



The ROLE OF Life Style & Nutrition ON Infertility

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Introduction: Fertility rate in the world have fallen globally in the last fifty years, and the rate of infertility is increasing .there are several lifestyle factors that influence fertility. Infertility prevalence rate in Iran is 20/2% and in the world is 12-15%.

The aim if this study is to identify factors related to lifestyle of people such as: feeding , mental health , social environmental factors for prevention of infertility and teaching couples.

Material & methods: This review study has been prepared from articles of medical science journals and internet studies.

Results: infertility caused by ovarian disorders in women who used the foods that reduce Trans fatty-acids , sugar and increase consumption of iron ,fiber ,plant proteins, anti-oxidants ,vitamins and reducing body mass index was 6 times less. Obesity increases infertility and miscarriage and cause complicated pregnancy. The factors have increased infertility rate include :environmental factors such as; Heat ,mobile wave, electromagnetic radiation from high voltage power line ,material derived from incomplete combustion of petrol, agricultural pesticide(it is remarkable that annual consumption of pesticides in Iran is 27000 ton).

Social and cultural factors: smoking ,industrial- drug , alcohol, stress, the old age in marriage, jobs have negative effects on quality ,moving and number of healthy sperms and egg quality.

Taking high dose of Steroids in men body- building -center causes, structural and irreversible genetic damage to sperms.

Conclusion: The couples who haven't anatomical and chromosomal disorders, can increase the rate of their fertilities with nutritional counseling (3-4 months prior of treatment), BMI reduction, life style modification and stress management

Key word: lifestyle, infertility, feeding

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