



## FERTILITY SCREENING & TESTS TO TACKLE UNEXPLAINED INFERTILITY

Research reveals that a significant number of couples often struggle to have a baby because of some reasons. However, a few of them do not know the actual cause to infertility. While infertility complications are more or less known, being diagnosed with unexplained infertility and how to deal with it is not so easy.

However, you should not feel depressed or tensed. With advancement in medical science, understanding and dealing unexplained infertility as now have become common. Different fertility tests and screening are done to understand the reasons for unexplained infertility.

How is unexplained infertility diagnosed?

Few tests are recommended :

- Blood tests to detect hormone levels
- DNA fragmentation index
- Hysteroscopy and Laparoscopy
- USG monitoring of growth and rupture of follicle
- Anti mullerian Hormone Test

What are the treatment options?

- Lifestyle changes
- Fertile window in menstrual cycle
- Ovarian Stimulation, monitoring and timed intercourse
- Assisted Reproductive Technology Procedure – Intrauterine Insemination (IUI), In vitro Fertilization (IVF), Intracytoplasmic Sperm Injection (ICSI)

Is there a way to prevent unexplained infertility?

The factors which can be controlled are :

- Weight – Regular exercise and diet can help to maintain your weight
- Avoid smoking and drinking
- Lifestyle modifications

If you are unable to conceive for trying more than a year then consult a Reproductive Medicine Specialist immediately. **At Genome unexplained infertility cases are treated by our experienced Reproductive Medicine Specialists.**