

(In)Fertility

Infertility is a state, during which a woman cannot get pregnant for a year, while having sexual intercourse twice a week. In 40 % of the cases, the problem is on the male side, in 40 % on the female side and in 20 % of the cases, there is a problem with both of them.

3 %

of children born in Czech republic are conceived with the help of assisted reproductive technology (ART).

15 %

of the cases of infertility are caused by STDs.

15-20 %

of couples experience fertility problems.

Causes of infertility in male

STDs

They can cause obstructions in vasa deferentia.

Age

After 40, fertility decreases.

Sperm quality

Small quantity and slow movement speed of sperm can lower the chances of conceiving.

Genetic disorders

Undescended testicles or congenital absence of the vas deferens, for example.

Causes of infertility in female

STDs

They can cause obstructions in fallopian tubes.

Age

After 35, fertility decreases.

Endometriosis

A condition in which cells similar to those in the uterus grow outside of it.

Genetic disorders

Obstructions in fallopian tubes or in the uterus, for example.

In the last 50 years, the male limit for "being still fertile" decreased by half, to 15 millions sperm per milliliter of semen.

How to prevent infertility?

Don't overheat testicles (don't wear tight pants, don't put your laptop on your lap)

Don't smoke

Have a healthy diet (avoid underweight or overweight)

Conceive at a young age

Don't drink alcohol

Get regular check-ups

Want to know more?

More information about how to take care of your #boobsandballs, heart and reproductive organs, or where to go for a regular check-up at www.loono.cz/en.

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