

Being honest with your doc can help tackle infertility



There are a few important points to remember before "blaming" anyone for not being able to get pregnant. Inability to conceive is because of either one partner in 80% cases and in the other 20% instances, conceiving may be difficult because of problems with both partners.

Common causes of infertility in women:

- Being underweight or overweight can cause difficulties in conceiving a baby. Excessive exercise also is implicated as one of the causes for the inability to conceive.
- Hormonal changes interfere with ovulation and implantation which can cause infertility. Such patients usually have irregular cycles.
- Depending on how advanced the fibroids or endometriosis is, it can impair fertility. Pelvic pain is a common symptom of such issues.
- Pelvic inflammatory disease can cause uterine and tubal infection which may make it difficult to conceive a baby.
- Sexually transmitted diseases can affect the PH level in the vagina which in turn, brings down sperm survival chances post ejaculation, leading to infertility.

Common causes of infertility in men:

- Semen disorders.
- Testicular abnormalities like varicoceles, undescended testis, testicular failure.
- Certain medications or chemicals may affect sperms.
- High sperm DNA damage
- Psychosexual problems like

ejaculatory dysfunction, premature/retrograde ejaculation.

- Testicular injury or infection.

Causes of infertility in both men and women:

- Fertility declines with age in men and women but more predictably in women.
- Poor diet and no exercise can cause infertility in both genders.
- Environmental toxins like pesticides,

fertilisers, heavy metals can adversely affect fertility.

- Smoking, recreational drug abuse, chronic alcohol consumption are one of the major causes of infertility.
- Diabetes, problems with thyroid gland and pituitary gland can also be responsible for infertility.
- Psychological stress also decreases the chances of conception.

Caution: Do not get anxious and assume you have any of these health issues, just

because you can't get pregnant. The only reliable way to determine if you are affected by one of the above causes is to get checked by your infertility specialist. Be upfront and honest about health issues you've dealt with or are dealing with. Once diagnosed, there are variety of basic to advanced treatments that can help in conceiving.

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