

48 Reasons Why You Are Not Yet Pregnant: Uncover the Hidden Factors Holding You Back



Beyond Infertility: 48 Reasons Why You Are Not Yet Pregnant! by Christopher Scott

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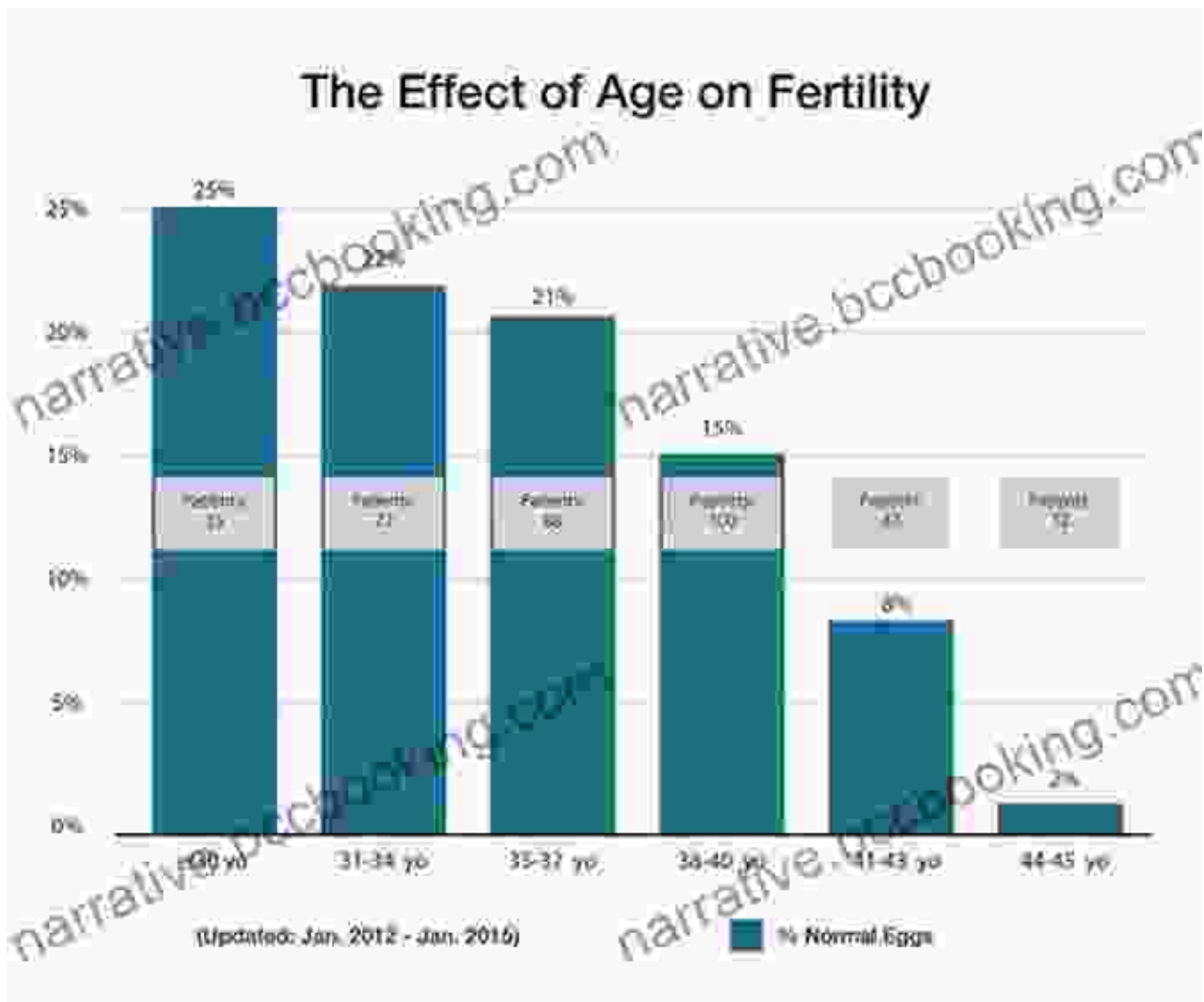


The journey to parenthood can be filled with both excitement and uncertainty. If you have been trying to conceive without success, it is natural to feel frustrated and discouraged. While the reasons for infertility can be complex, this guide explores 48 potential factors that may be contributing to your inability to become pregnant.

