**What Every Couple Should Know About Infertility**

Having a baby can be one of the most rewarding and joyous times for any couple. The decision to start trying for the baby you want can be very exciting. However, as the months pass, this can turn the excitement of trying into a pressure-filled and extremely emotional time. Though the definition of infertility is consistently trying to get pregnant without using any contraceptives for a year, it can be hard to wait this long. This is why you should know some of the factors that can impact your fertility and what you can do about it.

The first thing that you should know is that it is not always the woman that has the problem with infertility even though many women tend to feel that they are the ones to blame. Studies have shown that around 35% of men will have an issue with their fertility. Now this can easily be checked to find whether or not their sperm count or motility (the way that the sperm move to be able to get to the egg) is lacking. However, it is important to remember that you should never blame your partner, but rather work with them to find a solution, as no one can really help the fact that they have fertility issues, only work on getting the problem resolved.

For women, there are many reasons for infertility. It could be due to having an issue with ovulation, the 24 hour time during the cycle when the sperm are able to get to the egg. What many women do not realize is that even though you get a period, it does not mean that you have ovulated. A common cause for ovulation problems is having PCOS or Poly Cystic Ovarian Syndrome, where your hormones are not where they should due to cysts forming on your ovaries and cause many different symptoms. Age is another major factor with infertility. Studies have shown that the older a woman gets the more problems she will typically have with getting pregnant. This is why women over age 35 should not wait more than six months before seeking help with their fertility.

In general, the idea if you do not have any serious medical issues is to wait until you have been trying to get pregnant for a year to see your gynecologist in order to get pregnant. However, the best thing you can do is to get checked out when you decide to start trying. The doctor will be able to look at your body and make sure that there are not any problems, such as blocked fallopian tubes or cysts that may hinder your ability to get pregnant. They will also be able to give you the best advice on what you can do in order to increase your chances of conceiving.

If it has been close to a year or you know that you have various issues, such as diabetes, PCOS or other similar conditions, then do not hesitate to make an appointment to a gynecologist. They will be able to look at what you are having a problem with and give you something that can help you get pregnant as you are looking to do.

One of the most common ways that this is done is with fertility drugs, the most common of which is Clomid. This is a very inexpensive drug and is often used to treat fertility problems in both men and women. There are few side effects with this, though it can increase your chances of having multiples. There are other medications that they can give you, such as gonadatropins that are injected, which stimulate your ovaries to ovulate. This can have more side effects, which is why many gynecologists will not use these, but rather refer you to a fertility specialist.

If the measures with fertility drugs do not work, there is always the option of IVF or In-Vitro Fertilization. The way that this works is that they remove the eggs from the woman and mix it in a lab with the sperm. They then implant these fertilized eggs back in the woman and give her medications to help them to implant in the uterine wall. One of the nice things about this is that if your eggs are viable, then you can use a donor egg, but still carry your baby. For men with low sperm count, this is also a great option. The downside to this is that this can be a very expensive process that can cost tens of thousands of dollars.

When you are struggling with getting pregnant, it is important to know that you are not alone. Studies show that 20-25% of couples that are in the core ages for reproduction will have problems with conceiving. It is also important to realize that infertility does not mean that you cannot get pregnant, just that you are having difficulties. The best thing you can do is to figure out what the problem is so that you can face it head on and concur it in order to have the baby that you want.