



FACTORS AFFECTING UNEXPLAINED INFERTILITY

Unexplained infertility is where a couple is trying more than one year and all tests are normal and there is no apparent cause for subfertility. In 15% cases, the cause is unknown.

Factors affecting unexplained infertility

- **Egg quality** – Even if the ovarian reserve (egg count) is normal, the energy levels of the egg may be lower due to which there may be maturation defects, chromosomal abnormalities or fusion defects.
- **Tubal function** – Tubes may be patent, but the ciliary function of the tubes may be distributed, the anatomy may be distorted, the tubal movements may be deranged, the tubo ovarian and tubo uterine relationship may be disturbed.
- **Mild or Superficial endometriosis**
- **Pelvic infections like latent tuberculosis or Sexually Transmitted infection**
- **Sperm Quality** – parameters may be normal, but there may be DNA damage varicocele, infection, may increase oxidative stress.
- **Anti sperm antibodies** – These may cause clumping of the sperms and prevent them from moving towards the egg or prevent its fusion.
- **Fertilization defect** – Egg or sperm may be fine, but

chemicals required to fuse may not be released from sperm head, or the egg covering may be hard

- **Cervical factor**
- **Repeated luteinized unruptured follicle**
- **Lifestyle factors**
- **Sexual dysfunction** – infrequent intercourse, or not in fertile window

Investigations

- DNA fragmentation index
- Hysteroscopy & Laparoscopy
- USG monitoring of growth and rupture of follicle

Treatment options

- Lifestyle changes
- Fertile window in menstrual cycle
- Treating The cause
- Ovarian Stimulation, monitoring and timed intercourse
- Ovarian Stimulation, monitoring & IUI
- In vitro Fertilization (IVF)
- Intracytoplasmic Sperm Injection (ICSI)

At Genome The Fertility Centre, we have experienced Reproductive Medicine specialists who treats couples with unexplained infertility