



Evaluating the rule of nutrition on the fertility health

Hajar Adib Rad: *PhD candidate in Infertility and Reproductive Health*

Zahra Basirat: *Fatemeh Zahra Infertility and Reproductive Health Research Center*

Fateme Bakouei: *Assistant Professor, Reproductive Health, PhD. Department of Midwifery, Babol University of Medical Science.*

Background: According to WHO report, there are around 80 million people in the world that suffer from infertility and about 12-15% of the people in Iran are infertile. The nutrition has an important rule on infertility treatment. So we should improve the couple's information and knowledge about the effective nutrition on the infertility to increase the chance of fertility and decrease negative emotional and mental effects of infertility on the couple.

Material and Methods: Information of this survey with numerous articles from 2000 to 2015 in internet different sites and books collected and evaluated.

Results: The nutritionists say that mineral, vitamin low deficiency and chemical poisons can intervene on ovum and sperm production and failure it. Zink has been the widest nutritious element that has been studied on couple's fertility improvement. Zink deficiency can cause some changes in the couple's chromosome that decrease the fertility and increase the rate of abortion. Also use of iron supplement (after loss other disorders) cause a decrease in the rate of ovarian infertility dangerous meaningfully. Change or replace animal resources protein with herbal resources, may cause a decrease in ovarian infertility. The food that is full of vitamin E like sunflower oil, fish liver oil and gourd seeds may cause an improvement on infertility. Essential fatty acids that exist in black raisin seeds oil, primrose oil and Lenin seeds oil for gonadal normal function in both sex is necessity. Therefore nutritional supports can help the fertility and improve fertility's methods.

Discussion: Proper and enough nutrition must be the base of every disease like infertility. Infertility is an important physiological and physical problem in the couple that requires a systematic assessment and continuous follow up. If health is defined punctuality physical, physiological and social status so can't dissemble social and physiological backwash of infertility.

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