

出國報告（出國類別：參加會議）

2022 年美國生殖醫學學會年會心得報告
(American Society for Reproductive
Medicine Scientific Congress)

服務機關：台中榮民總醫院 婦女醫學部

姓名職稱：陳昭穎 研修醫師

派赴國家：美國 加利福尼亞州 安那翰

會議期間：民國 111 年 10 月 22 日至 10 月 26 日

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一、摘要

美國生殖醫學學會是致力促進生殖醫學科學和實踐發展的非營利性多學科組織，也是國際上公認的生殖醫學領域的領導組織。

今年第 78 屆科學大會於加州安那翰舉行，為期五天。此次大會主題為「基因、配子和遺傳學」，大會的形式除了全體會議、全體講座，也包含專題討論會、互動的圓桌午餐會，非常豐富多樣化。範圍廣泛，從青春期到更年期，男性和女性，也包含宏觀和分子，有青少年和遺傳病的生育保存、子宮內膜異位症處理、PGT-A 和鑲嵌、多囊性卵巢症候群、原發性卵巢不足……等。

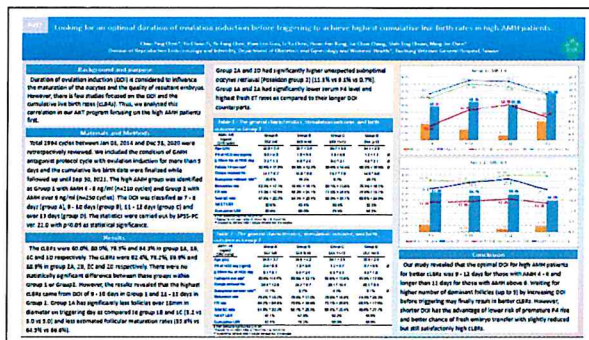
今年在師長指導之下投稿且被接受，因此前往參與實體會議。觀摩學習美國及世界各地對於生殖醫學的治療觀念及技術發展，並與世界連結培養國際觀思維，同時希望能獲得最新生殖醫學相關知識。

同時也在師長的幫忙下，順利參訪位於聖地牙哥 La Jolla 的加州大學聖地亞哥分校醫學中心的生殖中心，見識了不同國家的就醫文化，以及生殖中心內部的胚胎實驗室。

二、目的

美國生殖醫學學會（American Society for Reproductive Medicine，縮寫 ASRM）於 1994 年於美國芝加哥成立，長期致力於生殖醫學學科及臨床實務發展，其重點在於基礎科學和臨床醫學教育，特別是為從事生殖醫學實務和研究的專業人士繼續醫學教育所提供的研討會，成員包括婦產科醫師、泌尿科醫師、生殖內分泌專家、胚胎學家、心理健康專家、護理師、實驗室技術員、兒科醫師、研究科學家。每年舉辦科學大會，提供世界各地的成員建立聯繫的機會和分享研究成果。

這次在師長的指導下，將手上正在研究的主題，投稿摘要而被接受，故前往於美國加州安那翰舉辦之實體會議。在院方與部內全力支持與鼓勵下，希望能與各國先進與同業進行更多交流、增廣見聞以精進自己和團隊。



三、過程

2022 年 ASRM 科學大會於美國加州安那翰舉辦，會議地點位於 Anaheim Convention Center，是加州安那翰市的主要會議中心，也是美國西海岸最大的展覽設施，同時也位於迪斯尼樂園度假區對面。今年會期從 10 月 22 日至 10 月 26 日，共為期五天的科學大會，22、23 日的會議為會前課程，正式會議時間則是 24-26 日。

於 10 月 20 日由台灣出發搭乘中華航空直飛至美國洛杉磯國際機場，再搭乘交通工具轉往安那翰市。而在 21 日一早至聖地牙哥 La Jolla 的加州大學聖地亞哥分校醫學中心的生殖中心進行參訪。有幸地能跟著教授 Irene Su (蘇蕙君醫師)，觀摩取卵手術、不孕科門診、以及內分泌科門診。另外也有參觀其胚胎實驗室，每年約有 600 個取卵週期，若包含凍胚植入則每年約有 1000 個週期。

22、23 日會議屬於會前會，需事先報名且付費，由專家針對各種議題演講，屬於主題式密集會議課程，共計 19 個課程。由於本課程需付費，我只報名其中一個——「Recurrent Miscarriages: The Workup Beyond the Usual What's Next If She Still Miscarries after a Negative Workup?」。

