Do I Need Fertility Treatment?

Trying to get pregnant?
Use this guide to see if you might need fertility treatment.

Remember the 1/3 Rule
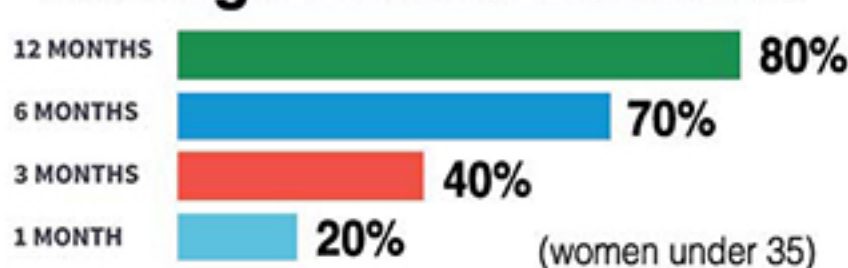Causes of infertility: 1/3 due to male factor, 1/3 female, 1/3 both.

Is the Female Partner...

UNDER 35 years old

OVER 35 years old

Average Time to Conceive
- 12 MONTHS — 80%
- 6 MONTHS — 70%
- 3 MONTHS — 40%
- 1 MONTH — 20%

(women under 35)

How long have you been trying to get pregnant?

< LESS than 1 year
Great, keep trying.
80% of couples will get pregnant within one year of trying at this age.
STOP HERE

MORE > than 1 year
See a fertility specialist:
For women under 35 years old, infertility is defined as trying to get pregnant for more than one year.
Continue reading to learn more about getting treatment.

How long have you been trying to get pregnant?

MORE > than 6 months
See a fertility specialist:
For women age 35 or older, infertility is defined as trying to get pregnant for more than six months.
Continue reading to learn more about getting treatment.

< LESS than 6 months
Great, keep trying.
Some fertile couples will get pregnant within six months of trying at this age.
STOP HERE

Fertility Treatments

Are you MALE or FEMALE?

Male

1 TESTING

Male factor infertility **can be caused by a number of potential factors.** You may need fertility treatment if you have experienced one of the following:

- Impotence
- Prior surgery on the penis or testes
- Testicle trauma
- History of mumps in adulthood
- Previous cancer treatments such as chemotherapy or radiation

These are **not always the sole factors** of infertility. To determine if you have male factor infertility, meet with a specialist.

COMMON TESTS
- Physical exam
- Semen analysis
- Hormone levels
- Genetic evaluation
- Ultrasound

2 DIAGNOSIS

Possible causes of male infertility that **can be diagnosed through testing:**

- Low semen value
- Low sperm count and/or motility
- Male hormone imbalance
- Genetic abnormalities that can affect sperm production
- Anatomic issues
- Retrograde ejaculation
- Impotence

3 FERTILITY TREATMENT

There are many potential options for successfully treating infertility.

POTENTIAL TREATMENTS TO HELP YOU REACH SUCCESSFUL PREGNANCY:
- Sperm retrieval
- Corrective surgery
- Medications

Female

1 TESTING

Female infertility **can be caused by a number of potential factors.** You may need fertility treatment if you have one of the following symptoms or conditions:

- History of irregular menstrual cycles
- Known or suspected problems with the fallopian tubes or uterus
- Other problems such as endometriosis or fibroids

These are not **always the sole factors** of infertility. To determine if you have female factor infertility, meet with a specialist.

COMMON TESTS
- Physical exam
- Pelvic ultrasound
- Ovarian reserve
- HSG
- Hormone levels

2 DIAGNOSIS

Possible causes of female infertility that **can be diagnosed through testing:**

- Anovulation
- Blocked or damaged fallopian tubes
- Ovarian failure
- Polycystic ovary syndrome
- Uterine fibroids
- Uterine polyps
- Endometriosis
- Unexplained infertility

3 FERTILITY TREATMENT

There are many potential options for successfully treating infertility.

POTENTIAL TREATMENTS TO HELP YOU REACH SUCCESSFUL PREGNANCY:
- Medications
- Corrective surgery

TREATMENTS FOR MALES & FEMALES

- Lifestyle changes such as a healthy diet and weight loss
- IVF with intracytoplasmic sperm injection (ICSI)
- Ovulation inducing medications
- Intrauterine insemination (IUI)
- In vitro fertilization (IVF)
- Donor egg or sperm with IVF

How Can RSCBA Help?

The Reproductive Science Center of the San Francisco Bay Area has been a pioneering fertility medical practice since 1983. Our doctors, some of the nation's most distinguished IVF experts, have provided fertility care to thousands of families of all cultural, ethnic, and sexual orientations. When it comes to treating infertility, we'll work with you to help achieve your dreams of having a baby.

Visit RSCBayArea.com/appointment to schedule an appointment.

Visit these websites to learn more about infertility:
RSCBayArea.com
Sart.org
Resolve.org
NIH.gov
ReproductiveFacts.org

Reproductive Science Center
Experience Never Mattered More