

Infertility

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Infertility

Now-a-days many couples are facing infertility. Cause of infertility depends on individual. It is difficult to determine the cause but can consider inadequate levels of hormones in men and women. There are many treatments which improves the ability of getting into fertile condition.

Possible Causes of Infertility in Women are

Ovulation failure: It may happen due to primary ovarian insufficiency or polycystic ovary syndrome

Endocrine disorders: Hormonal problems like thyroid (production of less or more hormones which are not required)

Lifestyle: It is also one of the causes of infertility. Smoking, excess eating of junk, too much of exercises, age are the causes.

Environmental factors: It is also one of the causes of infertility

Infections: Infections also cause infertility in both men and women like STIs (Sexually Transmitted Infections), chronic infections (Human papillomavirus)

Egg mature failure: An immature egg may not release in the right time, may not make it down to the fallopian tubes, or may not be able to be fertilized.

Implantation failures: Failures like Genetic defects in the embryo, Thin endometrium (pronounced en-doh-MEE-tree-uhm), Embryonic defects, Endometriosis, Progesterone resistance, Scar tissue in the endometrial cavity

Endometriosis: Research has found a connection between infertility and endometriosis. Studies proposed that women 30%-40% of women with endometriosis are infertile. This cause is not yet known.

Uterine fibroids: Non-cancerous cells growth in the uterus causes infertility.

Autoimmune disorders: In this condition reasons are yet known properly for the cause. But, the antibodies which make in men and women attack the sperms or other reproductive organs.

Irregular menstrual cycles: This condition may have several reasons. But, irregular periods cause infertility.

A woman is having more possibilities fertile in her early 20s. The chance a woman can get pregnant drops drastically after age 35. The age of fertility starts to decline which varies from woman to woman. Miscarriage, infertility problems rates increase after 35 years of age.

Possible causes of infertility in men are

- Decreased number of sperm
- Blockage that prevents the sperm from being released
- Defects in the sperm
- Birth defects
- Cancer treatments, including chemotherapy and radiation
- Exposure to high heat for prolonged periods
- Heavy use of alcohol, marijuana, or cocaine
- Hormone imbalance
- Impotence
- Infection
- Medicines such as cimetidine, spironolactone, and nitrofurantoin
- Obesity
- Older age
- Retrograde ejaculation
- Scarring from sexually transmitted infections (STIs), injury, or surgery
- Smoking
- Toxins in the environment
- Vasectomy or failure of vasectomy reversal
- History of testicular infection from mumps

Infertility is not a woman's problem. Both men and women can contribute to infertility. Many couples struggle with infertility and seek help to become pregnant, but most of the people think that it is only a woman's condition.

Infertility can be treated with medicine, surgery, intrauterine insemination, or assisted reproductive technology.

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