正式會議於 24 日至 26 日，每日清晨六點半就由電子壁報論文展示開始，接著便是全體會議，以及有位於不同房間有不同主題的專題討論會、互動的圓桌午餐會、和口頭論文發表。由於課程非常緊湊精簡，猶如趕場一般，且機會難得，必須手腳要快才能搶得先機，目睹大師風範。整場會議，有許多其他沒有聽到的主題，也是非常感興趣的，幸好大會有提供錄影檔案，讓我不會錯過其他精彩的演講，同時也讓我能複習已經聽過的內容。

四、心得

對於自己能有這個機會能出國參與國際會議，一開始覺得訝異，沒想到在自己是 fellow 的階段就能有這個機會，另一方面則是萬分感謝院方支持和科部內的鼓勵。一個人出國開會，心情十分忐忑不安，不過也非常興奮，畢竟在 COVID-19 疫情下，已經許久沒有出國的機會。幸好從規劃行程、參訪的聯絡、到最後抵達參與會議，一切都很順利完成。

此次會議學習到許多不同的觀點，從微小的基因、細胞的調控、到較為熟悉地疾病診斷與治療，都有很多以前沒注意到甚至沒有想過的想法。藉由這次機會，再次深刻體會到生殖不孕科的迷人之處。另外也學習適應各個國家口音的英文，對我來說，這樣的英文聽起比較吃力。不過每場會議的講者和聽眾都很適應這樣的狀況，而且都有互動熱烈的問答，甚至到了休息時間仍持續提問。其中的口頭報告，更是有許多是由住院醫師報告，上台台風穩健，對答從善如流。因此，期許自己將來能再有出國交流學習的機會，甚至能上台口頭報告、接受提問。

另外，也因為這次出國的機會，能認識美國以及台灣其他醫院的前輩醫師。教

授 Irene Su，一位親切又專業的醫師，面對病人會用幽默的方式回答問題，檢查時也十分耐心且仔細，當看到超音波上顯示小週數寶寶的活動，會發自內心的讚嘆生命的可愛；而面對一位提早卵巢老化的青少年，她也從心底同理病人。雖然只有短短的接觸，但我想教授 Irene Su 的行醫方式是我追求的榜樣，希望自己在未來都能保有這樣狀態，對工作保有熱忱、對病人富有同理心。還有德州的 Arthur Chang 醫師，加州 Wayne Lin 醫師，台大黃楚琚醫師，以及北醫盧柏嘉醫師，都很熱心且自信的和我分享各自行醫點點滴滴。

最後再次感謝院方支持和科部內的鼓勵，讓我有這個機會，也很高興自己有鼓起勇氣踏出這一步。除了在學術上開闊視野外，也體驗到了許多意想不到的趣味。期許自己會持續進步，也能在研究上持續挑戰。

10 月 21 日加州大學聖地亞哥分校醫學中心的生殖中心

這次參訪最令我印象深刻的是不同於台灣的就醫模式，第一次就診可以電話或視訊問診，需面對面的檢查則是於診間一位患者一個房間，等病人準備好醫師才會入內。每次看診從檢查方法到結果，都對患者及家屬詳細解釋，結束會談前會一再確認患者及家屬沒有問題，才離開診間。一次看診包含超音波檢查，大約要 20 至 30 分鍾。簡單短暫的參訪行程雖然無法有更深入了解，但藉這個機會能認識優秀的教授以及美國的醫療現況，也受益良多，希望未來有合作的機會。

10 月 22 日及 23 日會前會—「Recurrent Miscarriages: The Workup Beyond the Usual What's Next If She Still Miscarries after a Negative Workup?」

主要讓聽眾了解重覆性流產的因素，依照臨床實證分析如何評估復發性流產，包含母體端因素以及男性的因素。其中一個有趣的議題為內膜容受性，子宮內膜允許胚胎於排卵後 6-12 天著床，目前有 ERA 的檢查幫助胚胎能針對著床窗口的差異做調節。但目前研究主要針對人工生殖胚胎植入，而沒有對於重覆性流產相關的研究。目前有論文發表一個前瞻性多中心研究，描述重覆性流產的子宮內膜轉錄組學特徵，以幫助開發可以預測未來懷孕結果的子宮內膜容受性測試。其他議題如精蟲 DNA 碎片、男性女性飲食生活習慣、完整的血栓檢查、染色體及基因檢查.....等，都有精彩的論述。

