

**Background:** Infertility has been one of the most important problems of human societies throughout history, which has always caused many problems for people, depending on the perspective of societies. This disorder, which is defined as infertility after one year of unprotected sex, has directly and indirectly affected about 10% of the world's population. Men have rarely been the focus of research and their knowledge and attitude have been less studied. Researchers must consider the importance of each couple's awareness of infertility issue and also the fact that before any intervention in the field of health literacy and necessity to be aware of the current situation.

**Objective:** The present study aimed to investigate reproductive health literacy and attitudes toward infertility in men referring to one infertility center in Mashhad in 2019 and its relationship with variables such as age, education, occupation, income, duration of infertility and history of assisted reproductive therapy (ART).

**Key words:** Health literacy, Attitude, Infertility, Men, Reproductive.

**P-33**

### The effect of L-arginine on the menopausal estradiol

Lakzaei F<sup>1</sup>, Karami M<sup>1</sup>, Jalali Nadoushan MR<sup>2</sup>.

1. Department of Biology, Faculty of Basic Sciences, Shahed University, Tehran, Iran.

2. Department of Pathology, Faculty of Medicine, Shahed University, Tehran, Iran.

Email: karami@shahed.ac.ir

**Background:** Menopause in women is associated with many complications such as hot flashes, osteoporosis, and infertility that most of them are related to the decrease of estrogen levels in this period. Treatment with high doses of estrogen is common but has side effects.

**Objective:** In this study, the effect of L-arginine



No: 196917  
Date: 1400.03.02

This is to certify that the abstract entitled  
"The effect of L-arginine on the menopausal estradiol"

by

**Fateme Lakzaei, Manijeh Karami, Mohammadreza Jalali Nadoushan**

has been presented as an e-poster at the 9th Yazd Congress and  
Student Award on Reproductive Medicine

May 13-15, 2021.

Abbas Aflatoonian M.D.  
Congress Chairman

Nasim Tabibnejad M.D., Ph.D.  
Scientific Chairperson