



## SEXUAL DYSFUNCTION AND FERTILITY: IS IVF THE SOLUTION?

### How effective is IVF when fertility is affected by sexual dysfunction?

The answer to this question is not as straightforward as it seems. There are many factors to be considered. Navigating fertility challenges is a deeply personal and emotional journey. While there is a sense of excitement and hope, unexpected hurdles can also surface – one of them being sexual dysfunction. This issue is a sensitive one that many couples quietly face but that needs redressal for successful conception. Thankfully, advances in medical science like IVF (In Vitro Fertilisation) offer real workable solutions.

### In what ways does Sexual Dysfunction negatively impact fertility?

Sexual dysfunction includes ongoing issues that make sexual activity difficult or unsatisfying. It is important to understand that it can affect both men and women. In men, this might show up as erectile dysfunction, premature ejaculation or low libido. These are challenges that can prevent ejaculation and make conception through intercourse tough. For women, issues involve pain during sex, lack of arousal or conditions like vaginismus, wherein the vaginal muscles tighten involuntarily, making sex painful or even impossible.

But the problems are not just physical. Emotional stress often plays a huge role. Anxiety, frustration and the pressure to conceive serve to lower sexual desire. This creates a cycle that further affects intimacy and fertility.

### Is IVF the answer?

In a situation when sexual dysfunction gets in the way of natural conception, IVF holds out a lot of hope. This is because in IVF, the sperm and egg are combined outside the body in a lab, completely obviating the need for



intercourse and therefore, the hurdle. Once fertilised, the embryo is placed into the uterus to hopefully begin a healthy pregnancy.

IVF is invaluable when:

- Intercourse is difficult or not possible.
- Timing sex around ovulation adds stress.
- Medical conditions affect sexual function or fertility.

Depending on the situation, sperm can even be retrieved directly from the testicles through simple procedures. Eggs are typically collected after a short course of hormone treatments.

### Getting support is crucial

Dealing with sexual dysfunction and fertility challenges can be overwhelming, but it really helps if you don't have to do it alone. Fertility specialists, counsellors and sex therapists can work with you to address both the physical and emotional sides of the issue. **With the right support and medical care, IVF gives many couples renewed hope and a clear path forward. What you should always remember is that there's more than one way to build a family.**