

Risk Factors for Infertility

According to The International Committee for Monitoring Assisted Reproductive Technologies (ICMART):

Infertility is a disease characterized by the failure to establish a clinical pregnancy after 12 months of regular, unprotected sexual intercourse or due to an impairment of a person's capacity to reproduce either as an individual or with his/her partner.

Being aware of some of the risk factors can allow you to make changes if needed!

Overall Health

Factors such as:

- Having too much or too little body fat
- Diseases such as diabetes, lupus, arthritis, hyper or hypothyroidism, hypertension, or asthma
- Abnormal pap smears
- Hormone imbalance
- Multiple miscarriages
- Alcohol consumption or smoking



Age

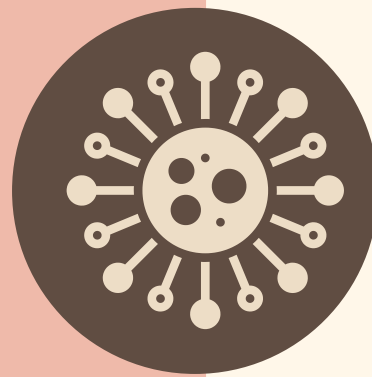


As age increases, risk for infertility increases as well.

Talk to your healthcare provider if you are over 30 and have been trying to conceive for over 6 months.

Sexually Transmitted Diseases

- Use latex condoms
- Screen for and treat infections early
- Be aware that some STDs are asymptomatic



Fallopian Tube Diseases & Endometriosis



- Early detection is vital
- It runs in families so be sure to let your doctor know if there is any family history of these diseases

Depression & Stress

Emotional factors like these can also impact your hormones and therefore your ability to conceive.



Approximately 44% of women with infertility have sought medical assistance. Of those who seek medical intervention, approximately 65% give birth.

(Infertility As A Covered Benefit, William M. Mercer, 1997)

Consider talking to your healthcare provider about the possibility of infertility if you have any of these risk factors along with problems conceiving.

You can start by researching fertility specialists near you.