

## My provider says I have unexplained infertility, what could this mean?

**Infertility:** The inability to conceive after 12 months of frequent unprotected intercourse

**Unexplained:** normal semen analysis, evidence of ovulation, evidence of open fallopian tube(s), normal uterine cavity, normal egg reserve testing

### Endometriosis

**What:** A disease in which tissue similar to the lining of the uterus grows outside the uterus

**Next steps:** Report pertinent symptoms, Surgery not recommended universally unless experiencing pain as studies show to achieve one live birth would need to operate on 30 patients. Consider IUI or IVF.

### Lifestyle

**What:** Tobacco use, excessive alcohol, and obesity have all been associated with infertility

**Next steps:** Try to optimize lifestyle, mediterranean diet, achieve healthy weight

### Genetic causes

**What:** There may be genetic links to infertility

**Next steps:** Share pertinent family history with physician. No specific genetic panel yet but studies ongoing.

### Toxins

**What:** Environmental toxins and exposures have been linked to infertility

**Next steps:** Limit exposure to plastics, toxins

### Endocrine causes

**What:** Endocrine issues such as untreated thyroid issues and diabetes may contribute to infertility

**Next steps:** Testing not indicated for all but considered on a case by case basis and includes blood work.

### Autoimmune Disease

**What:** Conditions including Celiac disease and Hashimoto's thyroiditis have been associated with infertility

**Next steps:** Report pertinent symptoms. Testing on a case by case basis with optimization of condition

### Subtle abnormalities of egg or sperm function and/or quality

**What:** May lead to poor fertilization or poor embryo development. Can be related to age.

**Next steps:** Difficult to appreciate with low tech treatments. Can be uncovered if IVF performed