Menopause in PCOS

Istan

CERTITION OF

Richard S. Legro, M.D. Penn State College of Medicine Dept of Ob/Gyn Hershey, PA



Duality of Interest

- Paid Lecture from Serono
- Travel Expense Reimbursement (multiple)
- Grantee: National Institute of Health, Pennsylvania Tobacco Settlement Funds
- Committee Member: American Society of Reproductive Medicine, Endocrine Society
- Associate Editor: Fertility and Sterility, Human Reproduction, Seminars in Reproductive Endocrinology

Talk Outline

- 1. What happens to the phenotype of women with PCOS as they age?
- 2.Is there prolonged ovarian function in women with PCOS
- 3. Is there a menopausal PCOS Phenotype?
- 4. Where should research go in this area?

Life Cycle of PCOS

In utero	Peripuberty	Adolescence Adulthood	Aging
Small for Gestational	Exaggerated	PCOS	Diabetes, CVD,
Age/IUGR	Adrenarche		Endometrial Cancer

? Reproductive

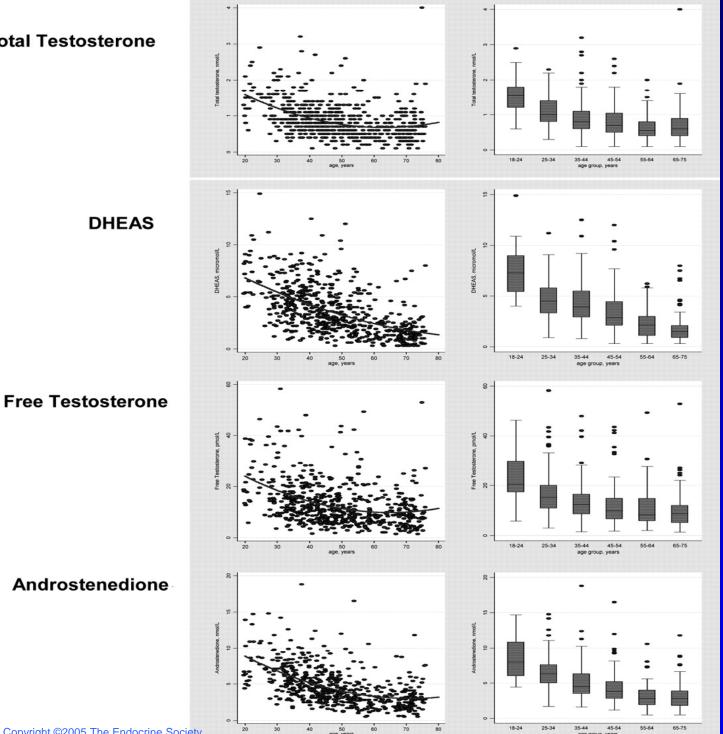
Diagnostic Criteria: No Menopausal Phenotype

	NIH (1992)	Rotterdam (ASRM/ESHR E 2004) 2 of 3	Androgen Excess Society (2006) HA + 1
Oligomenorrhea	Yes	Maybe	Maybe
Hyperandrogenism (Biochemical and/ or Clinical)	Yes	Maybe	Yes
Polycystic ovaries	No	Maybe	Maybe

Aging and Androgen Levels in Females

- Progressive, substantial, age-related decline in DHEAS.
- Minimal evidence to support a decline in testosterone associated with the menopause transition per se;
 - However T does decline substantially from the mid-reproductive years
 - women in their forties have an approximately 50% reduction in plasma testosterone from their 20'a





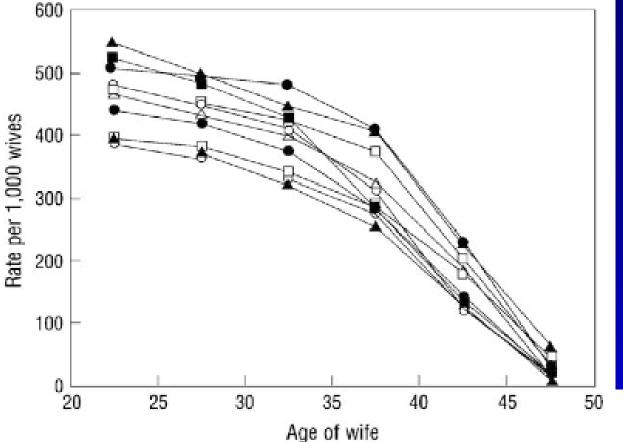
Relationship between age and individual androgens for the reference group (N =1572 Australian Women)

Davison, S. L. et al. J Clin Endocrinol Metab 2005;90:3847-3853



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If circulating hormones are meaningful indicators of biological activity, then the natural menopause cannot be conceptualized as an ovarian androgen-deficiency state.



ACOG and ASRM. Age-related fertility decline. Fertil Steril 2008.

Age and Fecundity

Marital fertility rates by 5-years age group. The ten population (in descending order at age 20–24 years) are Hutterites, marriages from 1921–30 (\blacktriangle); Geneva bourgeoisie, husbands born in 1600–49 (\blacksquare); Canada, marriages 1700–30 (\bigcirc); Normandy, marriages 1760–90(\bigcirc); Hutterites, marriages before 1921 (\Box); Tunis, marriages of Europeans 1840– 59(\triangle) Normandy, marriages 1674–1742 (\bigcirc); Norway, marriages 1874–76 (\Box); Iran, village marriages, 1940–50 (\bigstar); Geneva bourgeoise, husbands born before 1600 (\bigcirc); From Menken J, Trussel J, Larsen U, Age and Sciensce 1986;233;1389–94 Reprinted with permission from AAAS. Human Reproduction, Vol.24, No.5 pp. 1176-1183, 2009

Advanced Access publication on January 24, 2009 doi:10.1093/humrep/den482

human reproduction **ORIGINAL ARTICLE Reproductive endocrinology**

Long-term follow-up of patients with polycystic ovary syndrome: reproductive outcome and ovarian reserve

M. Hudecova¹, J. Holte, M. Olovsson, and I. Sundström Poromaa

Department of Women's and Children's Health, Uppsala University 751 85 Uppsala, Sweden

¹Correspondence address. Tel: +46 18 611 57 87; E-mail: miriam.hudecova@kbh.uu.se

Among women who had attempted a pregnancy, 86.7% of PCOS patients and 91.6% of controls had given birth to at least one child. Among PCOS patients who had given birth, 73.6% had done so following a spontaneous conception.

Endocrine Care

The Polycystic Ovary Post-Rotterdam: A Common, Age-Dependent Finding in Ovulatory Women without Metabolic Significance

Erica B. Johnstone, Mitchell P. Rosen, Rebecca Neril, Deborah Trevithick, Barbara Sternfeld, Rosemary Murphy, Carolyne Addauan-Andersen, Daniel McConnell, Renee Reijo Pera, and Marcelle I. Cedars

Department of Obstetrics, Gynecology, and Reproductive Sciences (E.B.J., M.P.R., R.N., D.T., C.A.-A., M.I.C.), University of California, San Francisco, San Francisco, California 94115; Division of Research (B.S., R.M.), Kaiser Permanente, Oakland, California 94611; Department of Epidemiology (D.M.), University of Michigan School of Public Health, Ann Arbor, Michigan 48109; and Institute for Stem Cell Biology and Regenerative Medicine (R.R.P.), Stanford University, Palo Alto, California 94305

262 Caucasian women with normal menses22-45 days, off confounding medications in good health

In an Unselected Normal Female Population, PCOS Stigmata Resolve with Age

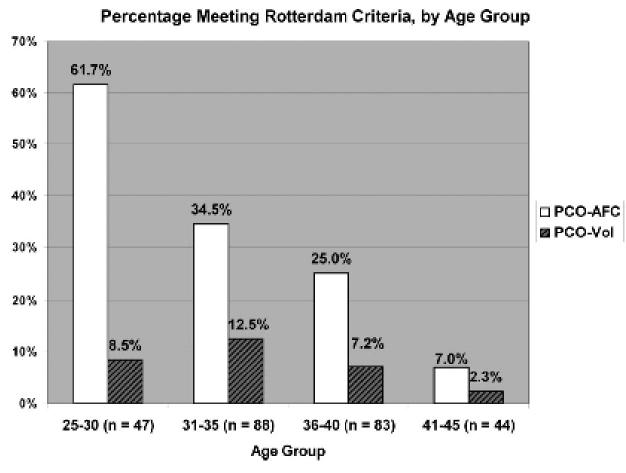
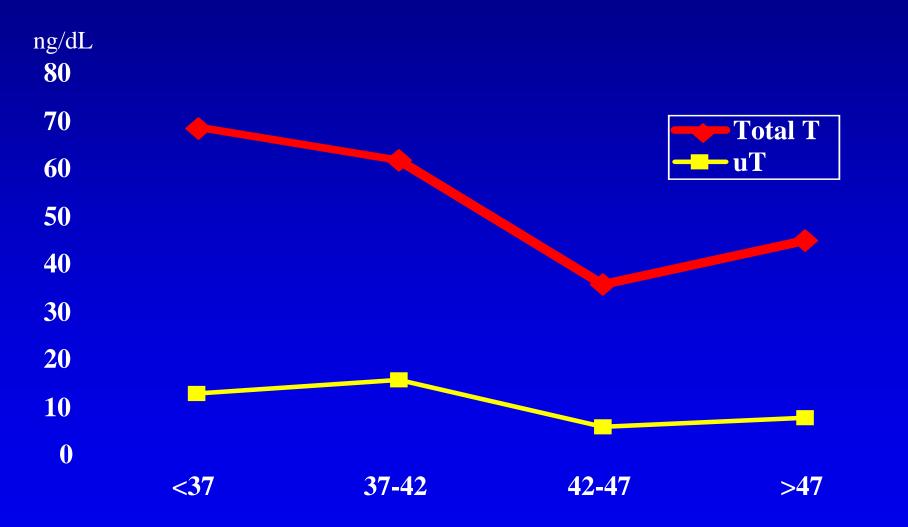


FIG. 1. Percentage of subjects meeting each portion of the Rotterdam Criteria, by age group.

