

INFERTILITY

Dr MA Trouw

2012

Definitions:

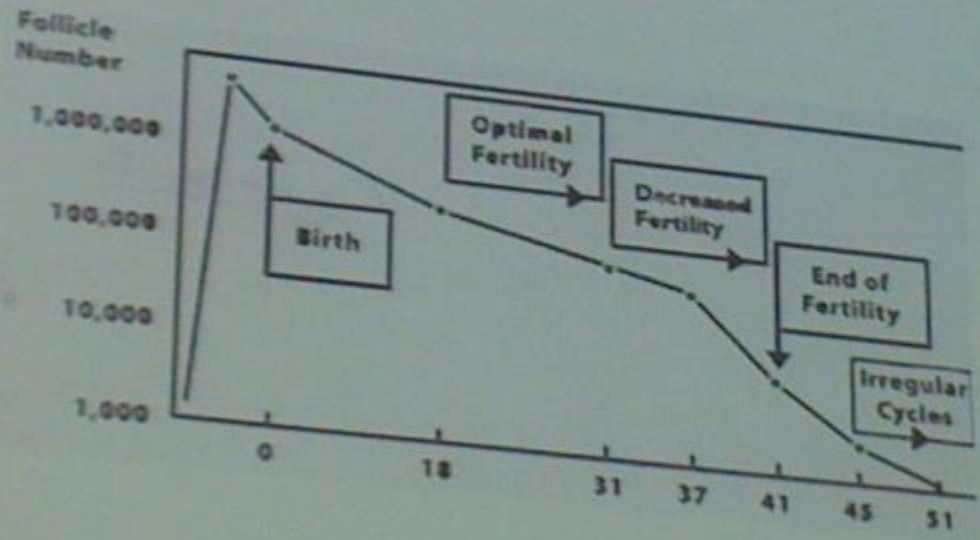
- Inability to achieve a pregnancy after one year of regular sexual exposure
- Primary vs Secondary
- Incidence in 15% couples
- Sterility
- Couple

