

# Restorative Reproductive Medicine for Infertility: A Safe, Effective, Affordable Alternative



**Restorative Reproductive Medicine (RRM)** is a medical discipline that seeks to identify and treat the root causes of reproductive dysfunction to restore patients' health (1,2). RRM has been shown to be a safe, effective, and affordable way to care for couples with infertility. In addition to helping couples conceive naturally, RRM addresses associated conditions, such as recurrent miscarriage, hormonal imbalances, polycystic ovary syndrome (PCOS), and endometriosis. It also improves the couple's overall health and answers the most pressing question, "Why can't we have a baby?" Women and men need access to this safe, effective, and affordable alternative.



## **Safety - RRM is safer than IVF for both mother and child**

While in vitro fertilization (IVF) engineers the creation of embryos with powerful drugs and invasive procedures to address the "disease" of infertility, RRM recognizes infertility as a symptom of other underlying diseases and facilitates natural conception by identifying and treating the root causes of infertility. IVF carries significant risks for both mother and child, including the possibility of ectopic pregnancy, preterm delivery, severe hemorrhage or seizures in the mother, and higher rates of birth defects and perinatal mortality (3,4).

*Women and couples need access to a safer approach to infertility.*



## **Efficacy - RRM has similar live-birth rates to IVF, provides answers, and restores health**

RRM has been shown to have live-birth rates that are comparable to IVF (5,6). Beyond identifying causes of infertility (e.g., PCOS, endometriosis, infections, low sperm count, etc.), RRM can also address many of the hormonal and structural obstacles to having a child. For this reason, this restorative approach can be effective even when IVF cycles fail (7,8). RRM also helps prevent miscarriages by identifying modifiable risk factors, a serious concern that IVF does not address (6). While neither RRM nor IVF can guarantee children, RRM can provide answers about why couples are unable to conceive while also improving their overall health.

*Women and couples need access to effective treatments, answers, and better health.*



## **Affordability - RRM is often far more affordable than IVF**

One study found that the average cost of IVF is 20 times greater than fertility treatments that use only medications, making IVF inaccessible to many couples (9). RRM is often much more affordable due to its stepwise approach of identifying the fertile window, restoring hormonal balance, recommending lifestyle modifications, and prescribing medications. While RRM may employ surgical approaches, these procedures often have benefits beyond facilitating conception (e.g., removing painful endometrial lesions).

*Women and couples need access to more affordable treatment options.*

**Restorative Reproductive Medicine** is safer and often far more affordable than IVF. Yielding comparable live-birth rates as IVF, RRM also treats underlying conditions, improves patients' overall health, and gives couples much-needed answers as they try and hope to conceive a child. We need to expand training in restorative reproductive medicine and to invest in high quality research to establish RRM as the standard of care, making this safe, effective, affordable option accessible to all.

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