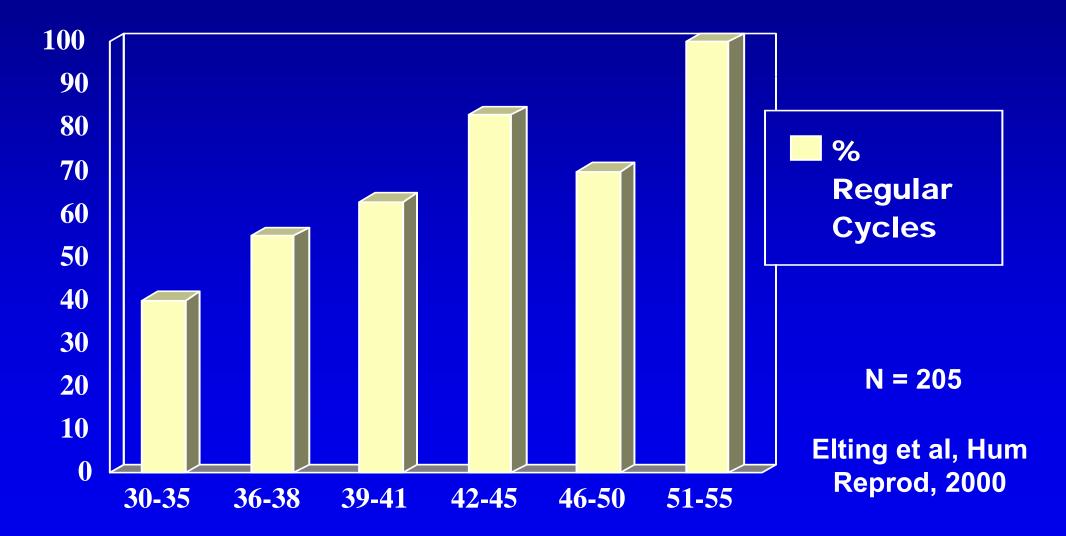
Johnstone et al, JCEM, Epub 2010

Decreasing Testosterone Levels with Age in PCOS



Winters et al, F & S, 2000

Improved Menstrual Regularity with Age in PCOS Women



Endocrine Care

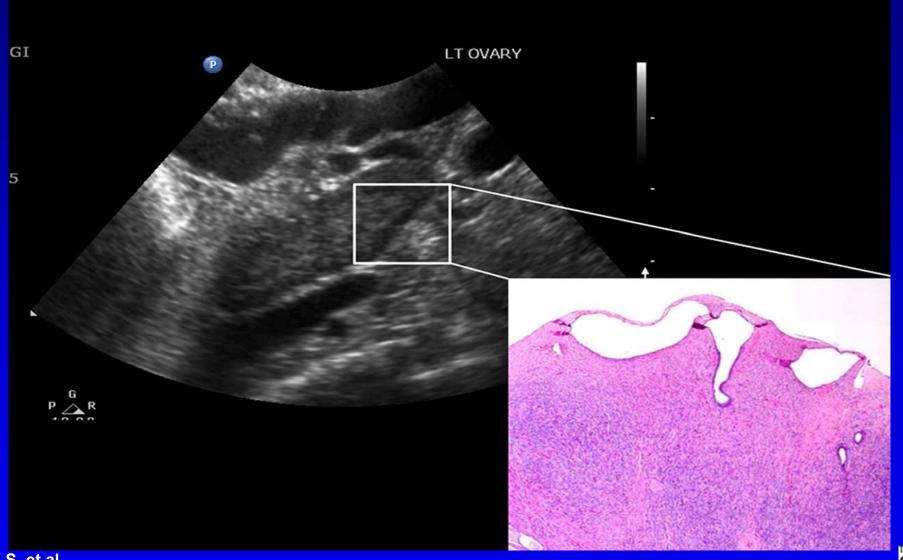
Criteria for Polycystic Ovarian Morphology in Polycystic Ovary Syndrome as a Function of Age

S. Alsamarai, J. M. Adams, M. K. Murphy, M. D. Post, D. L. Hayden, J. E. Hall, and C. K. Welt

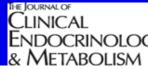
Reproductive Endocrine Unit (S.A., J.M.A., M.K.M., J.E.H., C.K.W.), Department of Medicine (M.K.M.), and Department of Biostatistics (D.L.H.), Massachusetts General Hospital, Boston Massachusetts 02114; and Department of Pathology (M.D.P.), University of Colorado Deriver, Aurora, Colorado 80045

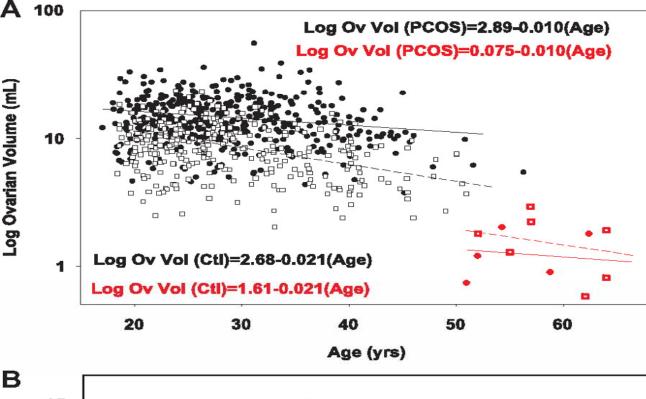
Conclusions: Ovarian volume and follicle number decrease with age in women with PCOS and controls necessitating age-based criteria to define polycystic ovarian morphology. It is possible to use these criteria to distinguish PCOS in women over age 40 yr.

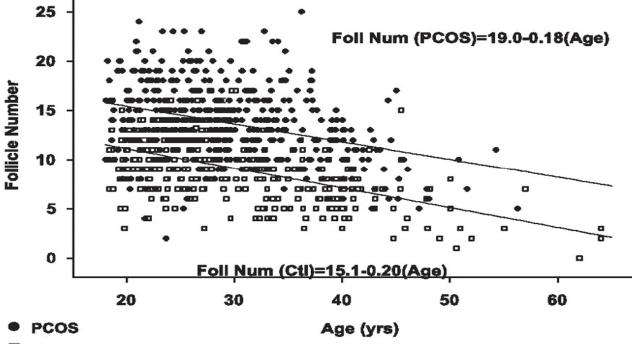
Postmenopausal ovary viewed on transvaginal ultrasound and under light microscopy



Alsamarai, S. et al. J Clin Endocrinol Metab 2009;94:4961-4970







Log ovarian volume (A) and follicle number (B) as a function of age in **PCOS (black circles)** and control subjects (open squares) and postmenopausal PCOS (red circles) and control subjects (red squares

Alsamarai, S. et al. J Clin Endocrinol Metab 2009;94:4961-4970



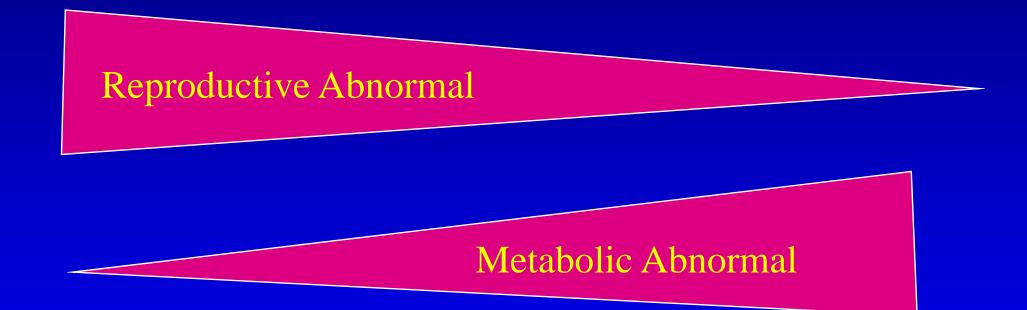
Control

 A) Box and whisker plots of the FSH-sensitive follicle cohorts, as estimated by the E2 (*Open box*) and the inhibin B increment (Hatched box) in 24 hours after 300 IU of FSH = inhibin B increment (B) Box and whisker plot of the follicle counts in women with PCOS

> QuickTime™ and a decompressor are needed to see this picture.

