



## UNDERSTANDING UNEXPLAINED INFERTILITY: CAUSES, DIAGNOSIS AND TREATMENT OPTIONS

**Unexplained infertility is a type of infertility where fertility testing hasn't found a specific reason for a couple's inability to get pregnant.** It is also referred to as idiopathic infertility.

**Classification of unexplained infertility is typically done after both intended parents' complete fertility testing that reveals:**

- No uterine abnormalities
- Regular ovulation
- Unobstructed fallopian tubes
- Normal hormone levels
- A good egg count
- Normal sperm analysis

**Possible reasons for unexplained infertility include:**

- Undiagnosed underlying conditions
- Endometriosis
- Egg or sperm quality issues
- Poorly timed intercourse

**Diagnostic methods for unexplained infertility include:**

- Semen analysis to assess sperm quality and quantity (in the male partner)
- Saline sonogram (SHG) to assess the health of the uterus
- Hysterosalpingogram (HSG) to make sure the fallopian tubes are open
- Blood work to measure anti-Müllerian hormone (AMH) levels, which correlate to ovarian reserve (the amount of eggs left)
- Transvaginal ultrasound to perform a follicle count

**Hormones play a crucial role in fertility and hormonal imbalances can contribute to unexplained infertility.**

**Hormones involved in fertility include:**

- Follicle-stimulating hormone (FSH)
- Luteinizing hormone (LH)
- Oestrogen
- Progesterone
- Testosterone



**Treatment methods for unexplained infertility include:**

- Medications that stimulate egg production and ovulation, either by themselves or in conjunction with IUI or IVF treatment
- Lifestyle changes, such as avoiding alcohol and tobacco, maintaining a healthy weight and eating a well-balanced diet
- Intrauterine insemination (IUI)
- In vitro fertilization (IVF)
- IVF with preimplantation genetic testing (PGT) and embryo banking
- Third-party reproduction, such as donor eggs or sperm

**IVF and ICSI are both effective treatment options for unexplained infertility. IVF involves four main steps:** ovarian stimulation using hormonal medications, egg retrieval, fertilization and embryo transfer. ICSI is a type of IVF that involves injecting a single sperm directly into an egg.

It's important to note that unexplained infertility can be frustrating, but it doesn't mean that you have to give up on your family-building dreams. With the right treatment and support, many people with unexplained infertility are able to conceive and have a healthy pregnancy.

**At Genome The Fertility Centre, we're dedicated to helping couple overcome unexplained fertility challenges and achieve their reproductive goals.** If you're struggling to conceive due to unexplained infertility, don't hesitate to reach out to us for guidance and support.