

3<sup>rd</sup> International Conference on

# GYNECOLOGY AND OBSTETRICS

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## Lifestyle, nutrition, relationship & infertility

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The inability to achieve pregnancy, medical, after 12 months of unprotected sexual intercourse or 2nd social and due to a diagnosed physical abnormality of the reproductive system; e.g., blocked fallopian tubes & the main factor is differing childbirth aging & treatment smoking obesity alcohol caffeine environment toxin & psychological stress. Many conceptuses do not survive like human fecundity rate; i.e., the probability of achieving a clinically recognized pregnancy within any given menstrual cycle is about 25% & high levels of fertilization failures or early developmental death are the norm at conception, spontaneous abortion is one of nature's ways to counter negative genetic & environmental factors. Lifestyle habits affecting fertility, environmental effects - environmental chemical, behavioral factors, sexually transmitted diseases, nutrition, and lifestyle. Infertility caused by environmental factors, lifestyle factors: age, weight, smoking, diet, exercise, psychological stress, caffeine consumption, & alcohol consumption, behavioral factors: stress, drug addiction. Occupational &

environmental factors: physical: light, temperature, altitude, & radiation, chemical: natural or man-made, biological: viruses, microorganisms. environmental factors are antiandrogens & pesticides: reduce sperm count pesticides: no apparent effects alone but decreased semen quality & fecundity, spontaneous abortion, preterm birth, small for gestational age in mixtures lead poisoning reduces conception rates, sex drive, sperm count, maternal beef consumption & decrease sperm concentration. Pesticides affecting fertility, reduced parity, impaired lactation, and decreased semen quality, impaired fertility, SGA, dibromochloropropane: decreased sperm counts & infertility Impaired response to ovulation induction, reduced parity, impaired lactation, & potentially reduced fecundability. The impact of lifestyle modifications, diet, & vitamin supplementation on natural fertility and further research will determine the optimal lifestyle, nutrition & Diet modifications to achieve pregnancy.

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