

HEALTH EDUCATION
LIBRARY FOR PEOPLE



World's largest FREE health Education library for people..

We help patients to become better patients! We can help you understand your health and medical problems better so you can get better care in partnership with your Doctor.

OUR VISION

We think patients are the largest untapped healthcare resource and that Information therapy is the most Powerful Medicine !

OUR GOALS

1. Encouraging health insurance companies to invest in patient education.
2. Advocating information therapy.
3. Setting up a national network of patient education centers.
4. Developing patient educational materials in Indian Languages for the web.



HEALTH EDUCATION LIBRARY FOR PEOPLE

Infertility

For more information on this subject:
Ask the Librarian : Free Answers to any
Health Questions !!

<http://www.healthlibrary.com/information.htm>

For More Info: ASK A LIBRARIAN



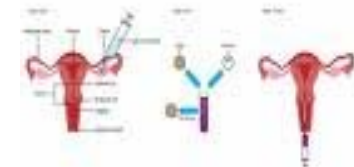
Health Education Library For People

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**LET'S HELP
ERADICATE
IGNORANCE**

Infertility

Primary infertility describes couples who have never been able to become pregnant after at least 1 year of unprotected sex (intercourse). Secondary infertility describes couples who have been pregnant at least once, but have not been able to become pregnant again.

Causes: include a wide range of both physical and emotional factors. A couple's infertility may be due to female factors, male factors, or both:

Female infertility may be due to:

- Problems with a fertilized egg or embryo being able to survive once it is attached to the lining of the uterus
- Problems with the eggs being able to move from the ovary to the uterus
- Problems with the ovaries producing eggs

Female infertility may be caused by:

- Autoimmune disorders, such as antiphospholipid syndrome (APS)
- Clotting disorders
- Defects of the uterus and cervix
- Excessive exercising, eating disorders, or poor nutrition
- Exposure to certain medications or toxins
- Heavy use of alcohol
- Hormone imbalance or deficiencies
- Long-term (chronic) disease, such as diabetes
- Obesity

- Ovarian cysts and polycystic ovary syndrome (PCOS)
- Pelvic infection or pelvic inflammatory disease (PID)
- Scarring from sexually transmitted disease or endometriosis
- Tumor

Male infertility may be due to:

- A decrease in the number of sperm
- Sperm being blocked from being released
- Sperm that do not work properly

Male infertility can be caused by:

- Environmental pollutants
- Exposure to high heat for prolonged periods
- Genetic abnormalities
- Heavy use of alcohol, marijuana, or cocaine
- Hormone deficiency or taking too much of a hormone
- Impotence
- Infections of the testes or epididymis
- Older age
- Previous chemotherapy
- Previous scarring due to infection (including sexually transmitted diseases), trauma, or surgery
- Radiation exposure
- Retrograde ejaculation
- Smoking
- Surgery or trauma
- Use of prescription drugs, such as cimetidine, spironolactone, and nitrofurantoin

When to seek help for infertility: For women under age 30, it is generally

recommended to try to conceive for at least a year before seeking testing.

Symptoms: The physical symptom of infertility is the inability to become pregnant. Experiencing infertility can bring on a range of painful emotions in one or both members of the couple. In general, having at least one child already tends to soften these painful emotions.

Exams and Tests: A complete medical history and physical examination of both partners is essential.

For women: Blood hormone levels, Cervical mucus to detect ovulation, Hysterosalpingography (HSG) Pelvic ultrasound, Laparoscopy Luteinizing hormone urine test (ovulation predictor kit), Pelvic exam, Progesterin challenge, Serum progesterone, Temperature first thing in the morning to check for ovulation (basal body temperature charting)



For men: Semen analysis, Testicular biopsy (rarely done)

Treatment: Increase your chance of becoming pregnant each month by having sexual intercourse at least every 3 days in the weeks leading up to and through the expected time of ovulation. Ovulation occurs about 2 weeks before the next period starts. Treatment depends on the cause of infertility. It may involve: Education and counseling, Medical procedures such as intrauterine insemination (IUI) and in vitro fertilization (IVF), Medicines to treat infections and clotting disorders, or promote ovulation.

It is important to recognize and discuss the emotional impact that infertility has on you and your partner, and to seek medical advice from your health care provider.

