



Causes of Infertility in Men & Women

If we talk about India, around 10% of the women that are aged from 28 to 44 years face issues in conceiving or staying pregnant. And if we talk about the overall world, then around 15% of the couples experience fertility problems. Whatever may be the cause of infertility in men or women, treatment is always available. If a couple faces problems in conceiving, even after trying for at least one year, then it is always recommended for those couples to visit [infertility centre in Bilaspur](#).



So, here in this article we are going to expose some of the reasons why infertility occurs in both men and women.

Causes of Infertility in Men

- **Low sperm count:** If a man ejaculates a very low number of sperm, then the issue of infertility can occur. If the sperm count is under 15 million, then this may be one of the reasons so as to why men couldn't contribute towards it.

- **Genetic factors:** According to best [gynecologist in Bilaspur Chhattisgarh](#), it is vital that a man should have X and Y chromosome. If a man has two X chromosomes and one Y chromosome, then this gives rise to a condition where testicles develop abnormally and there is either low sperm count or no sperm.
- **Radiation therapy:** This can reduce the sperm production. The thing that plays a vital role is how near to the testicles the radiation was aimed.
- **Some diseases:** Some of the diseases such as anemia, Cushing's syndrome, diabetes, and thyroid disease can result in lower fertility in men.

Causes of Infertility in Women

- **Premature ovarian failure:** This is a medical condition in which the ovaries stop working before the age of 40 years.
- **Polycystic Ovary Syndrome or PCOS:** This is a condition in which the ovaries function abnormally but the ovulation may not occur.
- **Hyperprolactinemia:** If the prolactin levels in a woman are higher and she isn't conceiving, then it may directly affect ovulation and fertility.
- **Poor egg quality:** Some of the eggs that become damaged or develop genetic abnormalities couldn't handle pregnancy. If the woman is older, then the risk increases.
- **Thyroid problems:** If there's an overactive or underactive thyroid gland in a woman's body, then it could lead to hormonal imbalance.
- **Chronic conditions:** These are diseases such as AIDS or cancer it can also affect infertility issues in women.

The [infertility treatment](#) depends upon a number of factors such as age, for about how long the infertility has lasted, personal preferences and their state of health. If the infertility has lasted for quite a long time, then it is recommended to visit [infertility centre in Bilaspur](#).