



Pregnancy Booster

**Exploring Infertility In
Males And Females**

**Discover How
To Boost Your
Fertility Chances**

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Introduction



A dream for many couples is having their children and making a one, big, happy family. But while this is an easy feat for many, it is difficult for some.

While infertility is a common and vague term, most experts agree to the simple definition that it is “the inability to conceive after 12 months of unprotected intercourse.” Words like infecundity, or the inability to give birth to a child, and subfertility, or delay in conceiving a child, are also considered related sub-terms.

According to the study conducted by a team of reproductive health experts in 2002, around 15% of couples around the world are infertile. This data explicitly portrays infertility as a widespread worldwide problem.

This issue puts pressure on infertile couples in the physical, psychological, social, and emotional sense. Couples are distressed about their inability, and society usually treats them with pity and disdain, especially women.

What’s more difficult is that there are confusing, conflicting, and fallacious statements regarding infertility solutions. There is a wide variety of suggestions for a cure, but a lot are also dubious.

However, this book will solve that for you!

From defining infertility to finding its causes and solving them, we will discuss them one by one. As a bonus, we will also talk about the common misconceptions about fertility.

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Chapter 1

Infertility



Definition of Infertility

The World Health Organization (WHO) accepts two definitions of the term “infertility”.

According to WHO’s International Committee for Monitoring Assisted Reproductive Technology (ICMART), it is defined as “a disease of the reproductive system defined by the failure to achieve a clinical pregnancy after 12 months or more of regular unprotected sexual intercourse.”

Meanwhile, their Department of Reproductive Health and Research simplifies this to “the inability of a sexually active, non-contracepting couple to achieve pregnancy in one year.”

As stated in the introduction, there are also related sub-terms to infertility that are commonly confused with it. It includes infecundity, or the inability to give birth to a child, and subfertility, or delay in conceiving a child.

Symptoms of Infertility

As the definition states, the most obvious sign of being infertile is the inability to conceive or bear a child. However, there are also other symptoms, both for men and women, that might signal the possibility of infertility.

For females, this might consist of irregular menstruation cycles or the inconsistent recurrence of menstruation. Note that a gap of at least three days in each period is not considered irregular. Instead, it is the case where the arrival of the next menses cannot be estimated anymore due to huge gaps between each occurrence.

If irregular menstruation is a red flag, then totally not having one is a much worrying sign not just of infertility but other reproductive illnesses as well. Other perceivable symptoms can be heavy pain during menstruation or sex.

For males, difficulties in ejaculation and erection are alerts that should be monitored. Swelling or small and firm testicles are the potential hints of infertility.

Meanwhile, hormonal changes for both partners are driving factors, too. This can be observed in loss of sexual drive, hair and skin issues, low sperm count, and breast oddities.

Chapter 2

Causes Of Female Infertility



There are various conditions that can be pointed out to be the possible causes that affect fertility in women. In this chapter, we will visit them one by one and discuss their nature, origins, types, and implications for reproducing women.