

Brief note on infertility in men and women.

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Description

Infertility is a common human health problem, affecting 10–15% of couples of reproductive age. A common cause of infertility is defects in germ cell production. In the United States, 10% to 15% of couples are infertile. For most couples, infertility is defined as being unable to become pregnant, despite frequent unprotected sex for at least a year. Infertility can be due to problems with you or your partner, or a combination of factors that prevent pregnancy. Fortunately, there are many safe and effective treatments that can greatly increase your chances of getting pregnant.

Symptoms and Causes

These factors increase the risk of infertility in all genders:

- Age (over age 35 for women or over 40 for men).
- Diabetes.
- Eating disorders, including anorexia nervosa and bulimia.
- Excessive alcohol use.
- Exposure to environmental toxins, such as pesticides.
- Excessive training.
- Radiation therapy or other cancer treatments.
- Sexually Transmitted Diseases (STD).
- Smoking.
- Emphasis.
- Weight problems (obesity or underweight).

Aging: Historically, before the second half of the 20th century, women became pregnant in their teens and twenties, and the age-related abnormalities of the egg were unclear.

Ovulation disorders: Normal and regular ovulation, or the release of mature eggs, is essential for a woman to become pregnant naturally. Ovulation can often be detected by holding a menstrual calendar or using an ovulation prediction kit.

Diagnosis

Fertility test

If both partners are young and healthy and fail for a year, visiting a Women's Health Nurse Practitioner (WHNP) may help identify possible medical problems sooner rather than

later. Your doctor or WHNP may also suggest lifestyle changes to increase your chances of conception.

Women over the age of 35 should see a doctor or WHNP after 6 months, as the birth test takes longer and age can affect treatment options.

Prevention

Some types of infertility cannot be prevented. However, some strategies can increase your chances of getting pregnant.

Male: Most types of male infertility cannot be prevented, but these strategies can help you to

Avoid using drugs, tobacco and excessive alcohol consumption as they can contribute to male infertility.

Avoid swimming and high temperatures in hot baths as they can temporarily affect sperm production and motility.

Women: Some strategies may increase the chances of getting pregnant.

Stop smoking: Tobacco has many negative effects on childbirth, not to mention your overall health and fetal health. If you smoke and are thinking of becoming pregnant, stop now.

Conclusion

Infertility seems to be increasing among young couples in the United States, and couples affected by all ages are looking for a solution. *In vitro* fertilization techniques and their variations have been added to the more traditional surgical and medical treatments for this disorder. However, with their rapid development and widespread adoption, new treatments for reproductive disorders have raised public and professional concerns about quality control, public surveillance, and advertising.

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