> > Elting. Follicle cohort size in aging PCOS women. Fertil Steril 2003.





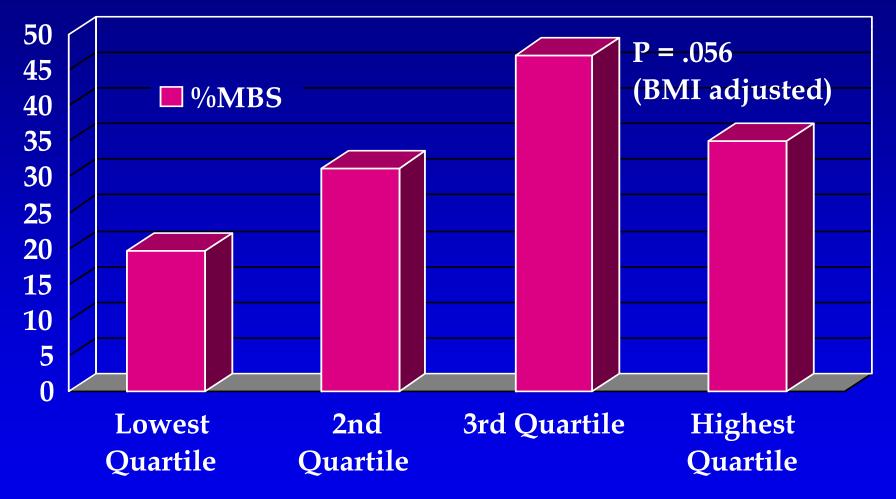
Birth Puberty

Menopause Death

The Importance of Diagnosing Hyperandrogenemia in PCOS

- 1) A diagnostic feature that allows for discrimination from other causes of the combination of oligomenorrhea and polycystic ovaries
- 2) The feature that is best associated with metabolic abnormalities
 - Insulin Resistance/Metabolic Syndrome (MBS)
 - CVD Risk
- 3) A prognostic factor for treatment success
- 4) An objective criteria that best allows for the conduct of multi-center trials

Association Between Metabolic Syndrome and Free Testosterone in PCOS

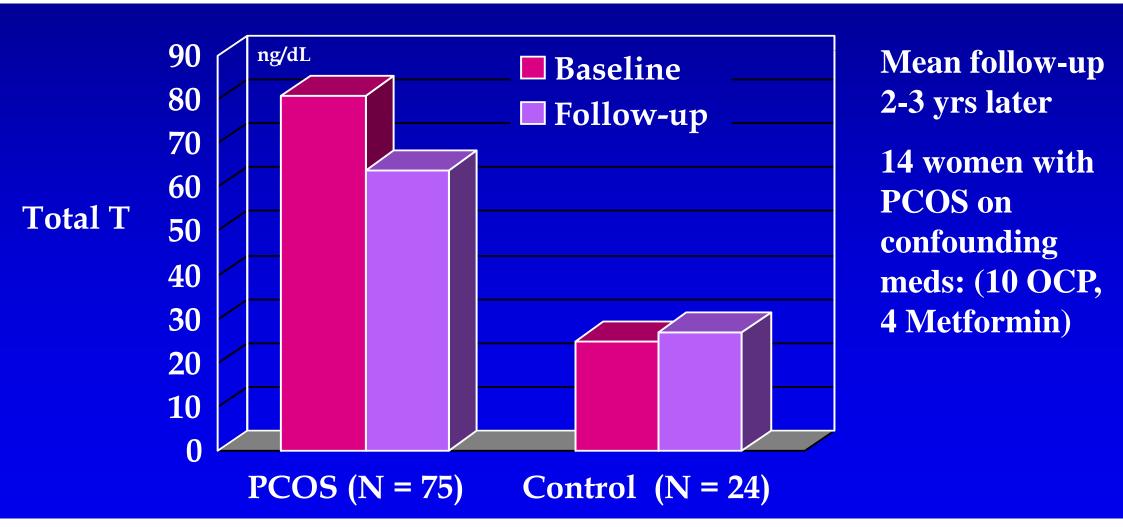


Ehrmann et al. JCEM 2006

Changes in Glucose Tolerance over Time in Women with Polycystic Ovary Syndrome: A Controlled Study

Richard S. Legro, Carol L. Gnatuk, Allen R. Kunselman, and Andrea Dunaif

Departments of Obstatries and Gynecology (R.S.L., C.L.G.) and Health Evaluation Sciences (A.R.Y.), Penn State College of Medicine, Hershey, Penneylvania 17988; and Distaion of Endocrinology, Metabolism, and Molecular Medicine (A.D.), Feinberg School of Medicine, Northwestern University, Chicago, Illinois 60611

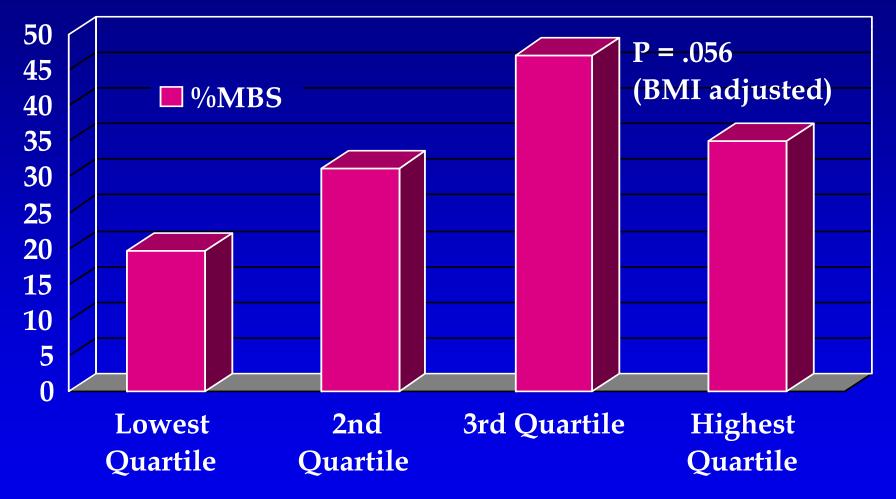


University of Pittsburgh Case Control Study of CVD Risk Factors

- 200+ cases /200+ community based controls identified
- Age-matched ~35 yrs
- Followed for 10+ years

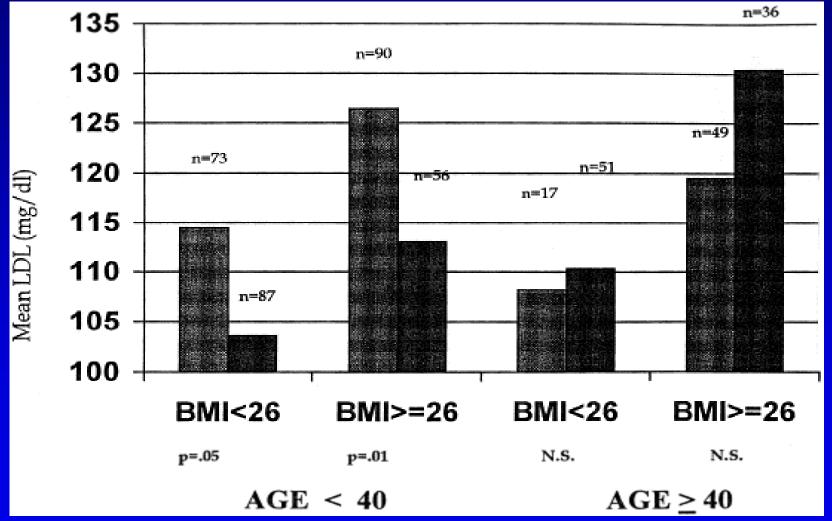
with biometric, serum markers, imaging techniques, etc.

