



## Science Lunch in Reproductive Epidemiology

# “The role of nutritional factors in human fertility: current status and future directions”



### Assoc. Prof. Jorge Chavarro, MD, ScD

Harvard T.H. Chan School of Public Health, Department of Epidemiology, Boston, MA

**Location:** Center for Public Health, Kinderspitalgasse 15, 1090 Vienna, 2<sup>nd</sup> Floor Seminar room 3

**Time:** Wednesday June 19, 2019, 12:00 pm

**Host:** Eva Schernhammer

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### Assoc. Prof. Jorge Chavarro, MD, ScD

Dr. Chavarro is Associate Professor of Nutrition and Epidemiology at the Harvard School of Public Health and of Medicine at Harvard Medical School. Dr. Chavarro's research revolves around investigating the role of diet in the pathogenesis of diseases affecting reproductive and other hormone sensitive organs. Currently, his main focus is on understanding how different nutritional and metabolic factors influence fertility, in women and men, as well as treatment outcomes in couples undergoing assisted reproduction. He also devotes substantial research efforts to investigating the role of nutrition on the pathogenesis of pregnancy complications and malignancies of reproductive organs. Dr. Chavarro's work has resulted in over 190 peer-reviewed publications in leading medical journals. The body of his contributions to reproductive medicine has been recognized by the American Society for Reproductive Medicine by conferring him the 2014 New Investigator Award. Dr. Chavarro is also strongly committed to teaching and to the advancement of the field. He has mentored 13 students at various levels of training since joining the Harvard faculty. Dr. Chavarro has also served as a member of the research working group for the National Action Plan for the Prevention, Detection and Management of Infertility for the U.S. Centers for Disease Control and Prevention, as a member of the editorial board of *Fertility and Sterility* and an Associate Editor of *Human Reproduction*. He currently serves as Chair of the Environment and Reproduction Special Interest Group and has previously served as Chair of the Nutrition Special Interest Group of the American Society for Reproductive Medicine.

#### Selected Books/Publications:

Chavarro J, Willett WC, Skerrett P. The Fertility Diet: Groundbreaking Research Reveals Natural Ways to Boost Ovulation and Improve Your Chances of Getting Pregnant. McGraw Hill Companies, President and Fellows of Harvard College, 2008.

Nassan FL, Chavarro JE, Tanrikut C. Diet and men's fertility: does diet affect sperm quality? *Fertil Steril* 2018. 110(4):570-577.

Mínguez-Alarcón L, Chavarro JE, Gaskins AJ. Caffeine, alcohol, smoking, and reproductive outcomes among couples undergoing assisted reproductive technology treatments. *Fertil Steril*. 2018 Sep;110(4):587-592

Mitchell C, Chavarro JE. Mode of Delivery and Childhood Obesity: Is There a Cause for Concern? *JAMA Netw Open*. 2018 Nov 2;1(7):e185008

Li MC, Nassan FL, Chiu YH, Mínguez-Alarcón L, Williams PL, Souter I, Hauser R, Chavarro JE; EARTH Study Team. Intake of Antioxidants in Relation to Infertility Treatment Outcomes with Assisted Reproductive Technologies. *Epidemiology*. 2019 May;30(3):427-434