Medical Factors

Female Factors:

1. **Age:** Fertility declines with age, especially after 35.



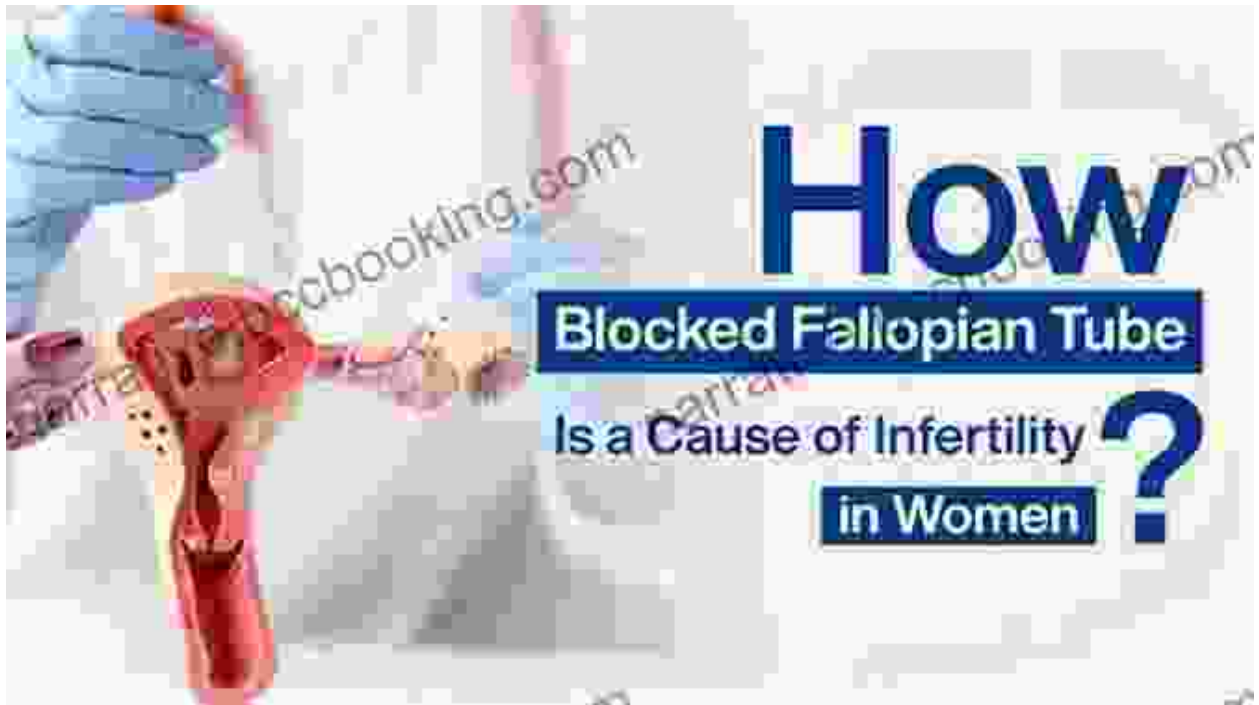
2. **Polycystic Ovary Syndrome (PCOS):** Hormonal imbalance and irregular ovulation.



3. **Endometriosis:** Tissue that lines the uterus grows outside it, causing pain and inflammation.



4. **Blocked Fallopian Tubes:** Obstructions prevent eggs from reaching the uterus.



5. **Uterine Abnormalities:** Structural problems, such as fibroids or polyps, can interfere with implantation.



Male Factors:

- 6. **Low Sperm Count:** Fewer than 15 million sperm per milliliter.



7. **Impaired Sperm Motility:** Sperm unable to move effectively.



PRIME 

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**Reasons...why
you're not getting
pregnant yet!**

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8. **Abnormal Sperm Morphology:** Sperm with irregular shape or size.



Lifestyle Factors

Female Factors:

9. **Weight:** Obesity or being underweight can affect hormone levels.

Can EXCESS WEIGHT Cause INFERTILITY?
Sally R. Fitzmaurice, MD, PhD

Excess weight affects most body systems, including reproduction. Both women and men affected by excess weight or obesity are at risk for problems associated with reproductive health.