Association Between Metabolic Syndrome and Free Testosterone in PCOS



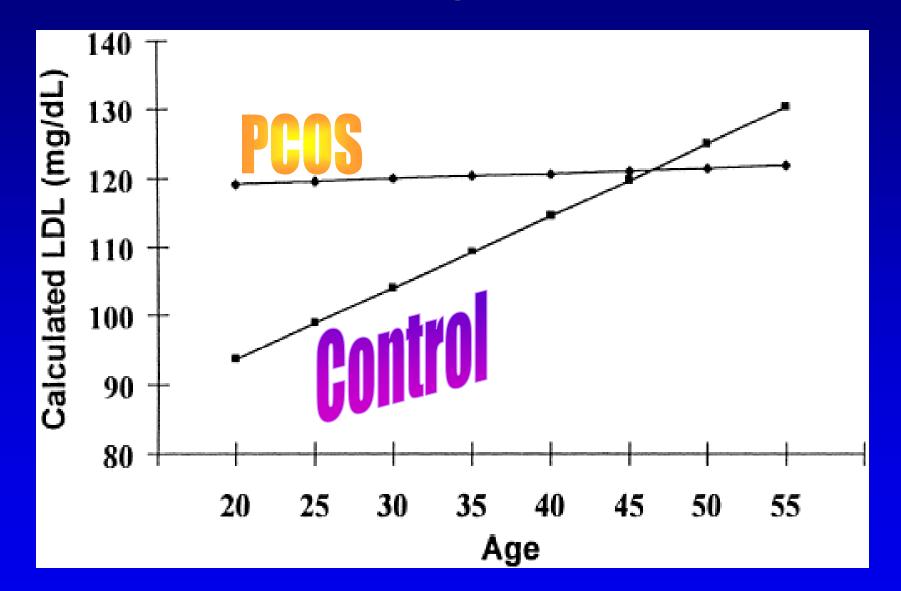
Ehrmann et al. JCEM 2006

Elevated LDL in Younger Women with PCOS



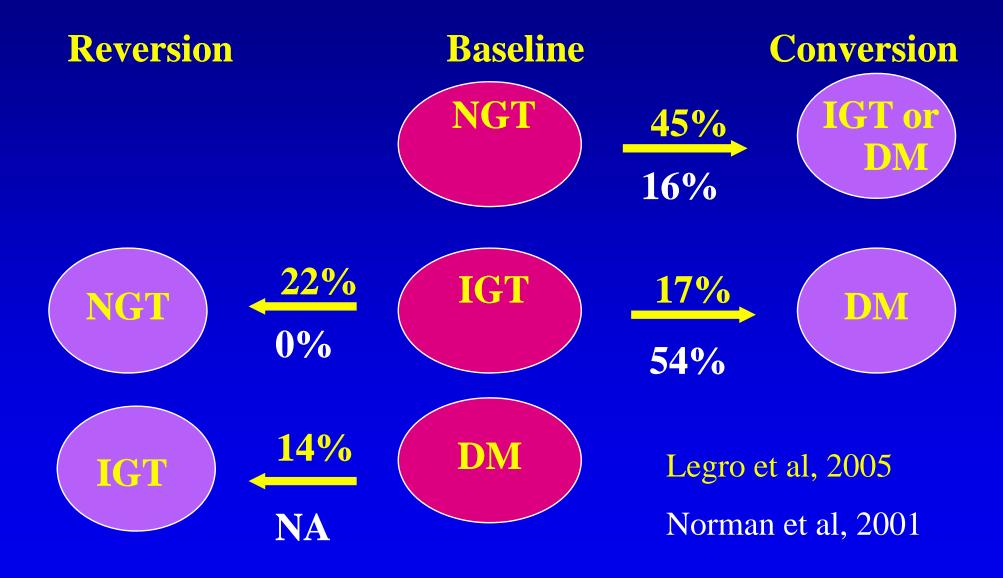
• Talbott EO et al, J Clin Epidemiol, 1998

Effect of Age on LDL-C

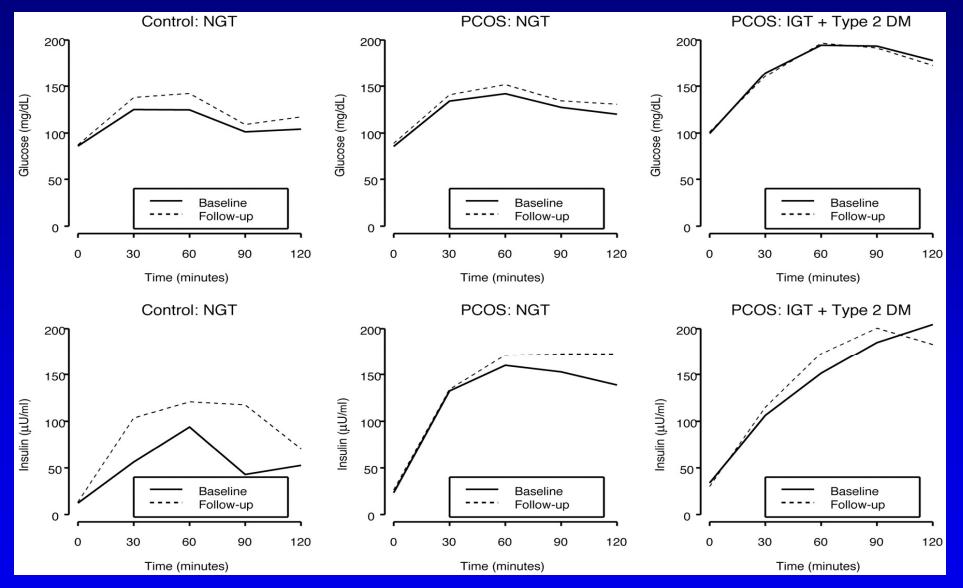


Talbott EO et al, J Clin Epidemiol, 1998

Effect of Time on Glucose Tolerance in PCOS (Combined N =138)



Glucose and insulin levels during a 2-h OGTT in control women and women with PCOS at baseline and follow-up



Legro, R. S. et al. J Clin Endocrinol Metab 2005;90:3236-3242

Summary- Age and PCOS Phenotype

Reproductive Abnormalities Lessen and may completely normalize
Hyperandrogenemia
Oligomenorrhea
Polycystic ovary size and morphology
Metabolic Abnormalities
Do they plateau?

Talk Outline

- 1. What happens to the phenotype of women with PCOS as they age?
- 2.ls there prolonged ovarian function in women with PCOS?
- 3. Is there a menopausal PCOS Phenotype?
- 4. Where should research go in this area?

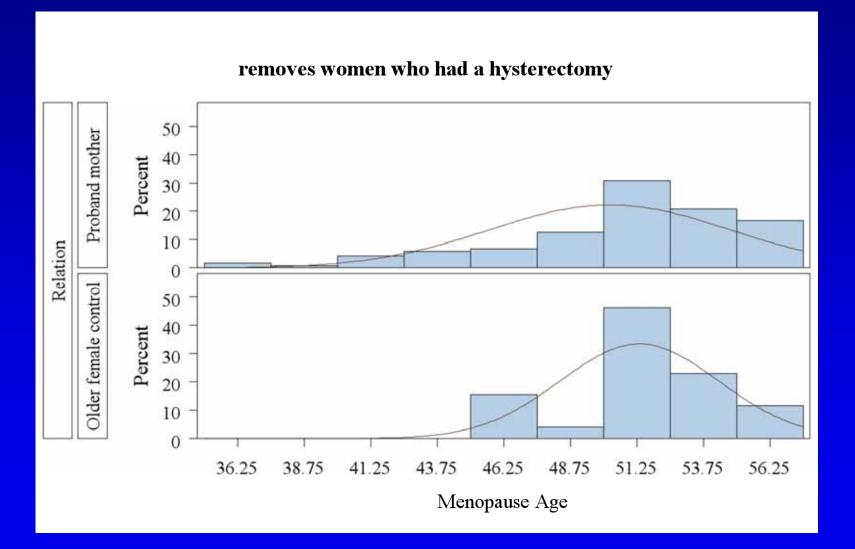
Age of Menopause: Indicator of Health Risks

Early Menopause
 Increased risk of cardiovascular disease
 Increased risk osteoporosis
 Late Menopause
 Increased risk of breast cancer

Reproductive Milestones in PCOS Families-Hershey

Relation	Ν	Mean(yr)	Std Dev(yr)
Age of Menarche			
PCOS Proband	601	12.5	2.1
PCOS Mother	374	12.6	1.6
Control Mother (PM)	37	12.9	
Age of Menopause (No Hysterectomy)			
PCOS Mother	120	50.2	4.5
Control Mother (PM)	26	51.3	3.0

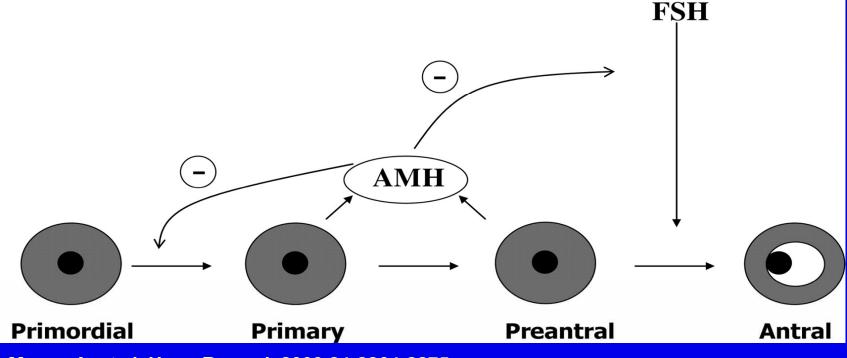
Distribution of Age of Menopause in PCOS Mothers



