

## DID YOU KNOW?

- Fertility gradually declines with age, especially for women in their mid 30s and men in their 40s.
- Smoking increases the risks of miscarriages in women, and reduces sperm count in men.
- Infertility affects 25% of couples in Nigeria.
- Drinking too much alcohol can affect sperm count and motility.
- Being overweight or underweight can affect fertility.
- In severe cases, STRESS can affect ovulation and sperm production.
- An inactive lifestyle and being overweight may increase the risk of infertility.

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## INFERTILITY

### WHAT YOU SHOULD KNOW

Infertility is defined as not being able to get pregnant after one year of frequent (every 2 to 3 days) unprotected sex. It is also the inability to carry a pregnancy to term.

#### TYPES OF INFERTILITY

**Primary Infertility:** where the woman has never conceived before.

**Secondary Infertility:** where a woman who has conceived before, is having difficulties getting pregnant again.

Fertility problems can affect both men and women. Common causes of infertility in women include:

- ❖ Lack of regular ovulation
- ❖ Blocked or damaged fallopian tubes
- ❖ Endometriosis: where the tissue lining the womb is found outside the womb.

In Men, the common cause is usually poor semen quality.

#### TREATMENT

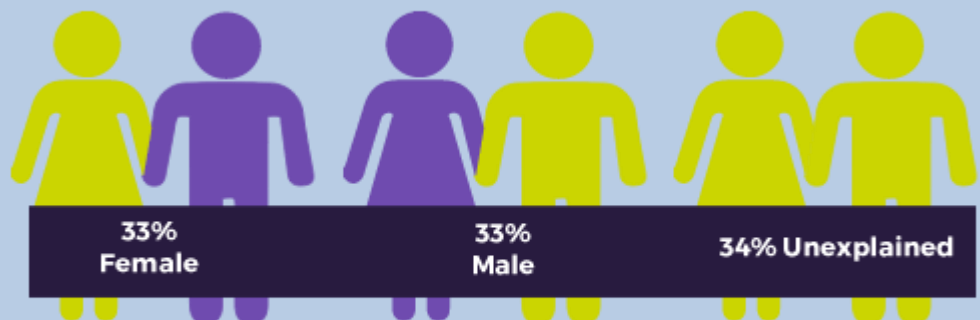
Fertility treatments include:

**Medical treatment:** for irregular ovulation

**Surgical treatment:** for endometriosis, blocked fallopian tubes etc.

**Assisted conception:** Intrauterine Insemination (IU)/In-vitrofertilisation (IVF)

Infertility Causes and Diagnosis are evenly split.



In about one in three couples who experience infertility, no cause has been found but it is known that improving nutrition and improving lifestyle can make a difference.