

live well, work well

Health and wellness tips for your work, home and life—brought to you by the insurance and healthcare specialists at M3.

Trouble Conceiving?

Infertility is a disease or condition of the reproductive system, and can be attributed to either the man or woman.

According to the National Infertility Association, more than 7.3 million Americans (one in eight couples of childbearing age) are infertile.

Identifying an Infertility Problem

Typically, infertility is diagnosed after one year of unprotected, well-timed intercourse or if the woman has suffered multiple miscarriages (for women under 35 years old). For women above that age, the diagnosis typically comes after 6 months of unprotected, well-timed intercourse.

Well-timed means timing intercourse with the woman's menstrual cycle. Your OB-GYN can give you more information about the best time to conceive.

Risk Factors and Causes

Risk factors for infertility can include weight, age, sexually transmitted diseases, tubal disease, endometriosis, DES exposure, emotional factors, occupational and environmental risks, smoking and alcohol.

There are many possible causes of infertility – 30 percent is attributed to the man, 30 percent to the female, and the balance is either attributed to factors in both, or is unexplained. A variety of defects, disorders and other medical factors can make a person infertile. If you suspect you and your partner are having infertility problems, you should consult your doctor.

Options for Conceiving

Your doctor can run a series of tests on both you and your partner, or may refer you to another specialist, to determine the problem. Based on the diagnosis, your doctor may offer strategies and/or alternative options for conceiving, such as:

- Lifestyle changes
- In vitro fertilization
- Hormone treatments
- Fertility medications
- Intrauterine insemination

It may be the case that you are unable to conceive naturally, even with medical assistance. Though that is hard to come to terms with, remember that you are not alone, and that there are other alternatives to building a family, including surrogacy and adoption. A doctor or therapist can help guide you through all of your options.

Did You Know...?

You are not alone! Infertility is more common than you may realize, and many great support groups exist to help couples navigate the conception process and cope with infertility. Visit www.resolve.org/support-and-services to find a support group today.