

## The Role of Pollutions And Lifestyle On Reproductive Health

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**Intruduction;** the pivotal role that lifestyle factors and pollution play in the development of infertility have generated a considerable amount of interest .The aim of this study was to clarify the roles of life style and pollution on reproductive health.

**Methods:** A narrative review was performed within articles published a “PubMed “ , “Elsevier” , “SID”and original text books to reach the aim.

**Resulte:** weight and advers diet; Widely recognized as the increased risks of cardiovascular disease, diabetes and some cancers. . Abnormal weight is usually defined as a high BMI (kg/m<sup>2</sup>).

**Smoking :**In males, smoking negatively affects sperm production and in the female may affect the follicular microenvironment and alter hormone levels in the luteal phase.

**Exercise:** Regular exercise affects an individual's general health and well-being and probably provides some protection from obesity, cardiovascular disease, hypertension, diabetes, osteoporosis and psychological stress.

**Caffeine :** may affect female reproduction by targeting ovulation and corpus luteal function through alterations to hormone levels.

**Radiation:** males and females are sensitive to radiation causing temporary or permanent sterility dependent on dose, duration and dose rate.

Exposure to pesticides and solvents has been associated with sperm threshold values below normal.

cosmetics have been associated with an increased risk of spontaneous abortion

**Conclusion:** Motivating patients to modify their lifestyle can be difficult and challenging. Changing lifestyle behaviours requires time, considerable effort and motivation.

**Keywords:** Lifestyle, Pollutions, Reproductive Health