

Reproductive Health in Men and Women **Wiebren Tjalma***

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Reproductive health describes the condition of male and female reproductive systems in all life phases. It is the state of physical, emotional, behavioural and social fitness for leading a reproductive life. Reproductive system made of organs and hormone-producing glands, including the pituitary gland in the brain. In male and female have different reproductive organs that are Ovaries in females and testicles in males. Gonads are the organ that maintains health of their respective systems. They also work as glands because they produce and release hormones.

In the United States, 1 out of 8 couples faces problem in getting pregnant. To avoid this problem, both male and female people should take care of their reproductive health appropriately. Some good and healthy practices should be possible to expand your chances of conceiving, maintaining a healthy pregnancy, and always prefer to do infection free sex, and avoid communicated infections. There are many major factor, that should follow for healthy reproductive system include daily exercise, do not consume alcohol and cigarette, intake plenty of water, maintain hygiene and gain good knowledge about safe practices, do not take stress, etc. These are the major factor that contributes in good reproductive health and overall health.

Most of the women having difficulty in getting pregnant, to avoid facing such issue, both men and women need to take their reproductive health seriously. Some healthy practices can be done to increase your chances of conceiving, maintaining a healthy pregnancy, and also avoiding succumbing to sexually transmitted diseases. Protect your sexual & reproductive health with the important considerations as mentioned below:

There are many concerns that are worldwide increasing: infertility, Sexually transmitted diseases, unintentionally pregnancies and other reproductive problems, especially in developing countries. Reproductive disorders are affecting millions of people.

Female disorders include:

1. Endometriosis, a disorder in which tissue similar to the tissue that forms the lining of your uterus grows outside of your uterine cavity. The lining of your uterus is called the endometrium
2. Inadequate breastmilk supply
3. Puberty in early or late
4. Infertility (difficulty in getting pregnant)
5. Menstrual problems
6. Polycystic ovary syndrome, ovaries produce more male hormones than normal

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7. Uterine fibroids, noncancerous growths in a woman's uterus or womb

Male disorders include:

1. Erectile dysfunction (impotence)
2. Low sperm count

Importance and Care

1. The major work towards reproductive health is counselling and people should be aware about the reproductive organs, adolescence and associated changes, safe and hygienic sexual practices, sexually transmitted diseases (STD's).
2. Children counselling is mandatory on sexuality and reproductive health at the right age.
3. Regular consultation with healthcare providers to discuss issues and take a good diagnosis and treatment on time.
4. It is very important to do Infection-free sex. There are three types of infection: sexually transmitted diseases (and infections) (STDs), endogenous vaginal infections, and infections related to reproductive tract procedures.
5. Prevention of sexual violence against women and children.
6. Treatment of infertility and sexual dysfunction.