10 月 24 日醫學創新講座：使用實時成像揭示形成哺乳動物胚胎的機制

由於科技進步，我們可以用更微觀的角度觀察胚胎的發展。胚胎早期的細胞分裂有特定的規則，藉由這項技術了解胚胎形成機制，或許將來能應用在更精準的胚胎挑選。除此之外，也能藉由這項技術觀察到胚胎切片後，對胚胎發展的影響。

10 月 24 日重複性流產專題討論會

內容雖然和前一日的會前課程大同小異，但會議中有趣的是有許多精采的問答。例如針對這類患者，胚胎是否要執行 PGT-A、準備懷孕時是否要給與黃體素、血

栓的檢查需要做到多詳細、同時也是病態性肥胖的患者應該要給與多少時間減重.....，不同專家都有不同的意見，討論得十分熱絡。

10 月 25 日電子壁報論文展示

第二天電子壁報論文展示也是我這次投稿的電子壁報展示的時段。

投稿題目：「Looking for an optimal duration of ovulation induction before triggering to achieve highest cumulative live birth rates in high AMH patients.」

我們收集自 2014 至 2020 年的患者，探討引卵用藥的天數和累積活產率的關聯，結果顯示引卵用藥的天數介於 9 至 12 天，有較佳的累積活產率。

10 月 25 日全體會議：卵巢衰老中的非編碼 RNA

卵巢老化是複雜的進程，會因為年紀、基因而有所影響。細胞降低對非編碼 RNA 的調控，則和加速卵巢老化以及生育功能的衰退息息相關。未來或許能因此藉由分析非編碼 RNA，進一步診斷或治療卵巢老化。

10 月 25 日全體會議：更年期

這堂課主要分析更年期時，生理數值的變化。此階段和代謝性症候群的發生和惡化有關聯性，也和體脂肪的改變有關，在更年期過渡期的後段對心血管功能指標有最大的影響，而骨質的流失也是發生在更年期過渡期。

10 月 26 日口頭論文發表

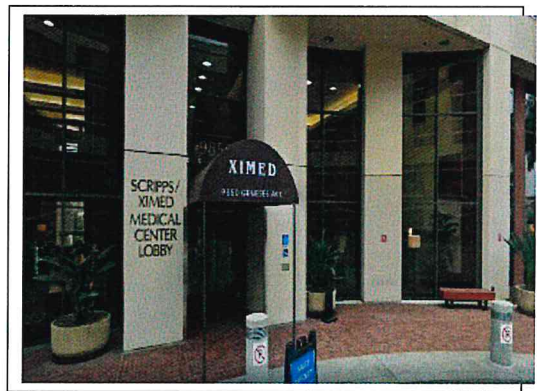
印象最深刻口頭報告的主題是在美國在 COVID-19 疫情影響下對於子宮移植患者的影響。子宮移植是一件困難的技術，但並不是非常急迫性的手術，不過仍然有 5 位患者於這兩年接受子宮移植手術，其中有 3 位在懷孕時感染 COVID-19。

10 月 26 日全體會議：口服避孕藥和避孕

此為最後一堂大堂會議則是提到口服避孕藥在 FDA 已通過 62 年，對於全球婦女的健康意義重大。家庭計畫是全球重要健康議題之一，近 20 年增加好的避孕方式，降低 40% 母體死亡率，若是目前這些未能有良好避孕的婦女都能達成避孕，甚至能再降低 30% 母體併發症發生率和死亡率。



圖為會議地點 Anaheim Convention Center



左圖為大堂會議，右圖為加州大學聖地亞哥分校醫學中心的生殖中心



圖為和美國以及台灣其他醫院的前輩醫師餐敘合影



圖為和教授 Irene Su 合影

五、建議事項

1. 不孕科門診多為自費項目，患者也多較為焦慮且有較多疑問，若是能提供如美國的看診模式，或是能提供更多時間給這類患者做諮詢，會讓這類患者更願意接受療程。
2. 增進設備，如軟式子宮鏡、門診超音波...，不孕科患者常需檢查其子宮腔結構

