

Title: Infertility – A Step Towards Prevention

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Introduction:

World is suffering from increasing population. Concerns about infertility is irrelevant but 10-15% couples are childless. Human infertility has been a source of social and emotional frustrations. WHO & ICMART" infertility is a disease of reproductive system defined by the failure to achieve clinical pregnancy after 12 months or more of regular unprotected sexual intercourse.
Indian statistics show an increase by 50% in infertility since 1981, may be due to urbanization, change in life style and other factors.

Material & method:

Study done in Rajendra Institute of Medical sciences, Ranchi, India on 51020 OPD patients during Jan'14-Jan'16.

Results:

495 (2.93%) women had infertility as the major complain. Analysis show that infection in form of STIs, postabortal infection, genital TB were major causes in 41%, anovulatory infertility – majority PCOS 29% had infertility for more than 10 yrs. obesity itself (BMI >30) - 11%, 9% had history of recurrent abortions,29% had bizarre dietary habit with more of animal protein, junk food, less vegetables etc.
Other factors, especially in higher socio-economic status, self-dependent women due to stress in addition, strain 11%
Voluntary infertility for more than 10 yrs., women aged >35 yrs., majority urban based infertility was found in 7%
Family disturbance, domestic violence caused infertility in 2% cases

Management:

Each group of patients were handled with due sympathy and privacy. Thorough clinical history was taken. Investigation done on the line of infertility. Causes such as PCOS, infection, blocked tubes, hormone imbalance was treated as required.
Detail advice about dietary habit ("fertility diet"), weight reduction, relief from stress and strain, drug abuse, caffeine, alcohol and cigarettes consumption given.

Discussion and Conclusion:

Urban and rural areas show similar age patterns in infertility. Infertility due to infections, low educational status, more religious beliefs, increased criminal abortions were found in present study. Obesity, voluntary infertility, Stress, strain, absurd dietary habits, drug abuse, caffeine, alcohol were the main reasons in urban areas (prominence of highly educated, independent women). Life style factors, nutrition, exercise, prescriptional drug use, weight management, psychological stress, preventable care, use of drugs, cigarettes, caffeine have a definite impact on fertility. One can control one's fertility potential by understanding the above factors and growing personal misery and national crisis can be prevented.

Biography

Dr Gopa Chowdhury, **Rtd. Associate Prof, Obstetrics & Gynaecology, MD, FICOG,** has her expertise in different areas of Gynecology and Obstetrics and is passionate about spreading her knowledge through papers, articles, Knowledge sessions and her work with patients in the rural region of Jharkhand. She is an Executive member of ROGS and has held different positions as Speaker, Panelist, Chair-person in ROGS and National conferences. Dr Gopa was also the Vice President – FOGSI ROGS (Ranchi Obst, & Gynae Society); 2013-2015 and is an ongoing active member of the group. Besides her work as Associate Prof., she **Several Papers published in State,** National, International Journals and has been an active participant in CMEs, Conferences (State, National, International): FIGO-SAFOG, RCOG, FIGO, AOCOG, SICOG (research paper presentation), National-YUVA-FOGSI, AICOG as delegate and faculty

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