In women, Anti Mullerian Hormone (AMH) expression can first be observed in primary follicles, and is strongest in pre-antral and small antral follicles

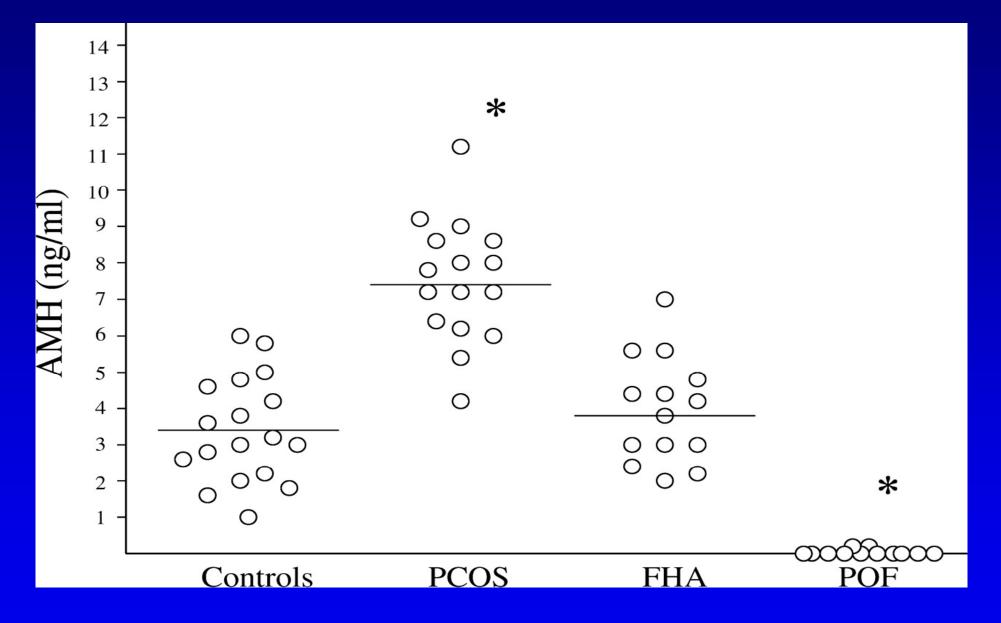
Possible actions of AMH in the ovary

- Inhibition of follicular activation and growth
- Inhibition of FSH stimulated growth
- Inhibition of GC growth
- Inhibition of aromatase



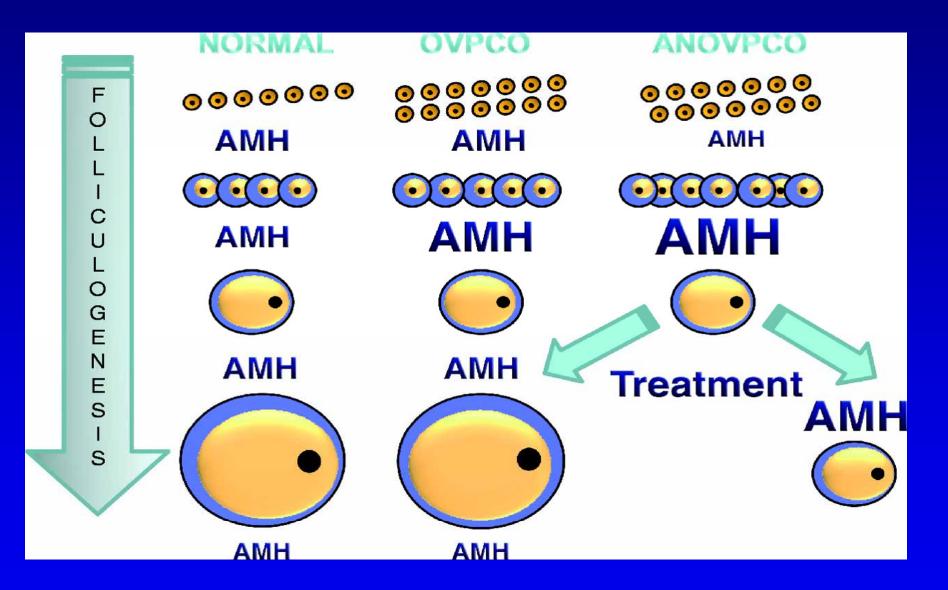
La Marca, A. et al. Hum. Reprod. 2009 24:2264-2275;

AMH plasma levels in patients and controls



La Marca, A. et al. Hum. Reprod. 2009 24:2264-2275

Hypothesis of the effects of AMH on follicles in polycystic ovaries: both ovulatory and anovulatory polycystic ovaries increased the numbers of preantral follicles than normal ovaries and more of these ovaries progress to antral stages in both; however, anovulatory ovaries contain the most follicles

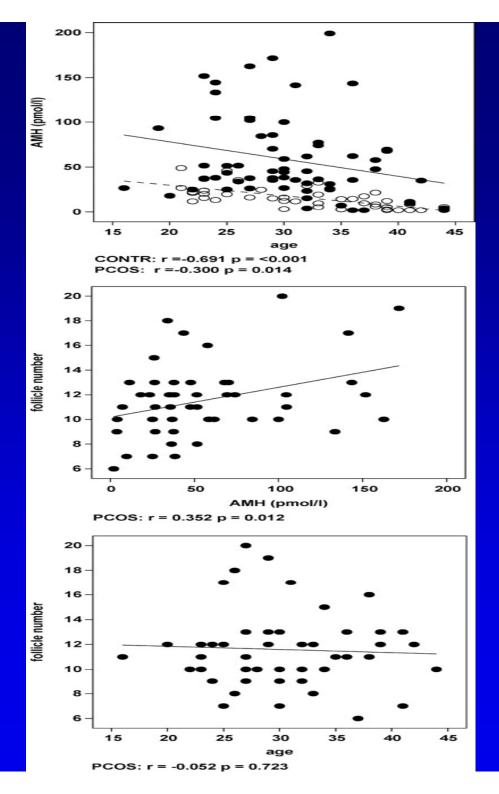


Serum anti-Müllerian hormone levels remain high until late reproductive age and decrease during metformin therapy in women with polycystic ovary syndrome

Terhi Piltonen¹, Laure Morin-Papunen¹, Riitta Koivunen¹, Antti Perheentupa², Aimo Ruokonen³ and Juha S.Tapanainen^{1,4}

¹Departments of Obstetrics and Gynecology and ³Clinical Chemistry, Oulu University Hospital, Oulu and ²Departments of Obstetrics and Gynecology and Physiology, Turku University Hospital, Turku, Finland

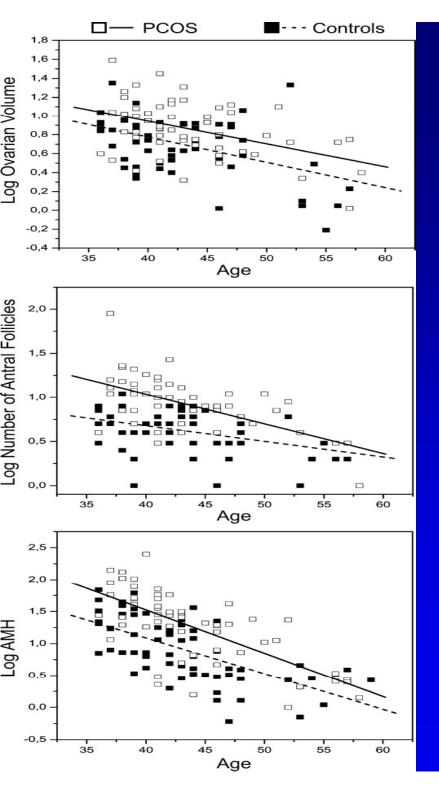
CONCLUSION: Serum AMH levels decreased with age both in healthy women and in women with PCOS, although they were always 2- to 3-fold higher and remained elevated until 40 years of age in PCOS subjects.



Correlation between AMH and age in control women 21-44 years (open circles, n=44) and in women with PCOS aged 16-44 years (filled circles, n=65) and correlations between follicle number, AMH and age in women with PCOS.