Worldwide, infertility affects 10 to 15 percent of couples and in recent decades, industrialized nations all over the world have experienced a decline in fertility rates.

HOW DOES EXCESS WEIGHT IMPACT INFERTILITY?

Excess weight affects most body systems, including reproduction. Both women and men affected by excess weight or obesity are at risk for problems associated with reproductive health. Studies show that if both partners are overweight and obese, the chance of infertility is 10 to 15 percent higher. In fact, the chance of infertility is 10 to 15 percent higher if both partners are obese (BMI greater than 30) compared to couples where both partners are underweight (BMI under 18.5).

10. **Smoking:** Damages eggs and reduces fertility.



11. **Alcohol Consumption:** Heavy drinking can disrupt ovulation and implantation.

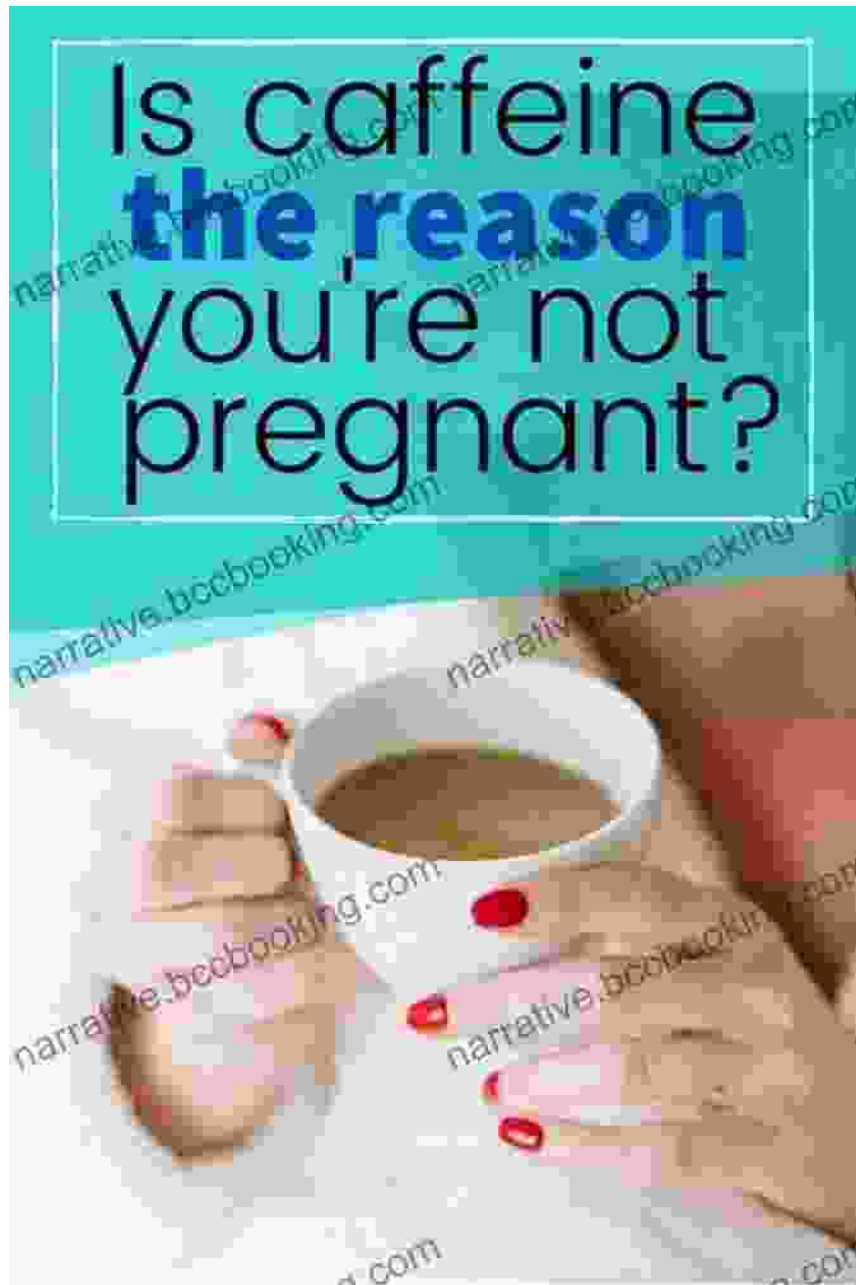
Alcohol in moderation

Average time to pregnancy



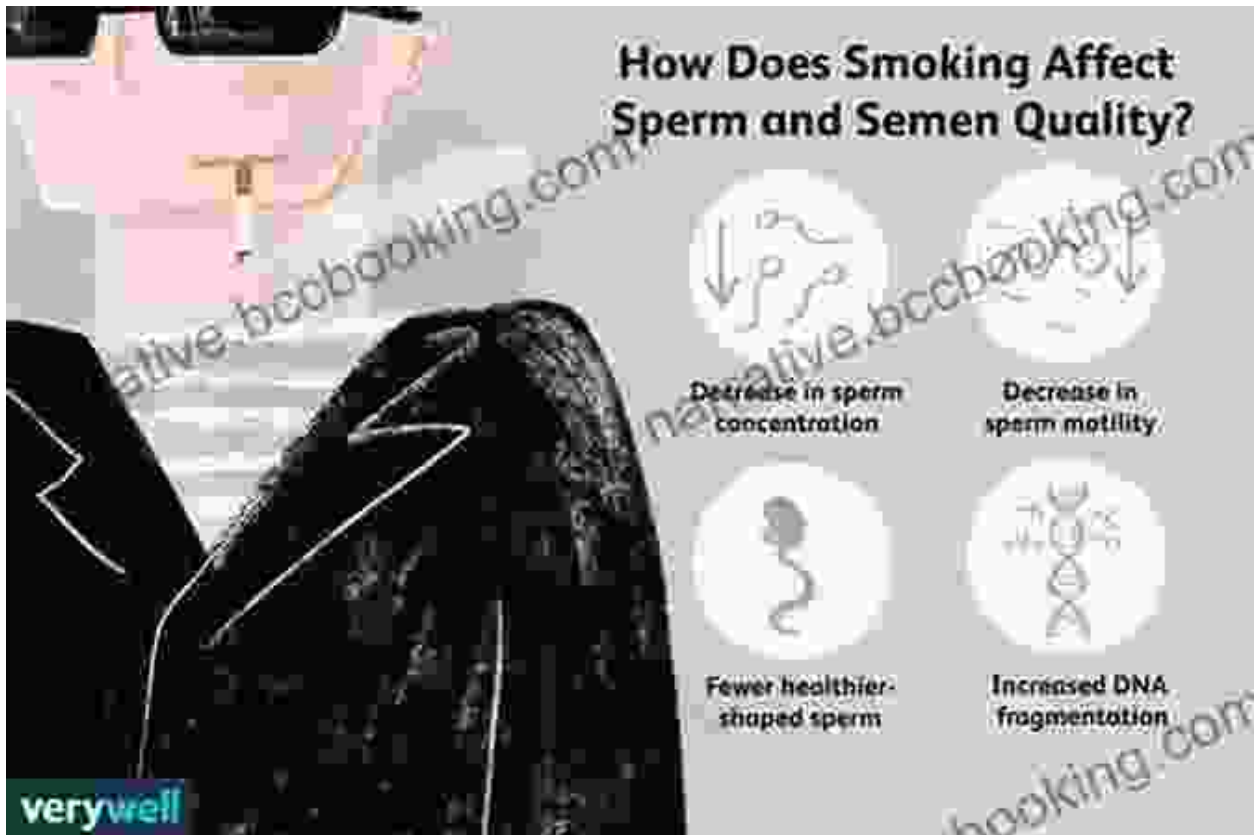
Source: Hassan, Fertil Steril. 2004

12. **Excessive Caffeine:** More than 200 mg per day may reduce fertility.



Male Factors:

13. **Smoking:** Damages sperm quality and reduces fertility.



14. **Heavy Alcohol Consumption:** Reduces sperm production and quality.



15. **Recreational Drug Use:** Can interfere with hormone production and sperm quality.



16. **Exposure to Environmental Toxins:** Certain chemicals can impact sperm health.

FACTORS THAT CAN AFFECT MALE FERTILITY



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SMOKING

Smoking significantly decreases both sperm count and sperm cell motility.



