



# Infertility



## What is infertility?

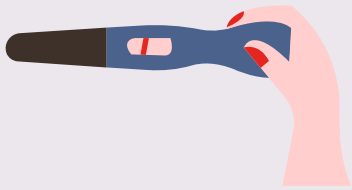
Infertility is a condition of the male and female reproductive system that results in the inability to conceive after 12 months or more of regular unprotected sexual intercourse

- Primary infertility: No pregnancy has been achieved
- Secondary infertility: At least one prior pregnancy has been achieved



## Risk factors

- Older age
- Failed prior pregnancies
- Damaged tubes preventing sperm and egg from fusing
- Ovulation problems (e.g. PCOS)
- Low sperm count or poor sperm motility
- Erectile dysfunction



## How is infertility diagnosed?

For female:

- Hormone tests to assess ovulation, thyroid and prolactin levels
- Ultrasound to detect fibroids or cysts

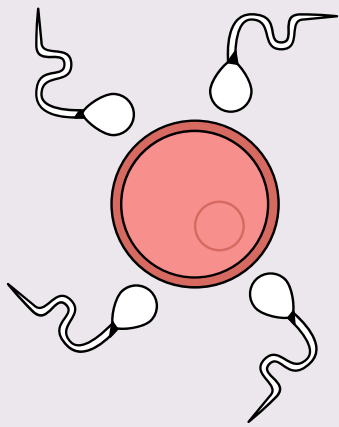
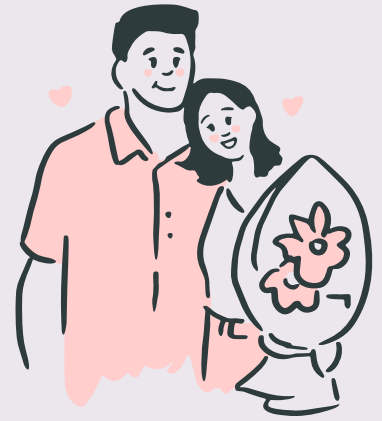
For male:

- Semen test



## How can I prevent infertility?

- Conceive at a younger age as fertility starts to fall in early 30s
- Use condoms to protect against sexually transmitted infections (STIs)
- Consult a doctor for irregular infrequent periods as these may indicate problems with ovulation



## In-vitro fertilisation (IVF)

- Eggs are retrieved from a woman and are inseminated with the husband's semen in the laboratory. The resultant embryo is then placed back into the womb.
- Hormonal injections are given to the woman to induce more eggs to increase the chances of fertilisation

## Intrauterine insemination (IUI)

- Treated sperm is directly introduced into the uterus during ovulation.
- Useful for couples with mild or moderate sperm problems and with patent tubes.
- A speculum will be placed in the vagina to visualise the cervix. The sperm preparation is then placed in the uterus using a thin catheter.

