

Fertility uncovered

Cut through the noise with some straightforward facts about fertility

1 in 6 

COUPLES WORLDWIDE EXPERIENCE INFERTILITY ¹

The World Health Organization defines infertility as a failure to achieve pregnancy after 12 months or more of regular unprotected sex.²

Assisted Reproductive Technologies (ART) such as



In Vitro Fertilisation (IVF)



Intracytoplasmic Sperm Injection (ICSI)

can help couples who have problems conceiving naturally

It is estimated that globally



400,000

babies are born every year from around 1.6 million ART cycles¹

It's not just a women's issue

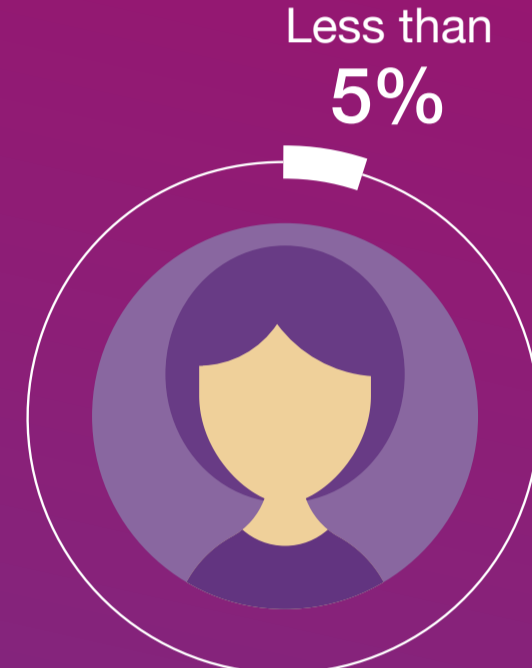
When it comes to infertility issues:³



Factors that affect fertility

AGE

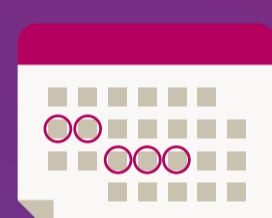
Fertility in both men and women declines with age, but women's fertility declines more quickly, with a rapid decline after 35.⁴



Estimated chance of conception per month for a healthy woman trying to conceive.⁵

REPRODUCTIVE HEALTH CONDITIONS

Women with frequently irregular periods and conditions such as polycystic ovary syndrome (PCOS) and endometriosis can experience more difficulty conceiving.^{6,7}



PCOS⁸

is a condition that affects how women's ovaries function. PCOS affects normal ovulation, making it challenging for women to conceive.



It affects between 8% and 20% of reproductive-age women worldwide.

ENDOMETRIOSIS^{9,10,11}

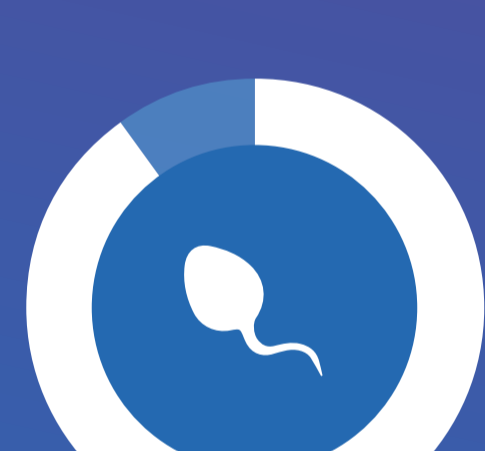
is an often painful condition in which tissue that normally lines the inside grows on the outside of a woman's uterus. It can cause painful or heavy periods and also lead to infertility.

176 million women are estimated to have endometriosis. That's 10% of women worldwide.



176
million women

SPERM COUNT AND QUALITY



More than 90% of male infertility cases are due to low sperm counts, poor sperm quality, or both.¹²

Lifestyle is important

Both men and women can improve their chances of conceiving by^{3, 4, 13}



Maintaining a healthy weight



Stopping smoking



Drinking in moderation



Getting regular sexual health checks

Planning for the future



If you're planning a family now, or if you think you may want one in the future, it's not too early to talk to your doctor. There are a number of tests that can help you understand your chances of conceiving.

AMH TESTING

A simple blood test for women is available to assess levels of Anti-Müllerian Hormone (AMH), a reliable biomarker of ovarian reserve. AMH testing can help doctors:^{14, 15}



Determine your ovarian reserve



Predict how your ovaries will respond to fertility treatment

SEMEN ANALYSIS

A semen analysis is a simple test that measures how much semen a man produces. It evaluates if the number and quality of sperm is the reason behind infertility.



Find out more about Ferring and fertility at:

www.ferring.com

Sources:
¹ European Society of Human Reproduction and Embryology. ART Factsheet 2016. Available at: <https://www.eshre.eu/Press-Room/Resources.aspx>. (accessed November 2017)
² World Health Organisation. Infertility definitions and terminology. available at: <http://www.who.int/reproductivehealth/topics/infertility/definitions/en/> (accessed November 2017)
³ U.S. Department of Health and Human Services, Office on Women's Health. Infertility Fact Sheet. Available at: <https://www.womenshealth.gov/publications/our-publications/fact-sheet/infertility.html#b> (accessed November 2017)
⁴ Human Fertilisation & Embryology Authority. About infertility. Available at: <http://www.hfea.gov.uk/infertility.html> (accessed November 2017)
⁵ American Society for Reproductive Medicine (ASRM). Age and Fertility: A Guide for Patients. PATIENT INFORMATION SERIES. 2012;4
⁶ National Institute for Health and Care Excellence. Fertility problems: assessment and treatment. Available at: <https://www.nice.org.uk/guidance/cg156/chapter/Recommendations> (accessed November 2017)
⁷ Centers for Disease Control and Prevention. Common Reproductive Health Concerns for Women. Available at: <https://www.cdc.gov/reproductivehealth/womensrh/healthconcerns.html> (accessed November 2017)
⁸ Simmans, S. M., & Pate, K. A. Epidemiology, diagnosis, and management of polycystic ovary syndrome. Clinical Epidemiology. 2014;6:1-13
⁹ Endometriosis UK. Understanding endometriosis. Available at: <https://www.endometriosis-uk.org/understanding-endometriosis> (accessed November 2017)
¹⁰ Rogers, P.A., D'Hooghe, T.M., Fazleabas, A., et al. Priorities for endometriosis research: recommendations from an international consensus workshop. Reprod Sci 2009;16(4):335-46.
¹¹ A. Fadhlou, et al. Endometriosis and Infertility: How and When to Treat? Front Surg. 2014; 1: 24. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4286960/>
¹² University of Maryland Medical Centre. Infertility in Men. 2012. Available at: <https://umm.edu/health/medical/reports/articles/infertility-in-men> (accessed November 2017)
¹³ U.S. Centers for Disease Control. STDs and Infertility. Available at: <https://www.cdc.gov/std/infertility> (accessed November 2017)
¹⁴ La Marca A., Sighinolfi G., Radi D., et al. Anti-Müllerian hormone (AMH) as a predictive marker in assisted reproductive technology (ART). Hum Reprod 2010;16:113-130.
¹⁵ Broer, S.L., Dolleman, M., Opmeer, B.C., Fauser, B.C., Mol, B.W. and Broekmans, F.J.M. AMH and AFC as predictors of excessive response in controlled ovarian hyperstimulation: a meta-analysis. Human reproduction update. 2011;17(1):46-54.