正常與否，本院檢查為子宮輸卵管攝影或是至手術室操作硬式子宮鏡，皆為較侵入性之檢查。3D 子宮超音波也是另一種檢查，不過需較為高階的超音波。若能如此改善，相信能提升對不孕科患者檢查治療的品質。

3. 此次會議課程內容非常豐富，很多都值得聆聽和討論，但能選取的課程受時間和經費的限制，雖然大會有提供錄影檔案但仍有部分課程並沒有提供。若有他人一同前往，或許能採取分工方式參與不同議題，事後分享討論。

4. 希望能繼續支持參與國際會議，讓更多人能接觸國際學術殿堂，開闊眼界，了解國外最新趨勢。

六、附錄

大會章程表

Genes, Gametes and Genetics

2022 DAILY SCHEDULE

SUNDAY, OCTOBER 23, 2022

1:00 PM - 4:00 PM
2nd Annual Social Media Summit

4:00 PM - 9:00 PM
ASRM 2022 President's Gala

9:00 PM
President's Gala After Party

11:00 AM - 12:00 PM
Clinical Sessions

12:15 PM - 1:30 PM
Lunch Break

1:30 PM - 2:45 PM
Symposium

2:45 PM - 3:30 PM
Afternoon Break

3:30 PM - 4:30 PM
Lecture

4:30 PM - 6:30 PM
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6:30 PM - 9:00 PM
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DAILY SCHEDULE		DAILY SCHEDULE	
TUESDAY, OCTOBER 25, 2022 6:30 AM - 7:45 AM Tuesday E-poster Session and Continental Breakfast 7:00 AM - 8:00 AM Women's Council Breakfast 7:50 AM - 8:00 AM ASRM 2022 Giving Day Kick-Off Presentation 8:00 AM - 8:30 AM Plenary Session Pre-Plenary Lecture: From Genomic Junk to Rising Stars: Noncoding RNAs in Ovarian Aging Amanda Nicole Koten, MD Yale University School of Medicine 8:30 AM - 9:15 AM Plenary Lecture: Telomere Maintenance in the Context of Human Aging Processes Dora J. Laird, PhD University of California, San Francisco 10:00 AM - 10:45 AM Morning Break 10:45 AM - 12:15 PM Tuesday Oral Abstract Sessions Scientific Congress Prize Paper Session 2 Video Abstract Session 2		11:00 AM - 12:00 PM Clinical Sessions NPG Clinical Session: Molecular for Nurses Rachel Dornak, MEd, CGC Seattle Reproductive Medicine Lauren Thomas, MD, PhD Pacific Northwest Fertility MHFG Clinical Session: Quality Improvement: Improving Patient and Provider Experiences Armina Swanson, PhD, (Chair) Northwestern University Vicky Scheller, PhD Private Practice 12:15 PM - 1:30 PM Tuesday Lunch Break 1:30 PM - 2:00 PM Tuesday Resident Learning Session 2:00 PM - 2:30 PM Roundtables 2:30 PM - 3:00 PM Interactive Sessions 3:00 PM - 4:00 PM Building Diversity, Equity and Inclusion into a Reproductive Practice Stan Hong, MD, (Chair) Yale University Tolu Ilaturo, MD UT Southwestern Medical Center Jenna R. Marks, MD, MPH NYU Grossman School of Medicine Human Genome Editing: Current Status, Future, and Concerns David L. Kaefer, MD, (Chair) NYU Grossman School of Medicine David L. Kaefer, MD NYU Grossman School of Medicine Ovarian Tissue Cryopreservation for Emerging Primary Ovarian Insufficiency: How, When and Why? Minji S. Chae, MD, (Chair) Johns Hopkins Medical Institutions Jacqueline Yana Maher, MD, MA Johns Hopkins University School of Medicine	
