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Lifestyle, nutrition, relationship & infertility

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The inability of achieve pregnancy after 12 months of unprotected sexual intercourse or due to a diagnosed physical abnormality of the reproductive system; blocked fallopian tubes & main factor high levels of fertilization failures or early developmental death, spontaneous abortion is one of nature's ways to counter negative genetic & environmental factors. Lifestyle habits affecting fertility, environmental effects - environmental chemical, behavioural factors, sexual transmitted diseases, nutrition, and life style. Infertility caused by environmental factors.

Introduction: This article will focus on the evidence surrounding common lifestyle factors such as weight, exercise, substance use, diet, vitamin & antioxidant supplementation, & stress & their effects on fertility. Body mass index (BMI) & weight are closely related to reproductive function. In a study investigating lifestyle factors, time to conception increased in both overweight (BMI >35 kg/m²) & underweight (BMI <19 kg/m²) individuals, higher BMI associated with In vitro fertilization higher BMI is also associated with negative outcomes for patients undergoing in vitro fertilization (IVF)

Exercise: Exercise performed in different amounts & frequencies has varying effects on male & female fertility. Extreme exercise may lead to anovulation & infertility, however, compared to women who did not exercise, diet & nutrition: The optimal fertility diet has yet to be established, & the effects of nutritional factors on fertility, dietary modifications have been shown to improve ovulatory disorder infertility.

Relationship: The purpose of the relationship stage is to develop rapport between the couple & Doctor /counsellor in order to allow the couple to feel understood. Also psychological & psychiatric problems in relation to: The menstrual cycle gynecological problems & illness emotional disorders co-morbid with endocrine problems.

Conclusions: All patients should be encouraged to strive for a healthy, sustainable lifestyle. In areas where there is clear evidence that the lifestyle behaviour may impact fertility, such as smoking, the patient should be encouraged to modify behaviour.

Biography

Mili Sarkar has completed her MBBS, MD (AFC), and she is a worked as clinical researcher in certified human genetic, clinical research & trail, IVF / hospital project head, in feni hospital & laparoscopic institute, Bangladesh. She is also a worked as Senior Advisor of "CPHFS" Central Publish Health & Food Safety, India. She achieved international global achiever award / multi-talented award and served as keynote speaker for the international conference at Sri Lanka 2016, rashtrawad patrarita global achiever award in health care, & sahitya conference, Thailand-2017. Published articles & blogs in health times, via media newsletter, awarded by Rxpharma, Equinox Lab.

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