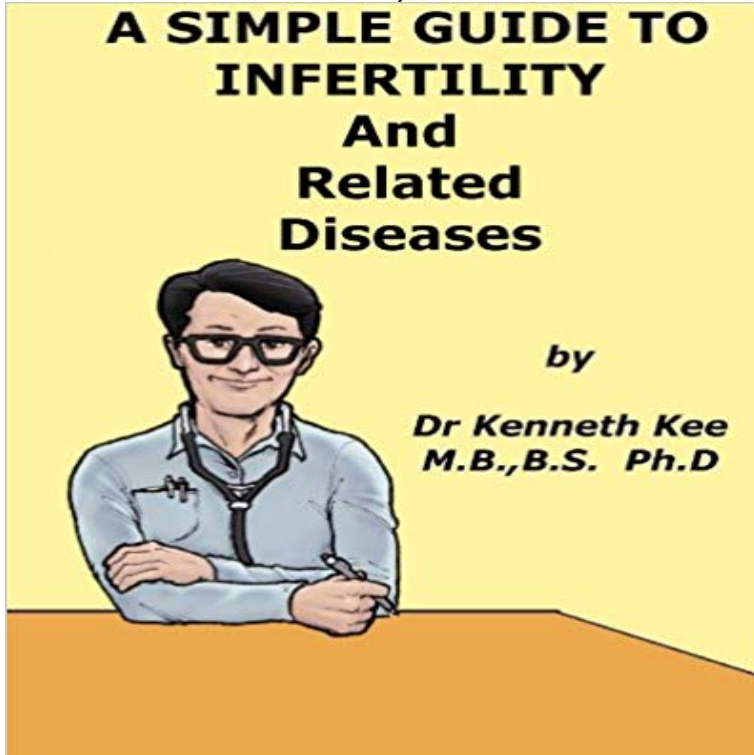


# A Simple Guide to Infertility and Related Diseases (A Simple Guide to Medical Conditions)



The WHO defined Infertility as the inability to conceive a child. 1 in 10 couples have infertility. Every couple has 25% chance of conceiving every month. Most become fertile in a year. If the woman is not pregnant after 2 year, the couple should go for a check up. Infertility can be divided into 2 groups: Primary infertility is infertility in a couple who have not become pregnant after at least 1 years of unprotected sexual intercourse. Secondary infertility is failure to conceive after been pregnant at least once but never again. What are the causes of Infertility? There are many causes of infertility. Infertility may be due to problems in the woman (50%), man (30%), or both (20%).

**A. Female Infertility:** A woman's peak fertility occurs in her early 20s. After age 35 (and especially 40), the chances that a woman will be pregnant drops considerably. Female infertility may occur when:

1. Ovulation did not occur - Ovaries cannot produce eggs
2. Fallopian Tube Disease - The eggs cannot move from the ovaries through diseased tube to the womb
3. Endometrium - The fertilized egg can not attach to the lining of the uterus
4. Uterine - A fertilized egg or embryo can not survive once it sticks to the lining of the womb

Female infertility may be caused by:

1. Autoimmune disorders, such as antiphospholipid syndrome (APS)
2. Damaged ovaries
3. Cervical mucus
4. Cancer or tumors (such as fibroids or polyps)
5. Clotting disorders
6. Birth defects that affect the reproductive tract
7. Ovarian cysts and polycystic ovary syndrome (PCOS)
8. Pelvic infection or pelvic inflammatory disease (PID)
9. Scarring from sexually transmitted infection or endometriosis
10. Eating disorders or poor nutrition
11. Use of certain medications, including chemotherapy drugs
12. Too little or too much of certain hormones
13. Surgery to prevent pregnancy (tubal ligation) or

failure of tubal ligation reversal 14. Thyroid disease 15. Excessive exercising 16. Drinking too much alcohol 17. Obesity 18. Older age

**B. Male Infertility:** Male infertility may be due to: 1. No sperm or decrease in sperm count 2. Sperm being blocked from being released 3. Sperm that do not work properly

Male infertility can be caused by: 1. Too little or too much hormones 2. Birth defects such as undescended testes or poorly developed testes 3. Impotence 4. Infection 5. Older age 6. Cancer treatments, including chemotherapy and radiation 7. Scarring from sexually transmitted diseases, injury, or surgery 8. Surgery to prevent pregnancy (vasectomy), or failure of vasectomy reversal 9. Retrograde ejaculation 10. Environmental pollutants 11. Heavy use of alcohol, marijuana, or cocaine 12. Smoking 13. Use of certain drugs, such as cimetidine, spironolactone, and nitrofurantoin 14. Being in high temperature for prolonged periods

The main symptom of infertility is the inability to conceive. Specific symptoms may depend on what is the cause of the infertility. Infertility can cause psychological problems in one or both partners. 1. Worry 2. Disbelief 3. Anger 4. Depression

**How is Infertility diagnosed?**

Most women under 35 should try to conceive on their own for 1 year before seeking testing. Infertility testing involves: 1. A complete medical history and physical examination of both partners. In women, this may include: 1. Blood tests to check hormone levels including progesterone and follicle stimulating hormone 2. Body temperature test first thing in the morning to check for ovulation or release of eggs 3. FSH and clomid challenge test 4. Hysterosalpinography (HSG) 5. Pelvic ultrasound 6. Laparoscopy 7. Luteinizing hormone urine test (ovulation prediction) 8. Thyroid function tests

Tests in men may include: 1. Sperm testing

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