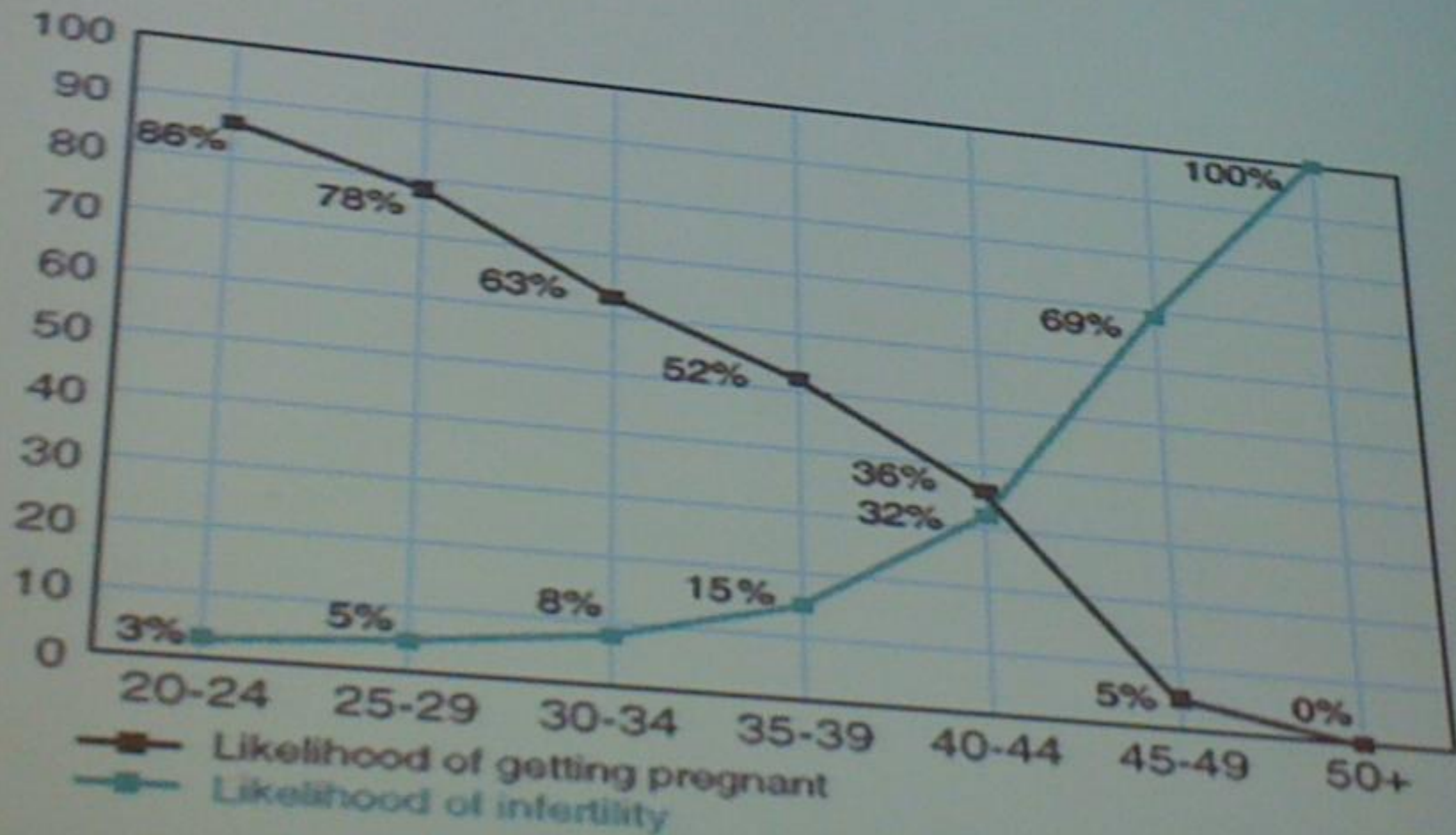
Natural fertility

- Sperm survive for 2-3 days in Fallopian tube
- Ovum only 24 hours
- Fertile window day 10-17
- Avoid lubricants

Causes

- Male causes (semen analysis)
- Anovulation (polycystic ovarian syndromes)
- Tubal (obstruction)
- Endometriosis
- Cervical (problem with cervix; mucus)
- Uterine factors (leiomyoma; uterine septum)
- Unexplained (10-15%)





History

- Age of each partner
- Previous reproductive history
- Pubertal history
- Previous pelvic infections/surgery
- Menstrual history
- Acne hirsutism (ass with Polycystic ovarian syndrome)
- Body mass
- Smoking

Ovulation

- Regular cycle
- Mid cycle pain
- Cervical mucus
- Luteal phase progesterone (Day 21 Progesterone)
- Ultrasound
- Endometrial biopsy

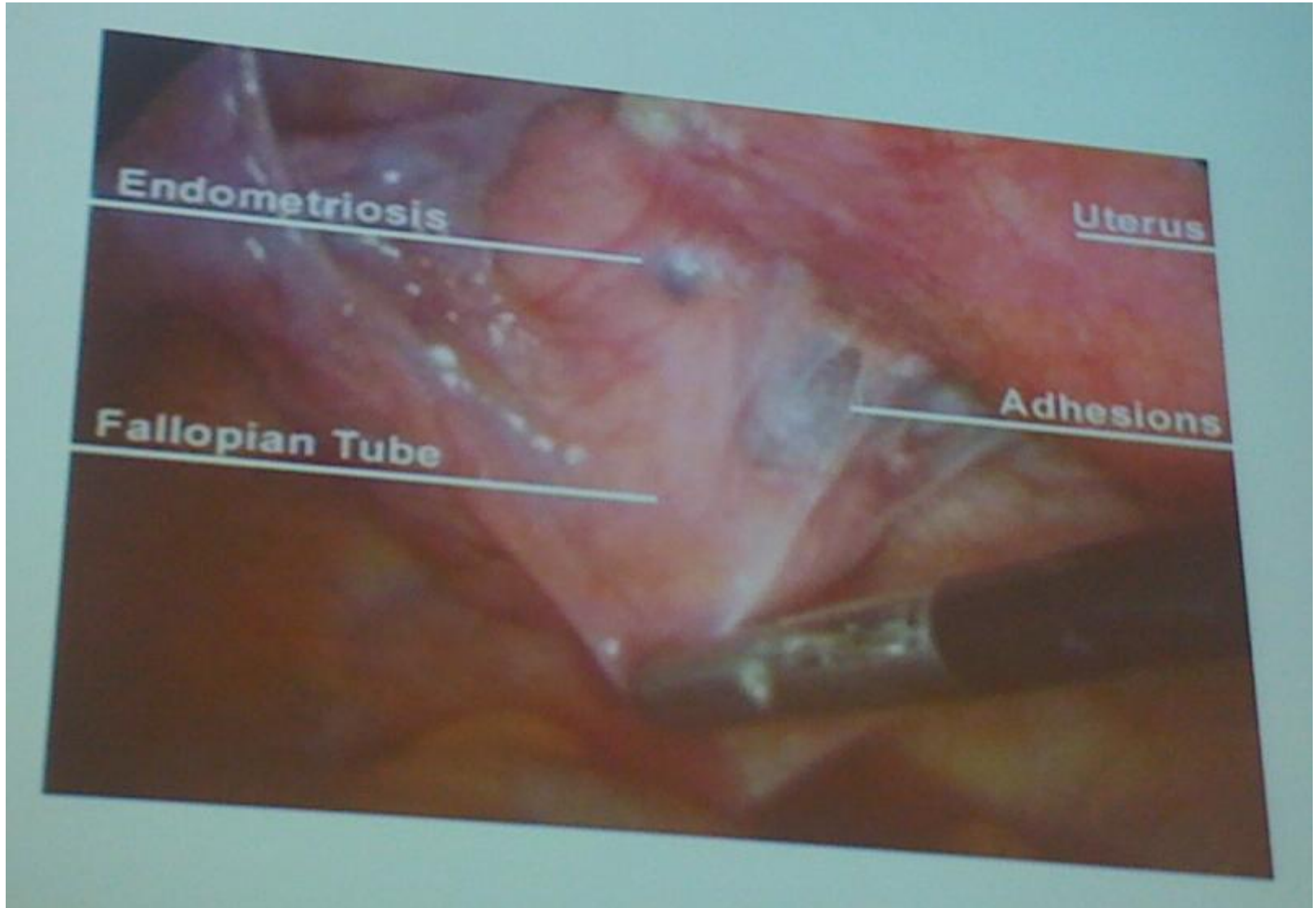
Tubal Damage

- Pelvic infection, endometriosis, previous surgery
- HSG (Hysterosalpingogram)
- Laparoscopy

