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The Truth About Infertility

By Robert Thatcher

Infertility is the inability to conceive; it may be remedied. However, should the conditions persist, it is referred to as sterility.

In the United States, one out of every 8 to 10 couples are childless because of infertility; it is a major medical and social problem. Both husband and wife are urged to seek medical attention for complete examinations and evaluation, since almost as many men as women cause a sterile marriage.

It is usually recommended that the male be evaluated first, because tests for the female are more expensive and time-consuming. Such tests may require the services of a urologist, gynecologist, endocrinologist, and internist.

In the female, the organs of reproduction and the glands influencing them are evaluated. Among the causative factors may be displacement and tumors of the uterus, genital infantilism, and inflammation. To allow fertilization of an ovum, it is necessary that the vagina, cervix, and uterus to be patent and have mucosal secretions receptive to the sperm. Semen is alkaline, as is cervical secretion; normal vaginal secretion is acid.

Treatment is directed towards correcting the deficiencies encountered in the individual patient. The following tests assist the gynecologist in delimiting the problem.

1. Rubin test

This procedure is to determine the potency of the fallopian tubes by introducing carbon dioxide through a sterile canula into the uterus, into the tubes, and into the peritoneal cavity.

By listening with a stethoscope on the abdomen, the physician may hear the gas swishing into the abdomen. If the pressure gauge reaches 200 mm. of a mercury, an occlusion may be suspected.

2. Salpinogram; Hysterosalpingogram

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A radiopaque substance is often used to determine the site of tubal obstruction; an x-ray picture then shows the outline of the tubal lumen.

3. Hubner test

Within an hour or two after intercourse, the physician aspirates cervical secretions with a long cannula. The woman is to be instructed not to void, bathe, or douche between coitus and the examination; a perineal pad is worn until she is placed in "lithotomy position" in the examining room. Aspirated material is placed on a slide and examined under microscope for presence and viability of sperm cells.

Treatment

The treatment of sterility is a difficult matter, because it may be caused by a combination of several factors. Efforts are made to build up the general health of the patient, supplying lacking glandular hormones as indicated.

Operative treatments include removal of obstructions and plastic operations to restore tubal potency. Unfortunately, these are not too successful; in addition, there is a high incidence of tubal pregnancy following such operations.

The psychic and social factors of infertility must not be overlooked. Among some religious groups and nationalities, it is important to have blood descendants; adopting children is not acceptable in these families.

In other family groups, the man's virility, or woman's femininity are suspected when a couple fails to have children. Many pregnancies have occurred after an infertile couple has adopted a child, moved to another location, or the husband had a change of jobs.

All of these things indicate that the concepts behind infertility are not absolute and concrete. There are instances that the information about this particular problem may have underlying causes that should not be blamed on the inability of the person to conceive.

Boiled down, the problem on infertility is more of a social problem than a biological problem. It is not the aspect of not being able to conceive that persons involved are hesitant to disclose the matter.

If it is more than just biological malady, then, it requires tough solutions.

Robert Thatcher is a freelance publisher based in Cupertino, California. He publishes articles and reports in various ezines and provides infertility resources on

<http://www.your-infertility-resource.info>

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Men Infertility: Be Open–Minded When Seeking For Help

By Jeanette Pollock

Who said infertility is conventionally a woman thing? Isn't it that male infertility produces great impact to conception? Now who is at the risk of infertility? Who is to be blamed?

Infertility is not a sole problem that is faced by women. As most cultures practice, infertility is typically blamed on the part of the women. They are obviously wrong. There is nobody to be blamed for the matter. The inability to bear a child can be caused by several factors that are affecting both the couple. There is also the renowned male factor which means that the problem lies on the part of the male.

The concept of male infertility is no longer a new term these days. Medical findings have long started to point on the male reproductive system as a primary cause of infertility. But then because of men's too much pride, they find it hard to bring about acceptance for men infertility. There are no recognized symptoms or signs of men infertility. They can only be detected by the routinely health checkups. As couples, you need to be aware of your fertility status. Women are not always the ones at fault when it comes to the incapacity to bear a child. Men infertility should be accepted with an open mind.

In the available studies and reports that medical teams have further gathered, they see that men infertility comprises at least 1/3 of its overall total. In contrast with the female reproductive system, the male reproductive system is less complicated. Men infertility is usually associated with the problem in sperm count and other known sperm disorders. The fertility process commonly takes place during the intercourse when there are millions of sperm cells that get deposited into the vagina during the male ejaculation. Only a few of the semen can successfully get through the protective walls of the egg cell to enable pregnancy. Therefore, the more sperm cells that are able to go through the egg's protective walling, the more chances of allowing a successful fertilization. For a progressive fertilization, the sperm quality, sperm size and shape, sperm motility, and sperm count are great factors to consider.

Logically, any problem with any of these factors is likely to bring about a difficulty in male fertility. The explanation to this is that a great number of sperm count and an optimum quality of sperm cells are sure to give a hundred percent male fertility.

Men infertility is likewise confronted with an array of environmental and health issues which can affect the difficulty in conceiving. The age is a renowned factor. Obviously, as man ages, his capacity to reproduce lessens. Specialists say that from the age of 35, the sperm cell quality starts to diminish. One's lifestyle choices also pose an impact to men infertility. Men infertility is likely to be affected by the intense exposure to heat and by using overly tight underwear, the extreme exposure to pesticides, electromagnetic emissions, radioactivity and other hazardous substances. It is also to be noted that men infertility is greatly brought about by STDs, too much use of drugs, smoking, and the abuse of alcohol.

If you've got concerns or queries regarding men infertility, there are various infertility specialists from whom you can seek help. Furthermore, it pays off to be open–minded when accepting the truth regarding men infertility.

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Jeanette Pollock is a freelance author and website owner of

<http://www.infertilitydomain.com>

. Visit

Jeanette's site to learn more about men infertility.



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