

Solve your fertility problems online with fertility clinics

Infertility becomes an important issue between both the related parties who are planning for a family. Though fertility problems affect a large number of people, only few patients seek the assistance of fertility clinics and approach fertility doctors and fertility specialists.

When you are affected by infertility, you should have a broader outlook to scrutinize the emotional experience and admit your illness, though the long medical treatment up to two years may be stressful and frustrating.

A pregnancy occurs when a sperm meets the egg during ovulation, which normally takes place 14 days before your menstrual period. When you are making attempts for a child around the period of ovulation, you may have to effect some lifestyle changes to ensure your possibility of conceiving. You have to eat a balanced diet not only to improve your health but also to nourish your baby.

Your diet may include vegetables, fruits, bread, fish, lean meat, dairy products, milk, protein and rice. To ensure pregnancy, you should make effective changes in your lifestyle by quitting smoking, drinking wisely and by managing stress. You should have a constant watch of your body weight which may affect your period and ovulation.

The major reasons which may contribute for your illness are sedentary lifestyle, lack of nutrition, influence of pollution, work related stress, habits such as alcohol and drugs etc. Though infertility is concerned with either or both of you, the medical treatments are made gender specific and according to the case history. To get a clear picture of your illness medical tests are carried out by clinics for an analysis.

One of them which you may have to undergo is postcoital (PC) test or Sims test which is carried out two days after your ovulation and the other test for you is hysterosalpingogram (HSG) test for infertility. After completion of the tests, your cure will involve procedures depending upon your case history and test reports. A professional expert will suggest you a better course of infertility treatment.

You may be suffering from any of the common conception problems such as Polycystic Ovary Syndrome (PCOS) which arise due to early menopause or chemotherapy, blocked fallopian tube due to sexually transmitted diseases, and Pelvic Inflammatory Disease behind blocked fallopian tube which is also a result of sexually transmitted disease.

Usually drugs for female infertility are used with In-vitro fertilization and intrauterine insemination or IUI. In IUI process, sperm, taken out from the semen fluid is kept in uterus with the help of a small plastic catheter. You can opt for this painless treatment method which is supported by fertility drugs to help your body in the production of strong and healthy eggs in order to increase the chance of conception.

Alternatively you can try for Vitro Fertilization in which fertilization will take place in the lab. The treatment involves removal of eggs from your body which is later on fertilized by a sperm taken from a male. After the procedure is over fertilized embryo will be placed back in the uterus of your body.

You have to choose your fertility doctor by searching the internet which has a wide a choice of fertility doctors and you can also find local fertility clinics in your area. You have to fully disclose your case history to an infertility doctor before beginning the infertility treatment. During the medical intervention, you have to consult the doctor for timing and monitoring of the method to ensure success in conception.

About the Author

You can search the internet and log on to this website to get information from well trained reproductive endocrinologists on all issues relating to [infertility](#) and [fertility](#).

Source: <http://www.marksmmini.com>