



# What is female infertility?

[Infertility](#) Can be Defined When You are unable to get pregnant after one year (or more) of unprotected Sex (conceive).

However, infertile couples must understand that they are not alone. Even though many individuals are afraid to speak openly about their infertility problems.

## What is female infertility?

Male issues account for one-third of infertility in heterosexual couples, female issues account for another third, and the other third is a mix of unknown variables.

When the female spouse is discovered to be the risk factor for developing, it is referred to as female factor [infertility](#).

## How common is female infertility?

Infertility is a fairly common issue. Infertility affects around ten percent of [women](#). The odds of a woman being infertile increase as she gets older.

## Common female infertility has similar risk factors:-

- Age (over age 35 for women)
- Diabetes.
- Eating disorders, including anorexia nervosa and bulimia.
- Excessive alcohol use.
- Over-exercising
- Smoking.
- Stress.

## What is fertility treatment?

Fertility treatments can help women get [pregnant](#) in a variety of ways. Find out if one is appropriate for you by speaking with your doctor.

Many women require specialized medical care to conceive. Fertility therapy is the term for this type of treatment.

Complications with fertility therapy include being pregnant with twins or more, giving birth prematurely, and having a kid with birth abnormalities.

### **Common treatments for Fertility include:-**

- Repair elements of your or your partner's reproductive system through surgery.
- Ovarian hyperstimulation under control
- [In vitro fertilization](#)
- Injection of sperm intracytoplasmically .

### **Prevention**

There are various techniques to improve your chances of becoming pregnant:-

- Maintain a healthy weight.
- Exercise
- Don't smoke
- Never have unprotected sex
- Don't put off having children until you're ready.