

# Fertility

H&SPV Medical Anatomy & Physiology 15a  
Lab Activity

## Background

### Fertility

Fertility is the ability of a couple to conceive or produce children. The ability of a couple to be fertile, and therefore produce children, is based on many factors. The female menstrual cycle is approximately 28 days in length and an egg is only released once a month at approximately 14 days during ovulation. A "fertile window" of 2 days before and after ovulation is the optimal time for conception. In addition, men are capable of producing sperm at any time, but sperm count and motion are highest during certain periods that differ between individuals. Hormones are largely responsible for controlling these cycles, and imbalances in reproductive hormones may lead to infertility.

Hormonal influence is the largest factor that can affect a couple's fertility, but there are many other factors that can contribute. Increasing age can reduce fertility, especially for women. Certain drugs or chemicals can influence sperm production in men, and hormone levels in both men and women. In addition, weight, stress, lifestyle choices, trauma to reproductive organs, and a variety of reproductive disorders can also affect a couple's ability to conceive.

### Specific Causes of Infertility

Infertility is the inability of an individual to procreate. It may be in reference to a female not being able to conceive or carry a pregnancy to term, or a male who is unable to fertilize an egg. A couple is considered to be experiencing infertility issues if the woman has not been able to conceive through contraceptive-free intercourse for 12 months or more. It is estimated that 12-26% of couples have issues with infertility in the U.S. Many of these couples will be able to pinpoint a specific cause for their infertility, but on average 20% of these cases have no explanation.

Fertility issues can arise at several points in the fertilization process. It could be in the production of sperm or eggs, release of sperm or egg, travel of the sperm through the uterus and fallopian tube, inability of the sperm to reach the egg, failure of fertilization when the sperm reaches the egg, transport of the zygote to the uterus, or failed implantation of the zygote in the uterus.



### Causes of Infertility

Male Infertility	Female Infertility	Infertility Factors Affecting Both
<ul style="list-style-type: none"><li>• Hypogonadism</li><li>• Varicoceles</li><li>• Trauma to the testes or penis</li><li>• Obesity</li><li>• Drugs &amp; alcohol</li><li>• Strenuous exercise (heat)</li><li>• Chemotherapy or radiation</li><li>• Smoking</li><li>• Age – fertility declines after age 50</li><li>• Defect causing sperm to not penetrate the egg</li></ul>	<ul style="list-style-type: none"><li>• Lack of ovulation</li><li>• Endometriosis</li><li>• Fallopian tube damage</li><li>• Pelvic inflammatory disease</li><li>• STDs</li><li>• Weight (over &amp; under)</li><li>• Age – fertility declines rapidly after age 30</li><li>• Trauma to the reproductive organs</li></ul>	<ul style="list-style-type: none"><li>• Genetic abnormalities</li><li>• Environmental exposure to toxins (pesticides, smoking, etc.)</li><li>• Past or present disease</li><li>• Diabetes</li><li>• Adrenal diseases</li><li>• Thyroid disorders</li><li>• Hypothalamic-pituitary issues</li></ul>

# Haspi Answer Key 16a

**Julia Schneider**



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