

ference between the test and control groups in terms of severity of vasomotor symptoms and number of hot flashes.

Conclusion: According to the findings of the study, it seems that black cohosh can be used as an effective alternative medicine in relieving menopausal vasomotor symptoms.

Keywords: Menopausal Vasomotor Symptoms, Black Cohosh, Herbal Therapy

P_{nm}-20: Assessment of Infertility Effect on Mental Health of Infertile People

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Background: In recent years, particular attention is the mental health of infertile couples. In fact, for many infertile couples experiencing infertility are severe distresses. The aim of this study is Assessment of infertility effect on various aspects of mental health of infertile people.

Materials and Methods: In this review study, books, articles and some sites that are related to mental health of infertile people were used. Then, the subjects were studied and the obtained findings were compiled as an essay.

Results: According to this study, several aspects of the Performance Couples are affected by infertility, such as disorder in sexual activity, self-esteem, communication between couples, sexual identity and feelings of rejection, cognitive function, costly and laborious Encounter therapy, anxiety and depression, guilt and failure noted. On the other hand, the prevalence of infertility in men and women are approximately equal, but women endure more pressure and discomfort.

Conclusion: According to multiple effects inappropriate of infertility on infertile people and presence of factors such as of social and economic factors in this problem, attention and planning authorities for further decreases psychological symptoms in these people seems necessary.

Keywords: Infertility, Mental Health, Infertile

P_{nm}-21: The Use and Adverse Reactions of Herbal Medicines during Pregnancy among Iranian Women

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Background: The use of herbal remedies has increased despite the lack of scientific evidences about their safety and efficacy during pregnancy. This cross-sectional study aimed to explore the usage of herbal products during pregnancy amongst Iranian women based on their socio-demographic characteristics, assessment of side effects in mothers, and ultimately their possible effects on neonates.

Materials and Methods: In total, 400 postpartum Iranian women and their singleton newborns were recruited during the first few days of postnatal period at Arash Hospital in Tehran, Iran. Data were collected in the course of a face-to-face interview by a pharmacist and completion of a questionnaire including maternal socio-demographic characteristics, medical history, pregnancy-related conditions, and all medicines used during pregnancy. Questions were used to gather the relevant information for up to one month before pregnancy. Medical notes were scrutinized for neonatal characteristics.

Results: Of all 409 eligible women, 400 (97.8%) agreed to participate. At least one herbal medicine was used by 325 (81.2%) of the interviewed subjects. The use of herbal drugs was significantly ($p < 0.05$) higher amongst the higher-educated, employed, and primiparous women. Mint, frankincense, flixweed, and olive oil were the most common used herbal preparations. Vitamins and minerals, anti-infectives, and gastrointestinal drugs were on the top of the list of non-herbal drugs. Nausea, vomiting, and heartburn were the most reported side effects with herbal remedies. Regarding neonates, jaundice and respiratory distresses were the most prevalent problems detected.

Conclusion: This study indicates that taking herbal and non-herbal medications during pregnancy is common amongst Iranian women. Although not always safe, herbals are mostly used according to personal judgment without informing health care professionals. Pregnancy care providers should be aware of the potential risks and benefits of the commonly used herbal drugs by the pregnant women.

Keywords: Pregnancy, Herbal Medicines, Adverse Drug Reactions

P_{nm}-22: Breast Screening in Patient Undergoing ART Cycles

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The fact that the development of breast cancer is linked to repeated or sustained exposure to high blood estrogen levels has raised obvious concern that reproductive hormones particularly estrogen, might increase the risk of breast cancer development. While, the general consensus is that overall; IVF is not associated with an increased risk for development of breast cancer, a recent report published by Stewart LM (Fertil Steril. 2012) on a large Western Australian study, comprising data from 21,025 women and spanning 20 years revealed that women who initiated their 1st IVF attempt in their