



UNDERSTANDING OVULATION SIGNS, IRREGULAR PERIODS & MENSTRUAL PROBLEMS AFFECTING FERTILITY

At Genome, we understand that fertility issues can be complex and overwhelming. In this health guide, we will discuss some of the common concerns related to ovulation signs, irregular periods and menstrual problems that can affect fertility.

Understanding Ovulation

Ovulation is the process of releasing a mature egg from the ovaries, which then travels down the fallopian tube, where it can be fertilized by sperm. Understanding ovulation signs is crucial for women who are trying to conceive. Here are some common ovulation signs:

- **Changes in cervical mucus:** During ovulation, cervical mucus becomes thin, clear, and slippery, resembling egg whites. This change in texture helps sperm travel more easily through the cervix and into the fallopian tubes.
- **Increased basal body temperature:** Basal body temperature is the body's temperature at rest. During ovulation, basal body temperature rises slightly, usually by about 0.5 degrees Fahrenheit.
- **Ovulation pain:** Some women experience mild cramping or discomfort on one side of the lower abdomen during ovulation.

Irregular Periods and Fertility

Irregular periods can make it difficult to predict ovulation and conceive. A normal menstrual cycle ranges from 21 to 35 days and if your cycle consistently falls outside this range, it may be a sign of irregular periods. Here are some common causes of irregular periods:

- **Hormonal imbalances:** Hormonal imbalances can disrupt ovulation and cause irregular periods. Polycystic ovary syndrome (PCOS) is a common hormonal disorder that can cause irregular periods and infertility.
- **Thyroid disorders:** Both hyperthyroidism and hypothyroidism can cause irregular periods and affect fertility.
- **Stress:** High levels of stress can affect the menstrual cycle and make it difficult to conceive.

Menstrual Problems and Fertility

Menstrual problems such as heavy bleeding, prolonged periods or absence of periods can affect fertility. Here are some common menstrual problems and their impact on fertility:



- **Heavy bleeding:** Heavy bleeding can be a sign of an underlying medical condition such as fibroids or polyps, which can affect fertility.
- **Prolonged periods:** Prolonged periods can be a sign of hormonal imbalances or other medical conditions that can affect ovulation and fertility.
- **Absence of periods:** Absence of periods, also known as amenorrhea, can be caused by various factors such as low body weight, excessive exercise, or hormonal imbalances.

At Genome we offer a range of fertility treatments and services to help women and couples conceive. Our team of fertility specialists can help diagnose and treat ovulation disorders, irregular periods and menstrual problems. We offer services such as:

- **Ovulation induction:** We use medications to stimulate ovulation and increase the chances of conception.
- **Intrauterine insemination (IUI):** We place sperm directly into the uterus during ovulation to increase the chances of conception.
- **In vitro fertilization (IVF):** We fertilize eggs with sperm in a laboratory and transfer the resulting embryos into the uterus.
- **Donor eggs and sperm:** We offer donor eggs and sperm for couples who are unable to conceive using their own gametes.

Understanding ovulation signs, irregular periods, and menstrual problems is crucial for women who are trying to conceive. **At Genome we are committed to providing compassionate and personalized care to help women and couples achieve their dream of having a family. If you are experiencing fertility issues, we encourage you to schedule a consultation with us to discuss your options.**