

Useful Infertility Information

Having a child and becoming a parent are a person's greatest joy and achievement. Unfortunately it may not come true to some people who find it difficult to conceive. The inability to conceive and produce an offspring is an experience that unfortunately many people go through.

Studies state that women deal with the majority of infertility cases. Half of this is caused by the different conditions that women go through. The remaining cases of infertility are due to the males' sperm disorders and other unexplained causes. When fertilization occurs a woman has to go through proper and regular menstrual process to become pregnant. One of the most common causes of sterility is a problem with ovulation. Tubal blockage, uterine problems as well as preceding tubal ligation are problems that can result to infertility.

A woman's state of infertility is directly affected by her age. As a woman ages, her ability to conceive naturally and normally decreases. In general a woman loses approximately a thousand egg cells per month. Other conditions that could eventually lead to infertility include endometriosis, PCOS or certain sexually transmitted diseases.

PID also known as Pelvic Inflammatory Disease is another cause of female sterility. Gonorrhea or Chlamydia are severe inflammation of the pelvis that can be caused by untreated cervical infections. These diseases can cause scarring in the fallopian tubes which subsequently causes a blockage when bacteria make its way through towards the uterus, ovaries and surrounding tissues. However, once PID has been successfully treated, pregnancy can often be achieved through in vitro fertilization.

Another leading root of infertility is Polycystic Ovarian Syndrome (PCOS). It is a hormonal disorder that causes a disruption in a woman's normal ovulation cycle. A woman with PCOS becomes sterile because of the inability to ovulate normally or regularly. Certain medication such as Metformin is capable in treating PCOS by correcting the body's hormone levels through the body's ability to absorb insulin.

In order to conceive successfully a couple needs to check their hormone levels. The hormones are produced by the pituitary, adrenal and thyroid glands as well as the hypothalamus and the pancreas. Infertility can be led by any incurring diseases that can affect any of these.

Non medical reasons that cause infertility include the couple's lifestyle. There are several factors that can lead to a person to be sterile, these factors include smoking, too much alcohol consumption, the use of illicit medication, weight problems and so on.

Unsuccessful attempts to conceive can cause extreme stress for a couple who is trying really hard to do so, not to mention that sometimes doctors are unable to pinpoint the problems. This is labeled as unexplained fertility. Another way to take care of this is for the couple to try and not put too much pressure on themselves and try to get a better understanding of the woman's ovulation cycle in order to conceive successfully. The main idea is to be as stress free as possible.

About the Author

Learn more about [infertility information](#). Stop by Linda Golden's site where you can find out all about [information on infertility](#) and what it can do for you.

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