Piltonen T et al. Hum. Reprod. 2005;20:1820-1826

> Human Reproduction



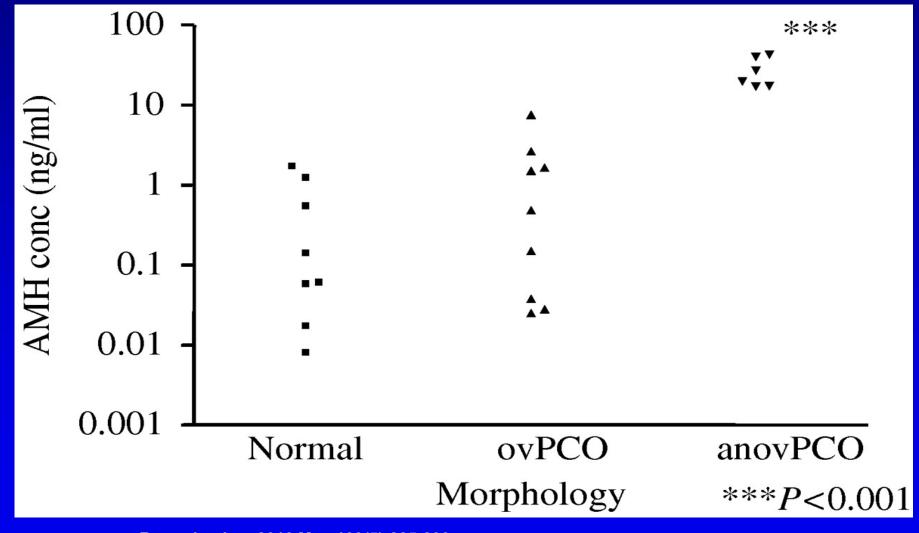
Increased Ovarian Reserve among Women with PCOS

The relationship between ovarian volume, number of antral follicles, AMH serum concentrations, PCOS status and age in 57 pre- and post-menopausal PCOS patients and 64 pre- and post-menopausal controls without hormonal treatment.

> Hudecova M et al. Hum. Reprod. 2009;24:1176-1183

Human Reproduction

Comparison of AMH Production from Cultured Granulosa Cells from Follicles



Reproduction. 2010 May;139(5):825-833

Human Reproduction, Vol.25, No.7 pp. 1775-1781, 2010

Advanced Access publication on April 30, 2010 doi:10.1093/humrep/deq088

human reproduction ORIGINAL ARTICLE Reproductive endocrinology

Is polycystic ovary syndrome an exception for reproductive aging?

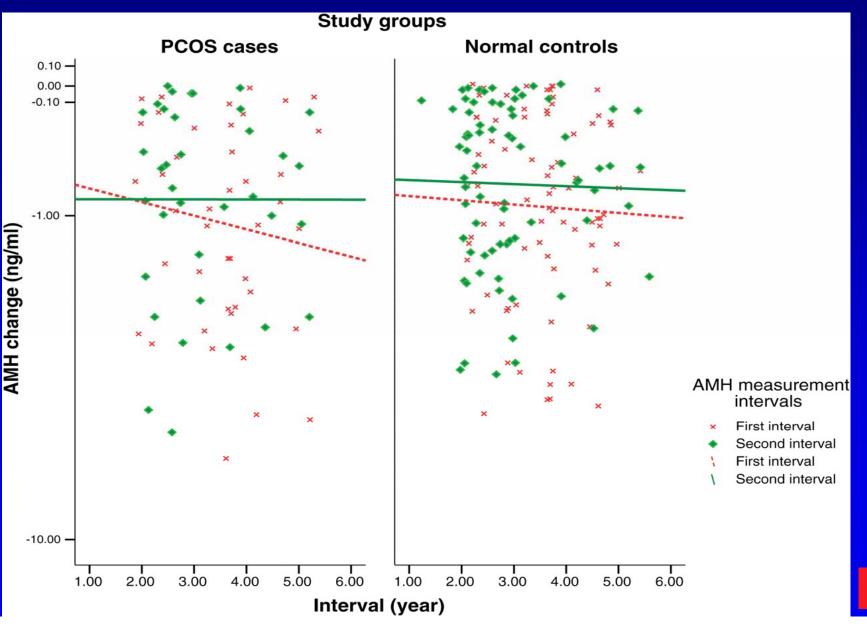
Fahimeh Ramezani Tehrani^{1,*}, Masoud Solaymani-Dodaran^{2,3}, Mehdi Hedayati⁴, and Fereidoun Azizi⁵

¹Endocrine Research Center, Research Institute for Endocrine Sciences, Shahid Beheshti University (MC), 24 Parvaneh, Yaman Street, Velenjak, PO Box 19395-4763, Tehran 1985717413, Iran ²Department of Epidemiology, School of Public Health, Iran University of Medical Sciences Tehran, Tehran, Iran ³Division of Epidemiology and Public Health, University of Nottingham, Nottingham, UK ⁴Endocrine Research Center, Shaheed Beheshti University (MC), Tehran, Iran ⁵Research Institute for Endocrine Sciences, Shahid Beheshti University (MC), Tehran, Iran

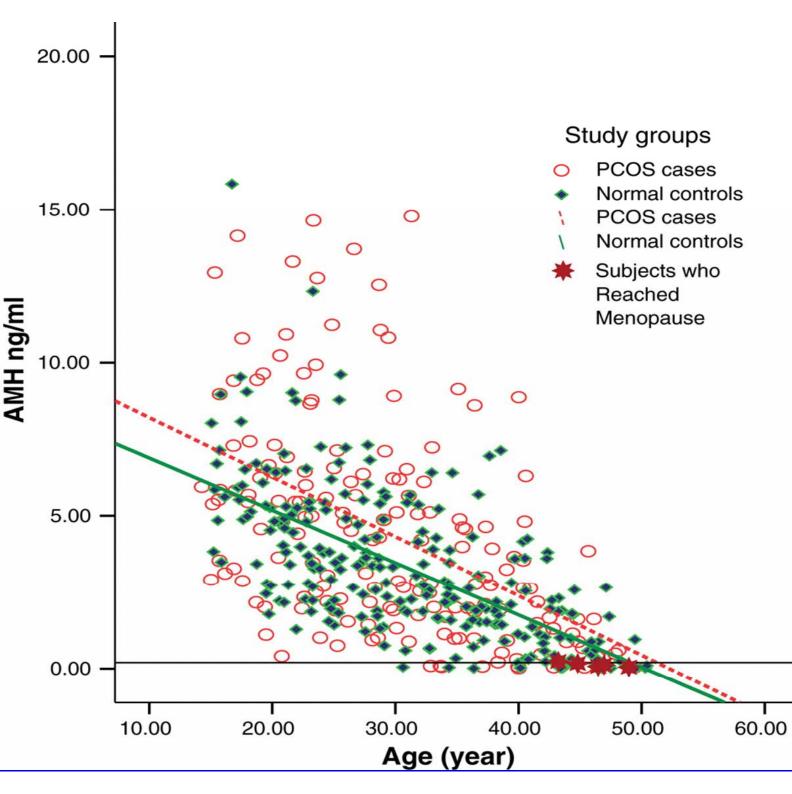
*Correspondence address. Tel: +98 21 22409309; Fax: +98 21 22402463; E-mail: ramezani@endocrine.ac.ir; framezan@post.harvard.edu

CONCLUSIONS: The reproductive lifespan of PCOS women extends on average 2 years beyond that of normo-ovulatory women.

Change in the AMH levels (value visit 2–value visit 1) in relation to time intervals between visit 1 and visit 2



Ramezani Tehrani F et al. Hum. Reprod. 2010;25:1775-1781 Human Reproduction

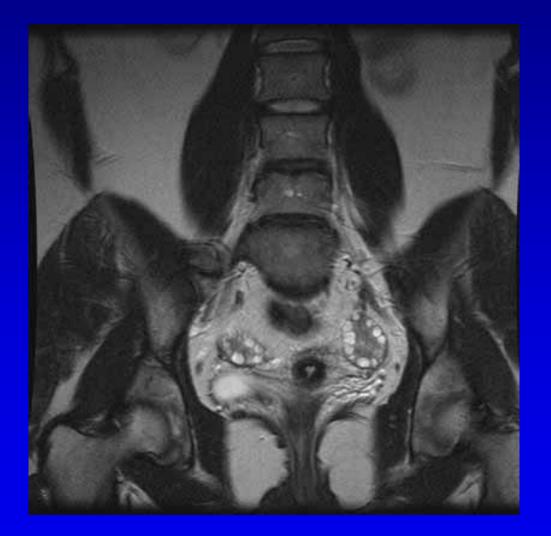


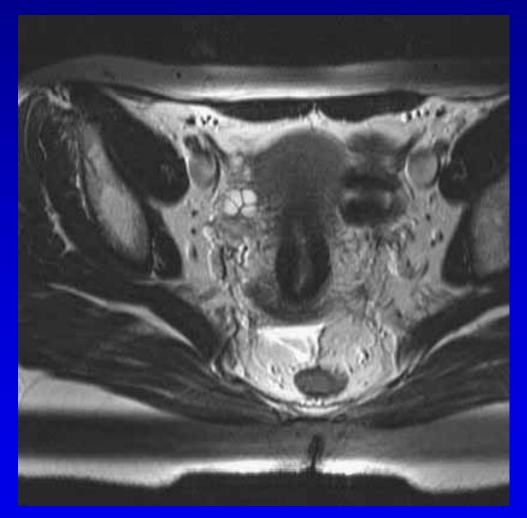
Serum levels of AMH in relation to age in PCOS cases (dotted line and open circles) and normoovulatory controls (solid line and black diamonds).