OVERHEATING THE TESTICLES

Elevated temperature such as use of hot tubs, tight underwear can lower sperm production.



EXPOSURE TO TOXICITY

Exposure to toxins like benzene, pesticides, herbicides, etc. which can lower sperm count.



BEING OVERWEIGHT

Being overweight can negatively impact a man's sperm count and can decrease his libido.



ABNORMALITIES

Abnormalities in male reproductive system such as varicocele, undescended testes etc. are common infertility causes.



ALCOHOL ABUSE

Drinking alcohol can lower testosterone levels, cause erectile dysfunction and decrease sperm production.



Sexually Transmitted Infections

STIs like gonorrhea, chlamydia or syphilis can damage reproductive organs and cause infertility.



Usage of Recreational Drugs

Extensive usage of drugs (eg. cocaine, heroin, marijuana) can cause permanent problems with reproductive system.



Produced by Dr. Jeanette J. Nolasco from DocZilla.

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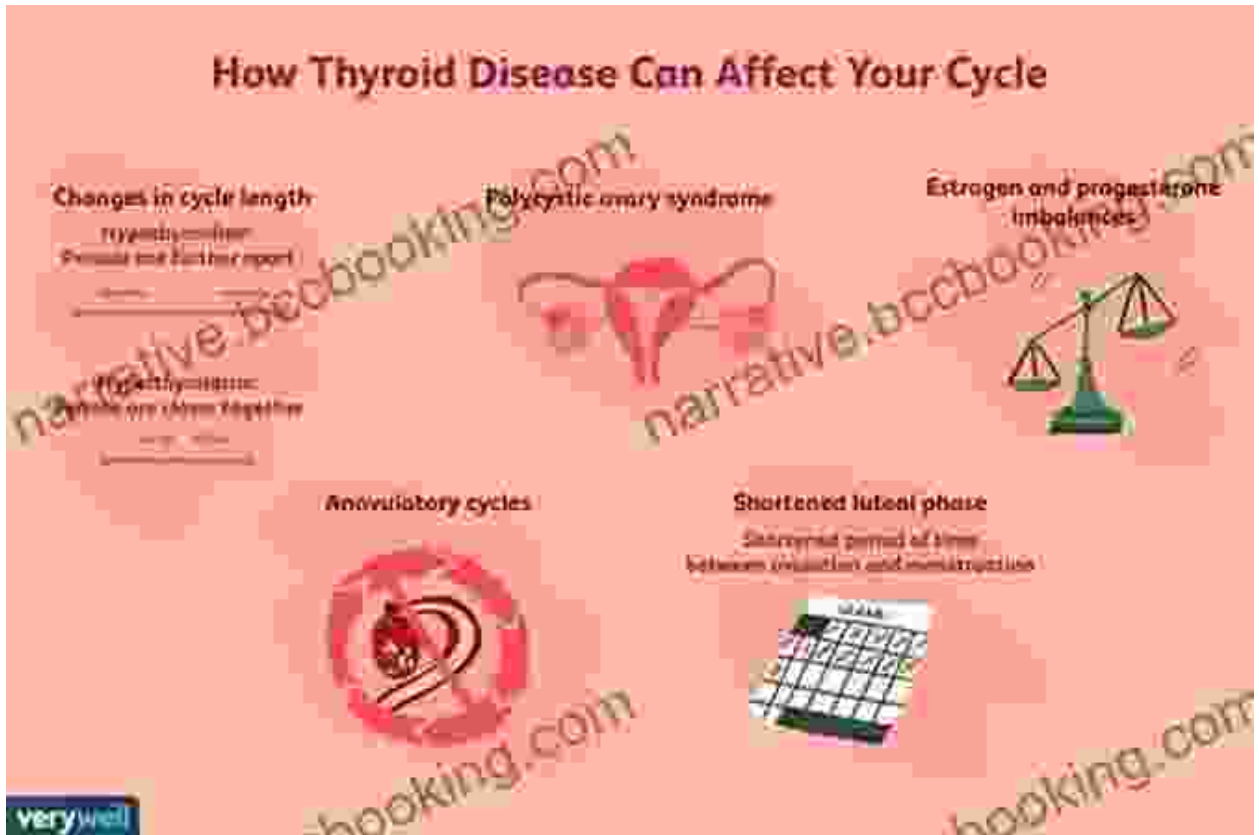


Other Factors

17. **Stress:** Chronic stress can disrupt ovulation and hormone levels.



