



## GENETIC PATHWAYS : EMPOWERING YOUR FERTILITY JOURNEY

### Genetics and Reproduction

The most basic instinct of any living being is to procreate. It is inborn, and a need few can deny. Yes, starting a family is a deeply personal journey and one which at times comes with unexpected challenges.

So, have you been trying to conceive without success and unsure about the reason? Well, maybe you can blame genetics. Genetics does play a crucial role and it's imperative to understand how. That way you can better identify potential solutions.

### How do genetics affect fertility?

It is a fact that your genetic makeup can significantly impact fertility. Both men and women can possess inherited conditions that influence reproductive health.

In women, genetic variations might affect ovarian reserve (the number of eggs available), egg quality or conditions like polycystic ovary syndrome (PCOS) and endometriosis. In men, genetic factors can influence sperm count, motility and function.

### Genetic Testing: A solution

Genetic Testing is something that is invaluable if you are seeking answers. Tests like carrier screening can help identify whether you or your partner carry genes for inherited conditions that could affect your baby's health. Other tests like chromosomal analysis (karyotyping) can detect structural abnormalities impacting fertility.

In cases where In Vitro Fertilisation (IVF) is opted for, Preimplantation Genetic Testing (PGT) is essential as it can help identify embryos with the best chance of success. This facilitates success and greatly reduces the risk of genetic disorders.

### Surmounting the genetic obstacle

There is no reason to lose hope if genetic factors are



standing in your way to parenthood. There is no lack of medical solutions that include:

- **Personalised fertility treatments** – Treatments like hormone therapy, IVF or egg/sperm donation can be customised for you based on your genetic profile.
- **Lifestyle adjustments** – A healthy lifestyle goes a long way in boosting reproductive health. Little things like maintaining a balanced diet, managing stress and avoiding smoking or excessive alcohol can make a big difference.
- **Expert guidance** – You can always turn to a genetic counsellor or fertility specialist who can help you by interpreting test results and guiding you about the best next steps.

### Keeping hope alive

We understand that genetics might seem forbidding and complex to you but understanding how it affects your fertility is actually half the battle won. Science is advancing rapidly, offering more solutions than ever before. **With the right knowledge, support and medical expertise, you stand a very good chance of achieving your dream of starting a family.**