

# Infertility in both men and women

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Jones M. Infertility in both men and women. *J Reprod Biol Endocrinol.* 2021; 5(2):5.

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If you've been trying for a year and haven't been able to conceive, you've been diagnosed with infertility. If you're a woman over 35, it means you've tried for 6 months and haven't been able to conceive. Infertility can also be diagnosed in women who are able to conceive but are unable to bring a pregnancy to term. Primary infertility is a condition given to a woman who has never been able to conceive. Secondary infertility is diagnosed when a woman has had at least one successful pregnancy in the past. Infertility is a phenomenon that affects both men and women. Men may also be infertile. In reality, both men and women are equally susceptible to infertility issues [1].

The inability to conceive is the most common symptom of infertility. There could be no other signs at all. A woman experiencing infertility can experience irregular or absent menstrual cycles. In certain cases, a man suffering from infertility can exhibit symptoms of hormonal imbalance, such as changes in hair growth or sexual function.

### MALE INFERTILITY CAUSES

In general, problems with the following are linked to infertility in men:

Sperm count, or the amount of sperm, movement of the sperm, which involves both the wiggling motion of the sperm and the transport of the sperm through the tubes of the male reproductive system.

Men are at risk for infertility for a variety of reasons, including but not limited to:

1. Older people who smoke cigarettes,
2. Heavy drinking,
3. Being overweight or obese, and
4. Being exposed to chemicals like pesticides, herbicides, and heavy metals

Male fertility can also be impaired by a number of medicines and drugs, including: Sulfasalazine (Azulfidine, Azulfidine EN-Tabs), which is used for rheumatoid arthritis (RA) or ulcerative colitis (UC), Anabolic steroids, which are used for enhanced athletic performance or hormonal issues such as delayed puberty, channel blockers, which are used for high blood pressure, tricyclic antidepressants, which are used for improved athletic performance or hormonal issues such as delayed puberty.

### FEMALE FERTILITY TRIGGERS

Infertility in women can be caused by a number of factors that influence or interfere with the biological processes mentioned below.

The following are some of the risk factors for female infertility:

1. When you get older, you'll want to quit smoking.
2. Having some sexually transmitted infections (STIs) that can damage the reproductive system
3. Being overweight
4. Obese or significantly underweight

### TREATMENT OF INFERTILITY

**Men:** Depending on the cause, male infertility can be treated in a number of ways. Surgery, medicine, and assisted reproductive technology are some of the treatment choices available to men (ART)

**Women:** Surgery, medicine, and reproductive aid such as assisted reproductive technology (ART) can all be used to treat female infertility. In certain cases, a combination of treatments is needed to cure female infertility.

IVF [3] is a form of ART that involves the removal of eggs, which are then fertilized in a laboratory with a man's sperm. The embryo is returned to the uterus after fertilization.

### REFERENCES

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