



دانشگاه علوم پزشکی شهید بهشتی



Title: Risk Factors Associated with Infertility: An extensive overview

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Introduction: According to the International Committee for Monitoring Assisted Reproductive Technology and the World Health Organization, Infertility is the inability of a couple to achieve pregnancy within 12 months of unprotected intercourse. Infertility is worldwide problem affecting people of all communities, though the cause and magnitude may vary with geographical location and socioeconomic status. It is estimated that globally 60-80 million couples suffer from infertility every year. 35-40% of cases of couple infertility is caused by male, in 35-40% of women and 20-30% of cases in other combinations of factors. Infertility awareness, including knowledge of male and female risk factors, is a critical first step towards fertility preservation through lifestyle modification. The aim of this study was founding risk factors that can cause infertility.

Material and methods: Searching performed in some databases like PubMed, Scopus, Springer and Science Direct. 30 full text articles in English from 2010 until 2015 were found which their topic was similar to our topic.

Founding: Reviewing articles showed that in women, infertility may be clue to ovulatory problems, anatomical disorders such as damaged fallopian tubes or endometriosis. In the uterus, congenital abnormalities, myomas, adenomyosis, polyps, and adhesions can contribute to reduced fertility depending on the severity of the condition. Causes of male infertility include: abnormal semen characteristics, impaired reproductive tract, erectile dysfunction and/or ejaculatory disorders. One of the causes of damage to both female and male reproductive systems was a delayed or untreated sexually transmitted infection (STI), The most common STIs to cause female and male infertility were chlamydia and gonorrhoea. risk of infertility increased with advanced age of the female partner. lack of information cause wrong behaviors that can cause infertility. 40% of impotent men are current smokers. Infertility rates in both male and female smokers are about twice the rate of infertility found in nonsmokers. Alcohol intake in men has been associated with testicular atrophy a decrease in sperm count, in percentage of motile spermatozoa and in the number of spermatozoa with normal morphology. Immunological mechanisms play a role in reproductive problems such as recurrent miscarriage, infertility and implantation failure. Cellular devices emit radio frequency electromagnetic waves which may hinder spermatozoa quality as well as encumber normal bodily functions. According to researches Women With obesity, especially those with central adiposity, had difficulty getting pregnant and have decreased success in infertility treatment. There were lower pregnancy rates in women With BMI > 25 as compared to BMI < 25 and lower sperm concentration and total sperm count in men with a high intake of saturated fat was found.

Discussion and result: Maintaining a healthy lifestyle, getting regular checkups with the doctor and maintenance of normal body weight can avoid fertility problems. Infertility can surely be treated with medicines, minor surgical operations, laparoscopic procedures, hormonal therapy and prevention of preconception failure. The review is helpful to all the scientific, medical researchers who can put efforts to put end to infertility. Health education and awareness messages for safe practices during menstruation, delivery, and the postpartum period for women in general are necessary.

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