

FERTILITY

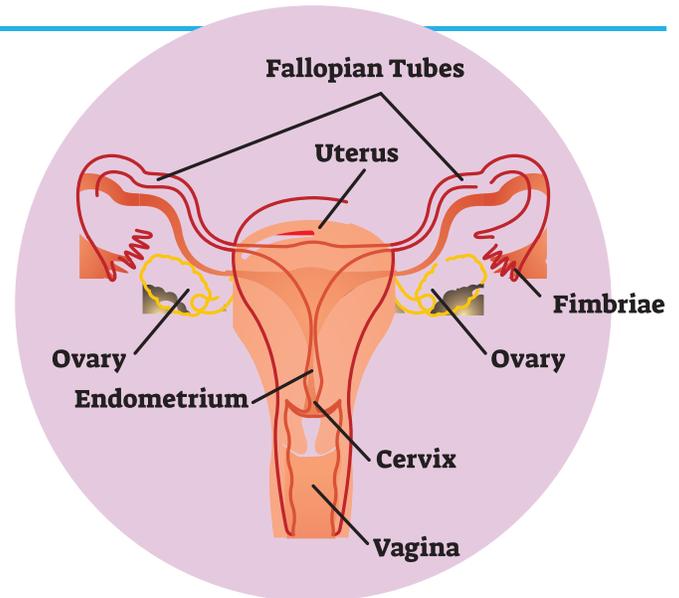
Penn Highlands Life's Journey OB/GYN

FERTILITY FACTS

- Impaired fecundity (the inability to have a child) affects 6.7 million women in the U.S. -- about 11% of the reproductive-age population
- 40% of infertile couples have more than one cause of infertility, or the cause of the infertility cannot be explained
- Start a prenatal vitamin that includes folic acid if you are considering getting pregnant to decrease risks of neural tube defects in your baby
- Women aged <25 have a 25% chance of becoming pregnant every month without contraception. Women aged >35 have a 15% chance of becoming pregnant every month without contraception
- Most infertility cases -- 85% to 90% -- are treated with conventional medical therapies such as medication or surgery
- While vital for some patients, in vitro fertilization and similar treatments account for less than 3% of infertility services, and about (or approximately) seven hundredths of one percent (0.07%) of U.S. health care costs.
- Up to 13% of female infertility is caused by cigarette smoking
- 12% of all infertility cases are a result of the woman either weighing too little or too much

WHEN TO SEEK EVALUATION

- Age < 35 attempting pregnancy for 12 months or longer
- Age >35 attempting pregnancy for 6 months or longer
- Irregular and/or painful menstrual cycles
 - PCOS
 - Endometriosis
- History of multiple pelvic/abdominal surgeries
 - History of LEEP/Cold Knife Cone
- Known fertility issues



WHAT IS INVOLVED IN THE EVALUATION?

- Schedule a visit with your OB/GYN
- Collection of detailed history of you and your partner
- Blood work
- Semen Analysis
- Ovulation Predictor Kits
- Transvaginal ultrasound
- Hysterosalpingogram
- Sonohysterogram

POSSIBLE TREATMENTS

- Clomid/Femara
- Timed Intercourse
- Intrauterine insemination
- Referral to Reproductive Endocrinologist and Infertility Specialist
- IVF

GOAL

- Healthy Pregnancy