Ramezani Tehrani F et al. Hum. Reprod. 2010;25:1775-1781

> Human Reproduction

MRI: Polycystic vs Normal Ovaries





Increased Density of Follicles in PCOS

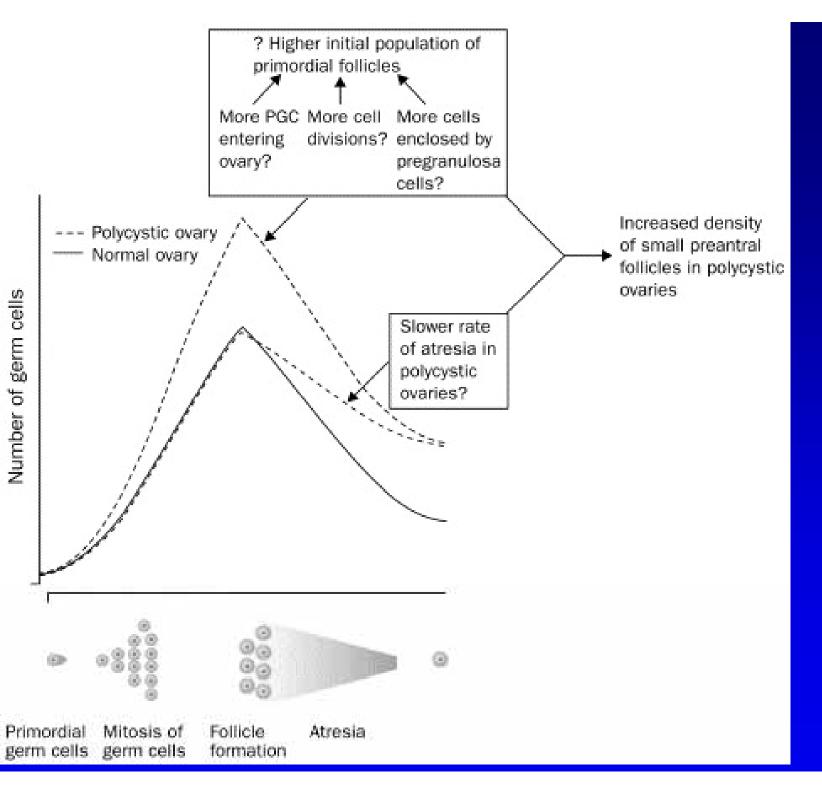
QuickTime™ and a decompressor are needed to see this picture.

> Webber et al, Lancet, 2003

Increase in the percentage of early growing (primary) follicles and a reciprocal decrease in the proportion of primordial follicles compared with normal ovaries

> Quick lime™ and a decompressor are needed to see this picture.

> > Webber et al, Lancet, 2003



The increased density of small preantral follicles in polycystic ovaries could result from increased population of the fetal ovary by germ cells, or from decreased rate of loss of oocytes during late gestation, childhood, and puberty

Webber et al, Lancet, 2003

Loss of Oocytes with Age

7,000,000					
♦			#Oocytes		
6,000,000					
5,000,000					
4,000,000					
3,000,000					
0,000,000					
2,000,000					
1 000 000					
1,000,000					
0	•	•	• •		
-0.5	19	38.5	58	77.5	Age(yrs)

Age Related Fertility Decline, Fertil Steril 2008

BIOLOGY OF REPRODUCTION 80, 2–12 (2009) Published online before print 27 August 2008. DOI 10.1095/biolreprod.108.069088

Minireview

The Current Status of Evidence for and Against Postnatal Oogenesis in Mammals: A Case of Ovarian Optimism Versus Pessimism?¹

Jonathan L. Tilly,² Yuichi Niikura, and Bo R. Rueda

Vincent Center for Reproductive Biology, Vincent Obstetrics and Gynecology Service, Massachusetts General Hospital/ Harvard Medical School, Boston, Massachusetts 02114

Summary-Prolonged Ovarian Function

 There is evidence of increased ovarian reserve in women with PCOS compared to age matched control

 There are little data on long term fecundity and age of menopause in women with PCOS

Talk Outline

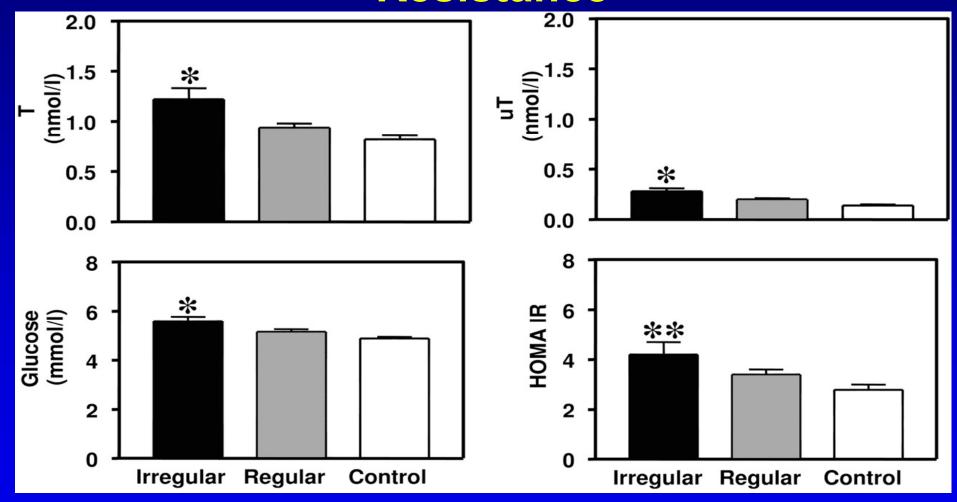
- 1. What happens to the phenotype of women with PCOS as they age?
- 2.Is there prolonged ovarian function in women with PCOS?
- 3. Is there a menopausal PCOS Phenotype?
- 4. Where should research go in this area?

Polycystic Ovaries and CVD-United Kingdom

- Retrospective Case Control Study
- Identified 786 women with polycystic ovaries 1930-79, 30 yrs of Follow-up
- Most with some documented clinical ovarian dysfunction
- Compared death rates with national mortality rates

Pierpoint T et al, J Clin Epidemiol, 1998

Mothers of women with PCOS with history of irregular menses have elevated T and Insulin <u>Resistance</u>



Sam, Susan et al. (2006) Proc. Natl. Acad. Sci. USA 103, 7030-7035



Menopause. 2007; 14(2): 284-292. doi:10.1097/GME.0b013e31802cc7ab.

Searching for Polycystic Ovary Syndrome in Postmenopausal Women: Evidence for a Dose-Effects Association with Prevalent Cardiovascular Disease

Andrew J. Krentz, M.D. [British Heart Foundation International Research Fellow], Denise von Mühlen, M.D., Ph.D. [Assistant Adjunct Professor], and Elizabeth Barrett-Connor, M.D. [Chief Professor]

Division of Epidemiology, Dept of Family & Preventive Medicine, University of California San Diego, La Jolla, California, USA.

> QuickTime™ and a decompressor are needed to see this picture.

Rancho Bernardo Postmenopausal PCOS Criteria (≥3)

- (1) a history of irregular menses
- (2) hirsutism, or current biochemical evidence of relative hyperandrogenism (i.e., values in the highest quintile for total testosterone or bioavailable testosterone, or the lowest quintile for SHBG
- (3) a history of personal infertility or inability to carry pregnancies to term
- (4) central obesity defined as a waist circumference >88 cm
- (5) insulin resistance, defined either as a HOMA-IR value in the top quintile for the cohort, or, in women for whom insulin levels were not available, a fasting plasma glucose concentration ≥6.1.

Prevalence of PCOS in Rancho Bernardo Cohort

- N =713 postmenopausal women
- 9.3% with ≥ 3 of the criteria in whole cohort
- 5.8% among those women without diabetes

Prevalence of individual and composite features of a putative PCOS phenotype among affected

