



Understanding Common Causes of Infertility

Dear GP's

I hope this email finds you well. As part of our ongoing educational series on fertility, we would like to provide you with valuable insights into the common causes of infertility. Understanding these factors can help you better support your patients who are facing fertility challenges.

Age-Related Factors: Age is a significant factor in fertility for both men and women. Women's fertility begins to decline in their late 20s and more rapidly after age 35. Men also experience a gradual decline in fertility, particularly after age 40.

Lifestyle Influences: Lifestyle choices can greatly impact fertility. Smoking, excessive alcohol consumption, poor diet, and lack of exercise can all negatively affect reproductive health. Encouraging patients to adopt healthier lifestyles can improve their chances of conception.

Medical Conditions: Several medical conditions can contribute to infertility:

- **Polycystic Ovary Syndrome (PCOS):** A hormonal disorder causing irregular ovulation.
- **Endometriosis:** A condition where tissue, similar to the lining inside the uterus, grows outside it, causing pain and potentially affecting fertility.

Next Steps: For patients having trouble conceiving, a thorough evaluation is essential. This includes taking a detailed medical history, conducting physical examinations, and ordering appropriate diagnostic tests. Early identification of the underlying cause can lead to more effective treatment and better outcomes for your patients.

Webinar: Introduction to Fertility and Reproductive Health - CPD applied:

<https://www.medcafe.ie/webinars/895>

Webinar: Fertility Medications – A Pharmacist's Guide to Patient Support - CPD applied:

<https://medcafe.ie/webinars/947>

Thank you for your dedication to patient care. We look forward to supporting you through this educational series.

Best regards,
Dr Marta Moschetta,
Clinical Director, SIMS IVF, Clonskeagh

