

Fast Facts

Infertility

- Unable to get pregnant despite having frequent, unprotected sex for at least a year
 - 10-15% of couples experience it
- Caused by a wide variety of factors (some are present at birth and others develop later)
- A third of the time, it's an issue with the man. Another third of the time, it's an issue with the woman. The last third is an issue with both partners or no cause can be found.

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p>- Not able to get pregnant</p>	<p><i>Depends on:</i></p> <ul style="list-style-type: none"> -Cause -How long you've been infertile -Your age -Your partner's age -Personal preferences about treatment options <p><i>For men:</i></p> <ul style="list-style-type: none"> -Medications to increase sperm count -Surgery to reverse a blockage -Procedures to retrieve sperm <p><i>For women:</i></p> <ul style="list-style-type: none"> -Medications to regulate/induce ovulation -Intrauterine insemination (IUI) procedure -Surgery to restore fertility (physical issues) <p><i>For both genders:</i></p> <ul style="list-style-type: none"> -Change lifestyle factors <p><i>Assisted reproductive technology (ART):</i></p> <ul style="list-style-type: none"> -In vitro fertilization (IVF) -Intracytoplasmic sperm injection (ICSI) -Assisted hatching -Using donor eggs/sperm -Using a gestational carrier <p><i>Process:</i></p> <ul style="list-style-type: none"> -Be prepared by asking questions -Learn as much as possible about process -Determine personal limits (options and number of tries) -Have a good support system -Reduce stress 	<ul style="list-style-type: none"> -Avoid tobacco, drugs and alcohol -Get enough exercise to maintain a healthy weight, but don't overdo it (especially women) -Men should avoid exposure to high temperatures of hot tubs/saunas and certain medications -Women should limit how much caffeine they have daily and seek treatment for any eating disorders

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