

Infertility-Causes, Facts and Statistics

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DESCRIPTION

If a person for a year to get pregnant and haven't been successful, person been diagnosed with infertility. If a woman over 35, it signifies that have tried to become pregnant for six months and have been unsuccessful. A woman may also be diagnosed with infertility if she is able to conceive but is unable to carry a pregnancy to term. One who has never been able to conceive will be given the diagnosis of primary infertility a woman who has had at least one previous successful pregnancy will be given a secondary infertility diagnosis. The issue of infertility affects men and women equally. Infertility can also affect men. In actuality, both men and women are just as prone to experiencing fertility issues. Approximately one-third of infertility cases can be related to female infertility, while another third of infertility cases can be ascribed to issues with men, according to the Office on Women's Health Trusted Source. A combination of male and female infertility may be to blame for the remaining third of instances, or there may be no recognised cause.

Causes of male infertility

Infertility in men typically results from problems with the following:

1. Efficient sperm production.
2. The quantity of sperm, or sperm count.
3. Sperm form and movement, which involves both the sperm's own wriggling and the movement of the sperm through the tubes of the male reproductive system, Numerous risk factors, illnesses, and drugs can also have an impact on fertility [1,2].

Risk factors

Medications and substances that may have an impact on female infertility include

1. Radiation therapy or chemotherapy
2. Consistently using large doses of NSAIDS over an extended period of time, such as aspirin (Bayer) and ibuprofen (Advil, Motrin),

3. Recreational substances, including cocaine and marijuana; antipsychotic meds.

Men's infertility is at risk for a variety of reasons, including but not limited to

1. Elderly years
2. Using tobacco products
3. Excessive alcohol consumption
4. Being overweight or obese; chemical exposure such as heavy metals, pesticides, and herbicides

Medical conditions

Medical problems that might lead to male infertility include, for instance,

1. Retrograde ejaculation
2. Varicocele (swelling of the testicular veins), testicles that haven't descended into the scrotum,
3. Hormonal imbalances, such as a lack of testosterone production
4. All of these are reasons for infertility.

Medications and drugs

Male fertility can also be impacted by a number of treatments and pharmaceuticals, including:

- a) Cancer treatments such as chemotherapy or radiation
- b) Sulfasalazine (Azulfidine, Azulfidine EN-Tabs), a medication used to treat ulcerative colitis or Rheumatoid Arthritis (RA).
- c)

Calcium channel blockers are used to treat high blood pressure; tricyclic antidepressants are used to treat depression; and anabolic steroids are used to treat hormonal issues such as delayed puberty or increased athletic performance.

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Received: 19-May-2022, Manuscript No. FMMSR-22-18378; **Editor assigned:** 23-May-2022, Pre QC No. FMMSR-22-18378 (PQ); **Reviewed:** 13-Jun-2022, QC No. FMMSR-22-18378; **Revised:** 15-Jun-2022, Manuscript No. FMMSR-22-18378 (R); **Published:** 22-Jun-2022, DOI: 10.37532/2327-4972.22.11.123

Citation: Beretta MV (2022) Infertility-Causes, Facts and Statistics. Fam Med Med Sci Res. 11:123.

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Causes of female infertility

Numerous variables that have an impact on or interfere with the following basic processes might lead to female infertility in women:

1. At ovulation, the release of the mature egg from the ovary
2. Fertilisation takes place in the fallopian tube after the sperm and egg have passed through the cervix and uterus.
3. Implantation, which takes place when a fertilised egg fuses with the uterine lining so that it can grow and develop into a baby.

Fertility cycle

Chances of getting pregnant can be increased by keeping track of ovulation and then scheduling sexual encounters during this period. On one day each month, ovulation takes place. A developed egg is now released from ovaries, and it starts to move *via* fallopian tubes. Fertilization may take place if the egg comes into contact with sperm during travelling. Within 24 hours of ovulation, an unfertilized egg will expire. The likelihood of conception is increased by the fact that sperm can survive for up to five days inside a woman's body. As a result, truly have fertile days for five to six days out of every month. Because ovulation doesn't happen at the same time each month, it's crucial to recognise the ovulation symptoms. Body modifications like cramping in the abdomen and a slight increase in body temperature can be among them [3-5].

Infertility facts and statistics

The Centres for Disease Control and Prevention (CDC) Trusted Source estimates that 12.1% of American women between the ages of 15 and 44 experience difficulties getting pregnant and bringing a child to term. Infertility affects married women in this age bracket by over 7%. 7.3 million women between the ages of 15 and 44 have also received infertility services, the CDC reports. About 12% of the women in that age group fall into such category. A woman in her 30s is believed to be half as fertile as a woman in her early 20s, according to the National Institutes of Health (NIH) Trusted Source. According to the Office on Women's Health Trusted Source, 20 percent of American women now give birth to their first child after age 35. Due to this, age a rising component that causes infertility. 9 percent of men has reported having fertility problems, according to a reliable source. Male fertility can decrease with age, though it does so more gradually than female fertility.

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