

## Risk Factor Affecting Infertility Alexis Danielle Roberts\*

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Infertility is normally characterized as the inability to get pregnant following one year of sex without contraception. Infertility is condition that can cause mental, physical, and clinical disservices to the patient. Infertility affects approximately 60-80 million couples around the world and is still increasing. The special nature of this condition includes influencing both the male and female as a partner. Infertility isn't just a personal satisfaction issue yet additionally a sickness of the reproductive health. The most well-known recognizable elements of female Infertility are as per the following:

Ovulatory problems - 25%

Endometriosis - 15%

Pelvic grips - 12%

Tubal blockage - 11%

Other tubal/uterine irregularities - 11%

Hyperprolactinemia - 7%

There are many causes of infertility in women:

Age is the main factor. Now a day's women do not conceive pregnancy in early ages. According to the previous report the right age of pregnancy is 22 to 28 years, but the women start to conceive their first baby at the age of 32. Smoking decrease the rate of pregnancy conveys. It increases the risk factor of infertility in both male and female and during pregnancy it increases the chance of pregnancy loss. Both men and women should take healthy diet. There are many causes of infertility related to diet: Lack of folic acid, iron, zinc and vitamin B-12. Women who are having these type of risk, they should ask to doctor about the supplements. Food balance should be mandatory. Weight gaining and weight loss is the symptom of infertility. Mental stress is the reason of infertility. They may affect male sperm production and female ovulation and can lead to reduce sexual activity. Exercise is the major issue in fertility. Too much or less exercise is the factor of infertility.

Some Medical condition causes the infertility: Ovulation disorder is the major problem of infertility in most of the women. Ovulation disorder occurs in most of the condition. The ovaries

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stop working before the age of 40 years, because of premature ovarian failure. The ovaries function do not proper and ovulation stop, because of polycystic ovary syndrome (PCOS). In most of the women have bad quality of egg. Some of the people are having chronic diseases include AIDS or cancer. This is the main reason of infertility. Some of the women having problem in the uterus or fallopian tubes that prevent the egg from traveling from the ovary to the uterus, or womb. Some chemicals also affect the women fertility.

Some medications, treatment and drugs can affect fertility in a woman include Non-steroidal anti-inflammatory drugs (NSAIDs), Chemotherapy, Radiation therapy, Illegal drugs. Aspirin or ibuprofen is the non-steroidal anti-inflammatory drugs (NSAIDs). More use of these drugs reduces the level of fertility. Chemotherapy drugs can cause the ovarian failure and this may be permanent in some of the cases. Some women use illegal drugs like marijuana and cocaine. These drugs can decrease the level of fertility. Radiation therapy aimed near the reproduction organ, this may increase the risk of infertility problem. In previous study, it was found that high cholesterol is the reason of infertility.