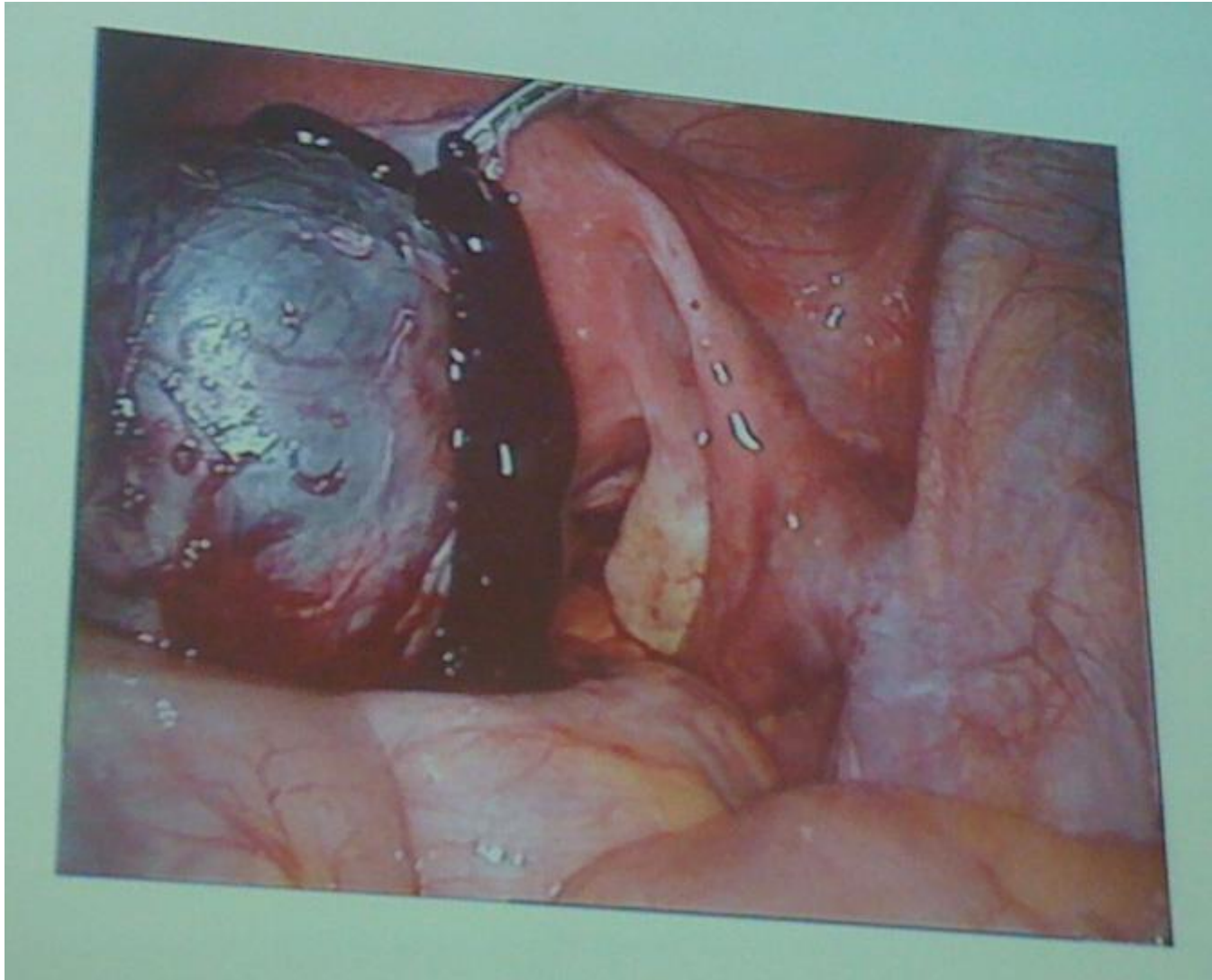
Endometriosis

- Laparoscopy

Mechanical cause



Chocolate cyst / Endometrioma



Grade 4 Endometriosis



Uterine factor

- Myomas, asherman syndrome, uterine septum
- HSG
- Ultrasound
- Laparoscopy

Cervical factor

- Cervical mucus
- Post coital test

Management

- Depend on cause
- Ovulation induction
- Surgery
- Artificial insemination
- IVF

Primary care

- Semen analysis
- History and examination
- Sexual history
- Confirm ovulation (Luteal phase progesterone)
- Refer to fertility clinic