



The fact that you cannot give birth to a child or are not able to conceive is just a physical inability for both the parents of you and your partner. It Infertility also causes a lot of stress, mental depression and sadness leading to even more strain on the hormone levels. But, of course, even after the fact that medical science has expelled excelled such great heights, people are still surviving in the edge of myths and are still not sure about the truth wherever required.

Here are a few myths that need to be busted enclosed around the truths behind them idealistically.

Myth: Infertility only happens to women

Fact: This could be the biggest myth that society needs to be addressed and eventually know. Infertility can occur to anyone. One of every ten men has encountered infertility, yet almost 50% of them have not looked for restorative help from a doctor. In fact many researches speak that men might have a higher rate of genetic inability in their sperm when their diet did not have sufficient of folic acids and vitamin E. Furthermore, regardless of whether infertility is because of a male or female factor, infertility as a whole should be addressed and the myth that it's only a problem of a woman, needs to be busted.

Myth: The couple who already are parents to kids has no chance of Infertility in future. So, getting pregnant the next time should be easy!

Fact: Infertility is defined as an inability of becoming pregnant after twelve months of regular, unprotected sex. Similar set of factors definitely will be present at the time of second pregnancy.

Conditions affecting the female, such as uterine or tubal damage, ovarian dysfunction, endometriosis or sperm factors are a few cases that can come up. Also, the fact that lifestyle might change, drinking, smoking habits, etc.

In addition, aging may also increase the risk of infertility.

Myth: People in their 20s don't need to worry about fertility issues.

Fact: Age, of course, plays an important role, but of course just because someone is young, the person might not have infertility problems, is a major gaffe. A number of medical conditions, exposure to lifestyle issues, like smoking, drinking etc that cause genetic mutations, hormonal imbalances, and a range of other factors leading to fertility issues. When it is the right time, visit a doctor to the earliest to resolve all doubts.

Myth: Treatment can simply cure Infertility.

Fact: Around 90% of couples who encounter infertility will, in the end, get pregnant. Infertility is continually progressing, and there are a lot of relying on it.

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