18. **Thyroid Issues:** Underactive or overactive thyroid gland can affect fertility.



19. **Vitamin Deficiencies:** Folate, iron, and zinc are essential for healthy reproduction.



20. **Medications:** Certain drugs, such as antidepressants, can affect fertility.



Hidden Factors

21. **Autoimmune DisFree Downloads:** Conditions like lupus or rheumatoid arthritis can impact fertility.



22. **Cervical Mucus Abnormalities:** Thin or thick mucus can hinder sperm penetration.

CERVICAL MUCUS CHANGES TO TRACK OVULATION

DRY PHASE	STICKY PHASE	CREAMY PHASE	EGG WHITE PHASE
Days 1-3 after period, there is little to no cervical mucus. Non-fertile phase.	Days 4-6, cervical mucus is white or cloudy and forms small sticky globes. Non-fertile phase.	Days 7-9, cervical mucus is creamy or cloudy, abundant and thick. Semi-fertile phase.	Days 10-14, cervical mucus looks like raw egg whites, stretchy and slippery. Super abundant! Fertile phase. Get busy!!

7 WAYS TO INCREASE YOUR CERVICAL MUCUS

- Drink Water
- Take Robitussin
- Evening Primrose Oil
- ConceiveEasy
- Drink Grapefruit Juice
- Eat Carrots
- Eat Dark Green Vegetables

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23. **Premature Ovulation:** Eggs released too early, before they reach maturity.

Ovulation Cycle

By understanding how the ovulation cycle works, women will be able to estimate their fertile days better and prepare for getting pregnant more effectively.

WHEN OVULATION OCCURS?



Ovulation

- Occurs halfway through menstrual cycle
- Lasts for 12 to 24 hours

HOW OVULATION WORKS?



1. Egg is released

2. Egg travels through the fallopian tubes

3. If fertilized, egg implants in the uterine wall

If not fertilized, egg is shed with next period.

WHEN IS A WOMAN FERTILE?



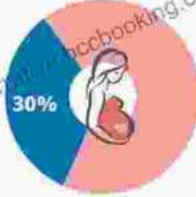
- Women can only get pregnant on their **ovulation day**
- But a woman's **fertile window** extends 3-5 days before ovulation since sperm can live in fallopian tubes for up to 5 days

24. **Unexplained Infertility:** No identifiable cause for infertility.

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WHAT IS UNEXPLAINED INFERTILITY ?

Is infertility that is idiopathic in the sense that its cause remains unknown even after an infertility work-up, usually including semen analysis in the man and assessment of ovulation and fallopian tubes in the woman.



30% of all infertility cases are diagnosed as unexplained infertility cases.

The majority of **90%** of cases are caused by the following **THREE** conditions:

- 1. Premature Ovarian Failure :** Approximately **50%** of women experience.

- 2. Endometriosis :** Around **30%** of all unexplained infertility is due to tubal disease and endometriosis.

- 3. Immunological Infertility :** Estimated **20%** of unexplained infertility is directly linked to immunological infertility.


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The reasons for infertility can be multifaceted, and each individual's situation is unique. By understanding the potential factors discussed in this guide, you can take proactive steps to improve your chances of conception. Remember, it is essential to seek professional medical advice to determine the underlying causes of your infertility. With the right diagnosis and

treatment plan, you can overcome the challenges and embrace the joy of parenthood.

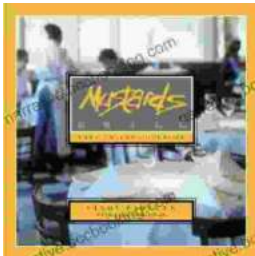


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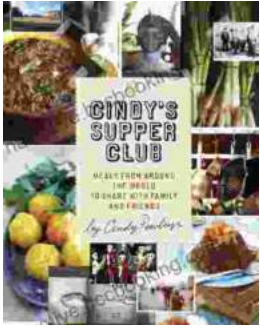
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