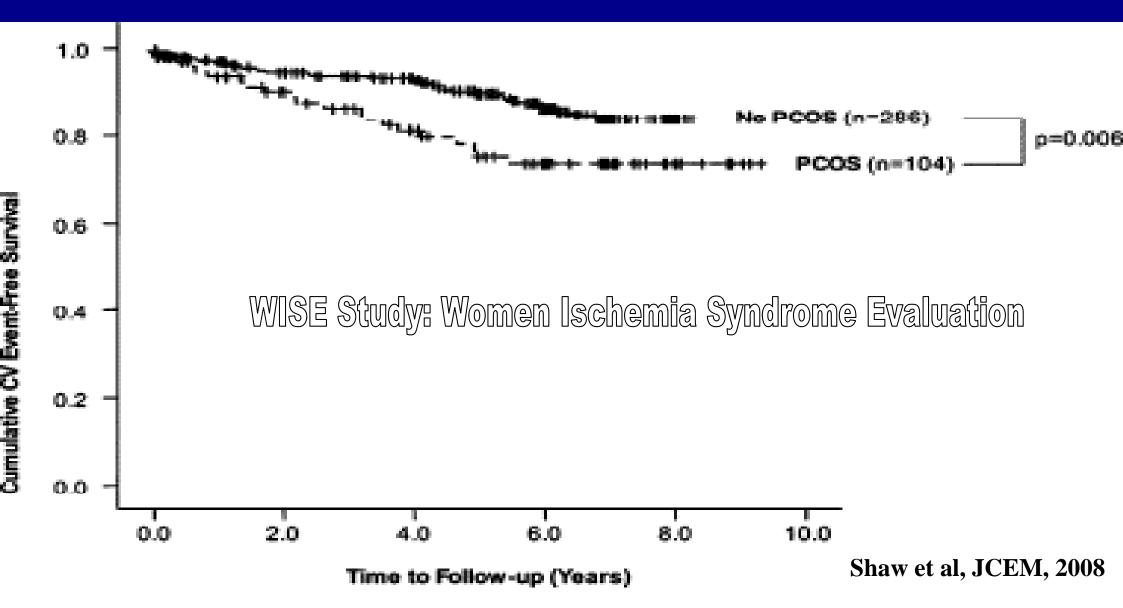
	PCOS	No PCOS	P value
Menstrual irregularity	13.6	3.6	<0.001
Biochemical hyperandrogenism	95.5	34.2	<0.001
Infertility or miscarriage	31.8	3.9	<0.001
Central obesity	68.2	12.8	<0.001
Biochemical insulin resistance	75.6	18.4	<0.001

Binary logistic regression of CVD and CHD in nondiabetic non-oophorectomized women (N = 610)

	Estimated Odds Ratio	95% Confidence Interval	Ρ
Cardiovascular disease			
Age	1.06	1.021-1.093	<0.01
PCOS	1.36	1.052-1.762	0.02
Coronary heart disease			
Age	1.05	1.012-1.090	<0.01
PCOS	1.36	1.030-1.796	0.03

Krentz et al, Menopause, 2007

Postmenopausal women with a history of irregular menses and elevated androgen measurements at high risk for worsening cardiovascular event-free survival



Determination of Menopausal PCOS-WISE Study

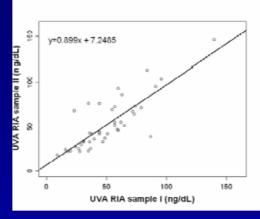
• History of irregular menses during reproductive life

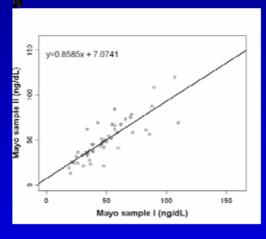
- Since menses onset, before menopause (excluding the perimenopausal years) did they had periods that occurred on a monthly basis
- Current hyperandrogenemia in the upper quartile
 - Testosterone (>30.9 ng/dL (1.07 nmol/L)
 - Free Testosterone (>4.5 pg/mL)
 - Androstenedione (701 pg/mL)

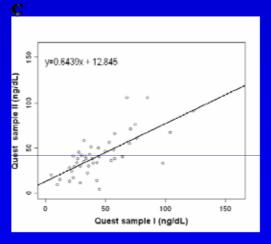
Shaw et al JCEM, 2008

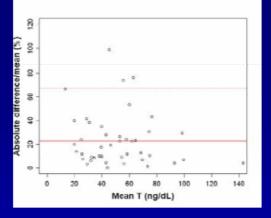
Of 104 women with "PCOS" (from 336 postmenopausal women with ovaries)

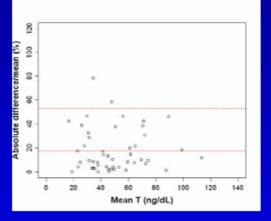
20 with history of PCOS, 85% reported irregular menses, 82% with current T and Free T in the upper quartile

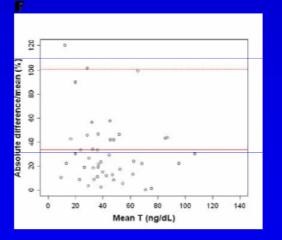










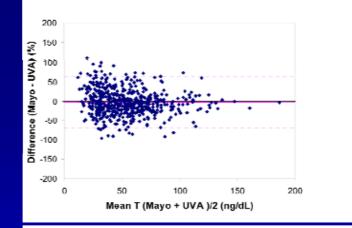


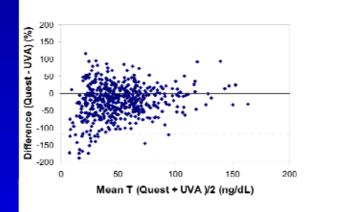
Intra Assay Variability (LC/MS and RIA)

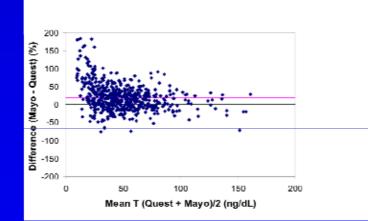
Bland Altman Plots of absolute percentage differences in serum T levels between the duplicate samples

The bold solid line represents 0%, the light solid line the mean percentage difference between the methods, and the dashed line 2 SD of the absolute mean percentage difference.

> Legro et al, JCEM, In press







Testosterone Inter Assay Variability (LC/MS and RIA

Bland Altman plots of percentage differences in serum testosterone levels

The bold solid line represents 0%, the light solid line the mean percentage difference between the methods, and the dashed lines 2 SD of the mean percentage difference.

Legro et al, JCEM, In press

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Coefficient variation of serum testosterone measurement

	All %	T ≤ 50 ng/d %	T > 50ng/dL %
Intra-Assay			
UVA (RIA)	16.3 (11.5 - 21.1)	16.6 (9.3 - 23.9)	16.1 (9.2 - 22.9)
Mayo (LC/MS)	12.2 (8.6 - 15.8)	11.4 (6.3 - 16.6)	13.4 (8.3 - 18.6)
Quest (LC/MS)	23.8 (16.9 - 30.8)	25.3 (16.4 - 34.2)	20.0 (8.8 - 31.2)
Inter-Assay			
Mayo-UVA	18.3 (17.1 - 19.6)	20.6 (18.7 - 22.5)	16.2 (14.5 - 17.8)
Quest-UVA	28.2 (26.1 - 30.3)	32.8 (29.6 - 36.1)	22.4 (20.0 - 24.7)
Quest-Mayo	21.9 (20.2 - 23.6)	26.2 (23.5 - 28.8)	15.9 (14.3 - 17.5)

Legro et al, JCEM, In press

Summary- Menopausal PCOS Phenotypes

- There is a plethora of PCOS menopausal phenotypes
- None of these have been validated in prospective studies
- There are no assays that are precise in menopausal testosterone levels

Talk Outline

- 1. What happens to the phenotype of women with PCOS as they age?
- 2.Is there prolonged ovarian function in women with PCOS?
- 3. Is there a menopausal PCOS Phenotype?
- 4. Where should research go in this area?

AVOID: Post Hoc Determination of PCOS Phenotype in Existing Cohorts or Studies

Subject to selection and publication bias

Research Agenda I

Long Term Multi-Center Cohort Studies

- Nurse's Health Study
- SWAN (Study of Women's Health Across the Nation)

Establish

- The menopausal phenotype
- Cardiovascular event determination
- Cancer
- Other morbidity/mortality

Research Agenda II

 Utilize Genome Wide Association Studies to identify new genes/pathways involved in ovarian function
 GWAS of genes related to age of menopause
 GWAS of PCOS Genes

Age at Menopause

Complex genetic trait
Heritability – Wide range 31-87%
Twin, Sib/sib, mother/daughter studies
Environment
Smoking
Chemotherapy/Radiation, etc.

Vorhuis et al, HRU, 2009

ORIGINAL INVESTIGATION

A large-scale candidate gene association study of age at menarche and age at natural menopause

Chunyan He · Peter Kraft · Daniel I. Chasman · Julie E. Buring · Constance Chen · Susan E. Hankinson · Guillaume Paré · Stephen Chanock · Paul M. Ridker · David J. Hunter

A total of 18,862 genotyped and imputed single nucleotide polymorphisms (SNPs) in 278 genes were assessed for their associations with these two traits among a total of 24,341 women from the Nurses' Health Study (NHS, N = 2,287) and the Women's Genome Health Study (WGHS, N = 22,054).

Genes Associated with Age at Natural Menopause

Biologic Pathway or phenotype	Unadjusted P value of most significant SNP	Associated Gene	Observed Number of Significant Genes
Steroid-hormone metabolism and biosynthesis	0.000062	(LHCGR)	5
IGF pathway	0.00018	(IGF1)	2
TGF-β superfamily and signaling pathway	0.0010	(SMAD7)	2
Obesity and obesity-related phenotypes	0.00041	(EIF2B4)	3
Polycystic ovary syndrome	0.000010	(NBN)	1

Nibrin (NBN)

 Nibrin is a protein associated with the repair of double strand breaks(DSBs) which pose serious damage to a genome.

- a 754 amino acid protein
- Located on Chr. 8

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