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Why Couples Find Difficulty Conceiving: Causes Of Infertility

By Jay Ashley

The term infertility refers to the abnormal incapacity to produce children by natural means of

conception. It also refers to the incapability of a woman to go through the entire course of pregnancy. Several couples throughout the world strive hard to conceive a child, however some find extreme difficulty in doing so and thus need medical assistance to be successful. Around percent of the people in the reproductive age are infertile according to the American Society for Reproductive Medicine, a third of such cases affect females, another third affects males, and 15 percent affect both partners.

Technically, a couple is considered infertile if they are unable to conceive a child within six months of unprotected sexual intercourse (or 12 months if the woman is over 35 years old), according to the INCIID (International Council on Infertility Information Dissemination). There are many reasons this may happen. Such factors may affect either the male or the female, or both partners.

Causes of Male Infertility

There are several factors that could lead to male infertility. A common cause is the problem with sperm production. An infertile male may be producing very little sperm cells or very weak/immobile sperm cells. A man may also be affected by an underlying disease or medical condition such as endocrine problems, diabetes, Kallmann's syndrome, hypogonadism, hyperprolactinemia, drug and alcohol-related problems, that hinder the production of hormones necessary for sperm production.

Some men might have problems on their reproductive organs themselves. Among such conditions include Klinefelter's syndrome, testicular trauma, mumps, Idiopathic failure, seminoma, varicocele, hydrocele, cryptorchidism, and the like. These conditions have direct effects on the testicles themselves, which are the organs responsible for sperm production.

Some men might be able to produce healthy and plentiful of sperm cells but have problems of releasing them for proper intercourse. They might have an obstruction in the vas deferens (the tube that connects the testicles to the penis), infection, retrograde ejaculation, erectile dysfunction, and hypospadias. This prevents the successful transfer of sperm to the female reproductive system.

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Causes of Female Infertility

As a counterpart to the causes of male infertility, females might have problems with the production of healthy egg cells. They might have problems in their ovaries such as polycystic ovary syndrome, luteal dysfunction, diminished ovarian reserve, Turner syndrome, anovulation, ovarian neoplasm and premature menopause, which hinder the healthy maturation and appropriate release of egg cells.

A woman may also be infected by other conditions that affect her reproductive health. Among such conditions include diabetes mellitus, adrenal disease, liver ailments, kidney malfunction, thyroid disorders, and psychological problems.

A woman may also have problems with certain glands that produce necessary hormones for reproductions. Among such diseases include Kallmann syndrome, hypothalamic dysfunction, hypopituitarism, and hyperprolactinemia.

Some problems may also be affect the cervix, making it difficult for sperm to reach the egg cell. Such problems include anti-sperm antibodies, cervical stenosis, and insufficient secretion of mucus for the travel of sperm.

The uterus or the womb itself might not be conducive for carrying a child. There could be uterine malformations, leiomyoma or uterine fibroids, and Asherman's Syndrome.

Infertility is a difficult problem. Fortunately, the wonders of medical science has produced several treatments for both male and female infertility. To know more about them, one can simply consult a fertility clinic, a gynecologist or a urologist.

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Infertility of a major concern in many households but it does not have to be another stress in your life. For more information and resources regarding infertility checkout

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and start getting the answers you've been longing for.

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?

Why Couples Find Difficulty Conceiving: Causes Of Infertility

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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. Visit

Jeanette's site to learn more about men infertility.



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