3:30 PM - 4:15 PM Plenary Session Menopause Keynote Lecture: The Menopause Translational Shifting Scientific Paradigm Nonette F. Sparano, MD American Urological Association (AUA) Bruce Stewart Memorial Lecture: Fertility Preservation in the Male Across the Lifespan: A New Paradigm Robert Brannigan, MD Northwestern University, Feinberg School of Medicine 4:30 PM - 5:15 PM Plenary Session The Society for the Study of Reproduction (SSR) Symposium: Use of Single-Cell RNA Sequencing to Probe Cell Identity and Function and Reveal Tissue Organization Patricia Saunders, PhD, (Chair) University of Louisville Andrea Masino, PhD University of Edinburgh Queen's Medical Research Institute 5:30 PM - 6:15 PM Plenary Session The Howard and Georgeanna Jones Symposium on Assisted Reproductive Technology (ART): IVF Lab Benchmarking - Key Performance Indicators for Future Success Sara Mooney, BA, (Chair) Seattle Reproductive Medicine G. David Est, PhD Seattle Reproductive Medicine Center So Yu, MD Stanford University 6:30 PM - 7:15 PM Strengthening Fertility Education and Awareness Globally: A Joint WHO / ASRM Symposium 7:30 PM - 8:15 PM Tuesday Afternoon Break 8:30 PM - 9:15 PM Lecture The Business of Medicine: Panel Discussion and Insight Session		11:00 AM - 12:00 PM Macroscopic Vs Microscopic: Which Matters More for Uterine Factor Infertility? Steven R. Lindheim, MD, MHA, (Chair) Wright State University, Boonshill School of Medicine Eric J. Forman, MD Columbia University Fertility Center Salvatore Giovanni Vitale, MD, PhD University of California John C. Petros, MD Massachusetts General Hospital Fertility Center 12:15 PM - 1:30 PM Symposium Gamete and Embryo Donation for the 21st Century Margaret Swain, JD, RN, (Chair) Law Office of Margaret Swain Armina Swanson, PhD, (Chair) Solo Private Practice Anjali Bellur, MD Moving Novel Therapies from Bench to Bedside: Collaboration Between Basic, Preclinical, and Clinical Efforts William Catherine, MD, PhD, (Chair) Uniformed Services University of the Health Sciences Bradley S. Hunt, MD North Carolina Medical Center Thomas M. O'Hanlon, MD, PhD Merck Healthcare KGaA 1:30 PM - 2:15 PM The Role of Nutrition, Obesity, Exercise, Environment, and Overall Health in Male Reproduction Cigdem Tuncel, MD, (Chair) Timothy N. Hickman, MD CCRM-Houston Christina E. Soth, MD, MSc Northwestern University 2:30 PM - 3:15 PM Plenary Session The ABCs of Reproductive Ethics Symposium: Extending the 14 Day Rule - Will Unlocking the "Black Box" Improve Reproductive Care? B. Y. Adashi, MD, (Chair) The Warren Alpert Medical School, Brown University Elan Wright, MD, PhD Vanderbilt University Insoo Hyun, PhD Case Western Reserve Genes Controlling Reproductive Aging, Reproductive Aging, Reproductive Aging Controlling Genes Francesco E. Duncan, PhD, (Chair) Center for Reproductive Science, Northwestern University Aleksandar Rajkovic, MD University of California, San Francisco Francisco E. Duncan, PhD Center for Reproductive Science, Northwestern University 3:30 PM - 4:15 PM Plenary Session The Society for the Study of Reproduction (SSR) Keynote Lecture: Molding the Next Generation: Drivers and Consequences of Calcium Signaling at Fertilization Carmen J. Williams, MD, PhD National Institute of Environmental Health Science 4:30 PM - 5:15 PM Contraception Keynote Lecture: The La Brea Tar Pits and Contraception: 43 years after FDA approval of "The Pill" T.J. Chan, PhD and Boston, CA for Endometriosis Karan Bunker-Tan, PhD Vanderbilt University Juan Grecco, PhD Tufts University	

