

Infertility & You- What You Need to Know? 30/03/2017

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Getting pregnant is an extraordinarily exciting thing in a woman's life. For some, unfortunately, this does not come around easily.

With one year of unprotected sexual relations, most of the women conceive. Around 10-15% do not. Infertility or inability to get pregnant results from problems in either the male partner (30%), female partner (30%), both or neither (40%). Sometimes, no identifiable cause is found in either partner, and the treatment becomes even more challenging.

Rest assured, most of the infertile couples eventually conceive with a little help from Fertility Specialists.

Please seek help from your doctor if you have not got pregnant after one year of unprotected sex, you are 35 years and above, menstruating irregularly, having painful or heavy periods, have had miscarriages, or any form of cancer treatment or ovarian or uterine surgeries. Male partners with difficulty in sexual relations, erection or ejaculation, libido issues, low sperm count

& motility and any form of cancer treatments must see a fertility specialist to get themselves evaluated.

CAUSES

MALE	FEMALE
Low sperm count & motility	Ovulation Problems
Blockage or damage to the tubes that transport and deliver sperms (Tuberculosis, Mumps, Cystic Fibrosis, Injury)	Blockage or damage of Fallopian Tubes (Pelvic Inflammatory Disease, PID, Tuberculosis, Endometriosis)
Cigarette Smoking, Alcoholism	Smoking
Excessive heat exposure	Endometriosis
Cancer & cancer treatment	Polycystic Ovary Syndrome (PCOS)
	Cancer & cancer treatment
	Premature Ovarian Failure
	Uterine/Cervical Abnormalities (Adhesions, Polyps, Fibroids)

RISK FACTORS:

Age: One of the best prognostic markers for fertility treatment success is your age. With advancing age, fertility declines steeply beyond 35 years, especially in a female. Best quality eggs are ovulated first, and later in life, you are left with lesser number eggs with poor quality.

Weight Extremes: Both over-weight and under-weight individuals are at risk of fertility problems. In a woman, weight extremes interferes with menstruation, hormones and ovulation, while in a man, it affects sperm counts.

Smoking, Excessive Alcohol & Recreational Drugs: Smoking causes infertility and also lowers the possibility of treatment-success in both partners. Alcohol consumption contributes to infertility, birth defects, low sperm counts and motility.

TESTS

MALE	FEMALE
Semen Analysis	Assessing Ovulation by sonography or hormones in blood/urine
Hormone Evaluation	Hormone Evaluation
Testicular Biopsy to assess sperm production and to directly retrieve sperms from testes	Assessing fallopian tubes for patency and function by Hysterosalpingography (HSG) or Laparoscopy
Imaging for Testes, Spermatic Cords or Brain	Imaging for Pelvis
Genetic Testing	Genetic Testing
	Laparoscopy & Hysteroscopy
	Tests for Ovarian reserve to

	assess the quantity & quality of eggs
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TREATMENT

Your treatment depends on the cause & duration of infertility, your age, and also your personal preferences. Treatment broadly involves medications to assist fertility, surgeries to correct abnormalities and assisted conception.

At Gynaecworld, we offer you all the possible treatments since last 30 years, with the best success rates and affordable cost. Every couple’s treatment is tailored and individualized after thorough evaluation to offer the best to them.

From checkups for male and female partners both & blood work to sonography and assisted reproduction including intrauterine insemination (IUI) & in vitro fertilization (IVF), and counseling, all facilities have been brought together under one roof for convenience.