



UNEXPLAINED SUBFERTILITY: A COMPLEX ISSUE REQUIRING INDIVIDUALIZED APPROACHES & ADVANCED FERTILITY TREATMENTS

Unexplained subfertility, also known as unexplained infertility, refers to the condition where a couple is unable to conceive after trying for a year or more and no specific cause can be identified through fertility testing. This can be a challenging and emotional experience for many couples, but it's important to know that there are management and treatment options available.

At Genome, The Fertility Centre, we understand the challenges that come with unexplained subfertility and we are committed to providing our patients with the best possible care and support. Our team of experts will work closely with you to develop a personalized treatment plan that meets your unique needs and circumstances.

The first step in managing unexplained subfertility is to ensure that both partners are in good health and practising healthy lifestyle habits. This includes maintaining a healthy diet, getting regular exercise, avoiding tobacco and excessive alcohol consumption and managing stress. For some couples, making these lifestyle changes may be enough to improve fertility and increase the chances of conception.

If lifestyle changes are not sufficient, there are a number of medical treatments that can be effective in managing unexplained subfertility. For women, medications may be prescribed to stimulate ovulation and improve the chances of conception. Intrauterine insemination (IUI) may also be recommended, where sperm after semen preparation is placed directly into the uterus during ovulation to increase the chances of fertilization.

For couples who have not been successful with these treatments, in vitro fertilization (IVF) may be recommended. IVF involves fertilizing an egg with sperm in a laboratory dish and then transferring the resulting



embryo into the uterus. This can be a highly effective treatment option for couples with unexplained subfertility and it also allows for the use of donor eggs or sperm if necessary.

At Genome, The Fertility Centre, we offer a range of advanced fertility treatments, including IVF, intracytoplasmic sperm injection (ICSI) and preimplantation genetic testing (PGT). Our state-of-the-art laboratory and experienced embryologists ensure that every embryo is handled with the utmost care and attention, increasing the chances of a successful pregnancy.

It's important to remember that managing unexplained subfertility is a process and it may take time to find the right treatment plan for you. At Genome, The Fertility Centre, we are committed to supporting our patients every step of the way, from initial consultation, counselling, treatment to pregnancy.

If you are experiencing unexplained subfertility, we encourage you to reach out to our team of experts to learn more about your management and treatment options. Together, we can help you achieve your dream of starting or growing your family.