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WEDNESDAY, OCTOBER 26, 2022 6:30 AM - 7:45 AM Wednesday E-poster Session and Continental Breakfast 8:00 AM - 8:45 AM Plenary Session The Society of Reproductive Surgeons Lecture: Evolution of Surgical Treatments for Severe Male Infertility Coordinated with Assisted Reproduction Peter N. Schlegel, MD Weill Cornell Medicine 8:45 AM - 9:15 AM ASRM Live Events ASRM 2022 Members Business Meeting 9:15 AM - 10:00 AM Plenary Session Plenary Lecture: Growing Up in a Hostile Environment: The Science Behind and History of IVF in America Shoukhrat M. Maman, MD Shoukhrat M. Maman, MD 10:00 AM - 10:45 AM Wednesday Morning Break 10:45 AM - 12:15 PM Wednesday Oral Abstract Sessions 10:45 AM - 12:15 PM Wednesday Resident Learning Session 12:15 PM - 1:30 PM Wednesday Lunch Break 1:30 PM - 2:00 PM Roundtables 2:00 PM - 2:30 PM Clinical Sessions NPG Clinical Session: Understanding Ovarian Cysts Monica Moore, MD, PhD, NP Fertility Health Expert		11:00 AM - 12:00 PM Right to Do: Ethics, Law, and Fertility Preservation for ART and Transgender Patients Pasquale Patazo, MD, MSc, HCLD, (Chair) University Hospital Cleveland Reserve University Sonja Ramon, MD University of Miami Miller School of Medicine Judith Dugg, JD Chase College of Law 1:30 PM - 2:30 PM Interactive Sessions FGTA for All Patients with Recurrent Miscarriages: What Does the Scientific Evidence Suggest? Paul Robert Brenna, MD, (Chair) Fertility Associates of Memphis Glenn Schattman, MD Weill Cornell Medicine Paul Robert Brenna, MD Fertility Associates of Memphis Do We Trust Data on Uterine Septum Report? Samantha M. Pfeiffer, MD, (Chair) Weill Medical College of Cornell University Louise Aghajanova, MD, PhD Stanford University School of Medicine Luis Alonso Pacheco, MD College Marcon de Ferri Too Many Embryos, Too Few Choices: Viable Embryo Donation Options in the United States Meirav M. Kagan, MD, PhD, (Chair) Seattle Reproductive Medicine, Spokane Office Eve C. Feinberg, MD Northwestern University Stan Treisman, MD Treisman Law Center Goya Muniragapan, MD Anvil Wignarajah, MD	
3:30 PM - 4:15 PM Plenary Session The ABCs of Reproductive Ethics Symposium: Extending the 14 Day Rule - Will Unlocking the "Black Box" Improve Reproductive Care? B. Y. Adashi, MD, (Chair) The Warren Alpert Medical School, Brown University Elan Wright, MD, PhD Vanderbilt University Insoo Hyun, PhD Case Western Reserve Genes Controlling Reproductive Aging, Reproductive Aging, Reproductive Aging Controlling Genes Francesco E. Duncan, PhD, (Chair) Center for Reproductive Science, Northwestern University Aleksandar Rajkovic, MD University of California, San Francisco Francisco E. Duncan, PhD Center for Reproductive Science, Northwestern University 3:30 PM - 4:15 PM Plenary Session The Society for the Study of Reproduction (SSR) Keynote Lecture: Molding the Next Generation: Drivers and Consequences of Calcium Signaling at Fertilization Carmen J. Williams, MD, PhD National Institute of Environmental Health Science 4:30 PM - 5:15 PM Contraception Keynote Lecture: The La Brea Tar Pits and Contraception: 43 years after FDA approval of "The Pill" T.J. Chan, PhD and Boston, CA for Endometriosis Karan Bunker-Tan, PhD Vanderbilt University Juan Grecco, PhD Tufts University		11:00 AM - 12:00 PM Insights into Primary Ovarian Insufficiency and Ovarian Aging: Genetic and Environmental Factors Lawrence Layman, MD, (Chair) Medical College of Georgia at Augusta University Komara C. Clayton Vaughn, MD Johns Hopkins University School of Medicine Audrey Jane Gaskins, PhD Emory University School of Public Health Aleigh L.H. Boyd, MS Stanford University 12:15 PM - 1:30 PM Automation, Artificial Intelligence and Lab-on-a-Chip Matthew David VerMya, PhD, (Chair) Oregon Fertility Charles L. Borman, PhD Massachusetts General Hospital Barry Behr, PhD Stanford University 1:30 PM - 2:15 PM Diversity & Inclusion - Breaking Down Barriers for Patients and Staffing Lindsey McLean, BA, (Chair) RMAU Christina Robertson, MS Reproductive Medicine Associates of Philadelphia Tina Jackson-Bay, MD, MPH Reproductive Medicine Associates of New York 2:30 PM - 3:15 PM Utilizing Experimental Endometrial Models to Improve Translational Relevance Slocey A. Mamer, PhD, (Chair) Michigan State Univ and Harvard T.J. Chan, PhD and Boston, CA for Endometriosis Karan Bunker-Tan, PhD Vanderbilt University Juan Grecco, PhD Tufts University	