reviewed journals and presented at several prestigious conferences, including the American Society for Reproductive Medicine Annual Meeting, the American College of Obstetricians and Gynecologists Annual Meeting, and the World Professional Association for Transgender Health Annual Scientific Symposium. Her research and clinical interests include LGBTQIA+ fertility, access to care for underrepresented minorities, reducing health disparities, and fertility preservation.

Within the past 2 years, have you or your spouse/partner had any potential COI?
No - disclosing all COI
Signature: Samantha L Estevez
- 2022-02-15 19:09:44
Third Author

Bethany Dubois, MD  
**Email:** bethany.dubois@icahn.mssm.edu -- Will not be published

Icahn School of Medicine at Mount Sinai  
Obstetrics, Gynecology, and Reproductive Science  
1176 Fifth Ave, Klingenstein Pavilion  
New York NY 10029  
USA

Within the past 2 years, have you or your spouse/partner had any potential COI?  
No - disclosing all COI  
Signature: Bethany Dubois  
- 2022-02-15 19:09:44

Fourth Author

Atoosa Ghofranian, MD  
**Email:** atoosagmd@gmail.com -- Will not be published

Icahn School of Medicine at Mount Sinai  
Obstetrics, Gynecology, and Reproductive Science  
1176 Fifth Ave, Klingenstein Pavilion  
New York NY 10029  
USA

Within the past 2 years, have you or your spouse/partner had any potential COI?  
No - disclosing all COI  
Signature: Atoosa Ghofranian  
- 2022-02-15 19:09:44

CV Upload:

Fourth Author

Atoosa Ghofranian, MD  
**Email:** atoosagmd@gmail.com -- Will not be published

Icahn School of Medicine at Mount Sinai  
Obstetrics, Gynecology, and Reproductive Science  
1176 Fifth Ave, Klingenstein Pavilion  
New York NY 10029  
USA

Within the past 2 years, have you or your spouse/partner had any potential COI?  
No - disclosing all COI  
Signature: Atoosa Ghofranian  
- 2022-02-15 19:09:44

CV Upload:

Fifth Author

Shawn Kripalani, MD, MS  
**Email:** shawn.kripalani@mountsinai.org -- Will not be published

Icahn School of Medicine at Mount Sinai  
Obstetrics, Gynecology, and Reproductive Science  
1176 Fifth Ave, Klingenstein Pavilion
New York NY 10029
USA

Within the past 2 years, have you or your spouse/partner had any potential COI?
No - disclosing all COI
Signature: Shawn Kripalani
- 2022-02-15 19:09:44

Sixth Author

Morgan Baird, MPH
Email: mbaird@rmaofny.com -- Will not be published

Reproductive Medicine Associates of New York
635 Madison Ave 10th Fl
New York NY 10022-1009
USA

Within the past 2 years, have you or your spouse/partner had any potential COI?
No - disclosing all COI
Signature: Morgan Baird
- 2022-02-15 19:09:44

Seventh Author

Joseph Lee, BA
Email: jlee@rmaofny.com -- Will not be published

Reproductive Medicine Associates of New York
635 Madison Ave 10th Fl
New York NY 10022-1009
USA

Within the past 2 years, have you or your spouse/partner had any potential COI?
No - disclosing all COI
Signature: Joseph Adam Lee
- 2022-02-15 19:09:44
Eighth Author

Alan B Copperman, M.D.
Email: acopperman@rmany.com -- Will not be published

Icahn School of Medicine at Mount Sinai/Reproductive Medicine Associates of New York
Department of Obstetrics, Gynecology, and Reproductive Science
New York NY
USA

Within the past 2 years, have you or your spouse/partner had any potential COI?
No - disclosing all COI
Signature: Alan B Copperman
- 2022-02-15 19:09:44

Ninth Author

Kimberley A. Thornton, M.D.
Email: kthornton@rmaofny.com -- Will not be published

Reproductive Medicine Associates of New York
635 Madison Ave 10th Fl
New York NY 10022-1009
USA

Within the past 2 years, have you or your spouse/partner had any potential COI?
No - disclosing all COI
Signature: Kimberley A Thornton
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