

## Fertility

H&SP/ 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 12-25% 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.



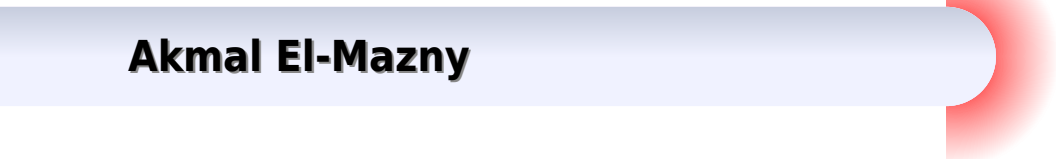
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#### Causes of Infertility

| 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 35</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 illness</li><li>• Diabetes</li><li>• Adrenal diseases</li><li>• Thyroid disorders</li><li>• Hypothalamic-pituitary issues</li></ul> |

# Haspi Medical Anatomy And Physiology Fertility Answers

**Akmal El-Mazny**



## **Haspi Medical Anatomy And Physiology Fertility Answers:**

**Female Reproductive System** Akmal El-Mazny, 2016-04-01 The female reproductive system consists of the hypothalamic pituitary unit the ovaries the reproductive tract and the external genitalia The functions of the female reproductive system are to produce and deliver oocytes for sexual reproduction and produce hormones that regulate reproductive function and secondary sex characteristics Abnormalities in anatomic or physiologic function affect the development and delivery of gametes and potential fertility Female factor infertility can be divided into several categories ovarian tubal and peritoneal uterine cervical and other Management of female factors affecting fertility may include medical treatment surgical intervention or assisted reproductive techniques This book provides a comprehensive review of the clinical anatomy and physiology specific to female reproductive system emphasizing causes and management of female infertility By developing a clear understanding of what is normal you will better understand abnormalities affecting female fertility and the mechanisms behind treatment

**Human Reproductive Physiology** Elsayed Saad Eldin Hafez, 1978-01-01

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## **Table of Contents Haspi Medical Anatomy And Physiology Fertility Answers**

1. Understanding the eBook Haspi Medical Anatomy And Physiology Fertility Answers
  - The Rise of Digital Reading Haspi Medical Anatomy And Physiology Fertility Answers
  - Advantages of eBooks Over Traditional Books
2. Identifying Haspi Medical Anatomy And Physiology Fertility Answers
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Haspi Medical Anatomy And Physiology Fertility Answers
  - User-Friendly Interface
4. Exploring eBook Recommendations from Haspi Medical Anatomy And Physiology Fertility Answers

- Personalized Recommendations
  - Haspi Medical Anatomy And Physiology Fertility Answers User Reviews and Ratings
  - Haspi Medical Anatomy And Physiology Fertility Answers and Bestseller Lists
5. Accessing Haspi Medical Anatomy And Physiology Fertility Answers Free and Paid eBooks
    - Haspi Medical Anatomy And Physiology Fertility Answers Public Domain eBooks
    - Haspi Medical Anatomy And Physiology Fertility Answers eBook Subscription Services
    - Haspi Medical Anatomy And Physiology Fertility Answers Budget-Friendly Options
  6. Navigating Haspi Medical Anatomy And Physiology Fertility Answers eBook Formats
    - ePub, PDF, MOBI, and More
    - Haspi Medical Anatomy And Physiology Fertility Answers Compatibility with Devices
    - Haspi Medical Anatomy And Physiology Fertility Answers Enhanced eBook Features
  7. Enhancing Your Reading Experience
    - Adjustable Fonts and Text Sizes of Haspi Medical Anatomy And Physiology Fertility Answers
    - Highlighting and Note-Taking Haspi Medical Anatomy And Physiology Fertility Answers
    - Interactive Elements Haspi Medical Anatomy And Physiology Fertility Answers
  8. Staying Engaged with Haspi Medical Anatomy And Physiology Fertility Answers
    - Joining Online Reading Communities
    - Participating in Virtual Book Clubs
    - Following Authors and Publishers Haspi Medical Anatomy And Physiology Fertility Answers
  9. Balancing eBooks and Physical Books Haspi Medical Anatomy And Physiology Fertility Answers
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection Haspi Medical Anatomy And Physiology Fertility Answers
  10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
  11. Cultivating a Reading Routine Haspi Medical Anatomy And Physiology Fertility Answers
    - Setting Reading Goals Haspi Medical Anatomy And Physiology Fertility Answers
    - Carving Out Dedicated Reading Time
  12. Sourcing Reliable Information of Haspi Medical Anatomy And Physiology Fertility Answers

- Fact-Checking eBook Content of Haspi Medical Anatomy And Physiology Fertility Answers
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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