

Title: Evaluation of lifestyle factors affecting infertility couples

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Objective (s) Infertility is a multifactor problem and can have a devastating effect on the family and society and results in loose and shaky pillars of the family. One of the most important causes of infertility that less attention is paid to it, discuss lifestyle. Since maintaining health-oriented lifestyle easily and without the high costs of infertility treatment, the incidence of this problem among couples prevent therefore seems necessary to discuss them.

Methods: A review of the literature study and review of literature in the form of databases Pup Med, Google Iran Medex, Proquest, Elsevier is with library studies.

Results: The most important factors influencing preventable infertility couples that include poor nutrition, high or low body weight, smoking, alcohol and drugs, prolonged use of laptops, the risk of some infections, high early marriage, delayed childbearing, stress and environmental pollutants.

Conclusion: According to the findings of the study recommended a public education at the community level, so bring awareness to know what to do to be infertile and to promote health-oriented lifestyle is an effective step in order to reduce the overarching problem of adjustment survey.

Key words: Lifestyle, infertility, health

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