



Complete Women Care, Inc.

Comprehensive Medicine • Skilled Doctors • Women's Intuition

Voted America's Top OB/GYN Practice by
Consumer's Research Council of America
For The Past 4 Years!

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COMPLETE WOMEN CARE NEWSLETTER

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At Complete Women Care Our mission is simple. We want to be the best OB-GYN practice in your community.

Our goal is to provide professional care with a warm, personal touch. We are here to help you, make you healthier and to bring a smile to your face. You are our best friend and dear family member.

Welcome to Complete Women Care!

Complete Women Care

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Evaluating Infertility

About 10% of couples in the United States are infertile. Couples may be infertile if the woman has not been able to conceive after 6–12 months of having sex without the use of birth control. The number of months depends on many factors, such as you or your partner's age, and how long you have been trying to get pregnant.

Causes

Infertility may be caused by more than one factor. Some are easy to find and treat, while others are not. The factor may relate to the woman 65% of the time and 20% for the man. In some cases, no cause can be found in either partner (15%).

The couple's age can be a factor. For healthy, young couples, the odds are about 20% that a woman will conceive in any one menstrual cycle. This figure starts to decline in a woman's late 20s and early 30s and decreases even more after age 35 years. A man's fertility also declines with age, but not as early. For this reason, older couples may not want to wait 6–12 months to seek care if they are having problems conceiving.

Male factors most often involve problems with the amount or health of the sperm. Abnormal hormone levels may be a cause. Infection or scarring from a sexually transmitted disease (STD) also may be a cause. Female factors also may involve abnormal hormone levels. The ovaries may not produce enough eggs at the right time. Scarring or blockages in the cervix or tubes may also be a cause.

Lifestyle factors, such as poor nutrition, anorexia, and obesity can also play a part in infertility.

Testing

Before being treated for infertility, you and your partner should be evaluated by a doctor.

Testing involves an evaluation as follows:

- Physical exam
- Medical history
- Semen analysis
- Ovulation check
- Tests to check for a normal uterus and open fallopian tubes

The basic workup of an infertility evaluation can be finished within a few menstrual cycles in most cases.

Procedures

San Pedro

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Naples

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Procedures are used to look at a woman's reproductive organs. They check if the uterus is normal and the fallopian tubes are open. The tests you have depend on your factors and symptoms.

- **Hysterosalpingography (HSG).** This test is an X-ray that shows the inside of the uterus and fallopian tubes. In most cases, it is done right after a menstrual period. A small amount of dye is placed in the uterus through a thin tube inserted through the cervix. An X-ray is then taken. The dye outlines the inside of the uterus and fallopian tubes. If it spills from the tubes, it shows that the tubes are open.
- **Transvaginal ultrasound.** This test checks the ovaries and uterus by using sound waves to produce pictures of pelvic organs. First a device (a transducer) shaped like a wand is lubricated and inserted into the vagina. A machine displays an image of the organs.
- **Hysteroscopy.** This procedure lets the doctor look inside the uterus. A thin telescope-like device, called a hysteroscope, is placed through the cervix. The uterus may be filled with a gas or liquid to reveal more information. During this procedure, the doctor can correct minor problems or get a sample of tissue to study. The doctor also may decide other procedures are needed.
- **Laparoscopy.** This procedure lets the doctor view the tubes, ovaries, and the outside of the uterus. A small telescope-like device, called a laparoscope, is inserted through a small cut (about 1¼ - 2 inches or less) at the lower edge of the navel. Fluid is placed in the uterus to see if it spills from the ends of the tubes. This shows if the tubes are open or blocked. The doctor also can look for pelvic problems, such as endometriosis or scar tissue.

Treatment

Infertility can be treated in many ways, including lifestyle changes, medication, surgery and assisted reproductive technologies. The choice depends on the cause. After your evaluation, the doctor will determine the best treatment options for you and your partner.

Finally...

If you have not been able to conceive after 6–12 months of having sex without using birth control, you may want to think about having an infertility evaluation. Certain tests may help find the cause of the infertility. If a problem is found, steps can be taken to treat it. Call today for an appointment.

CWC is now open every Saturday and has same-day appointments for emergencies!

CWC Now on Facebook!

Please check us out at:

<http://www.facebook.com/pages/Complete-Women-Care/77959319108>

We're on the Web!

<http://www.completewomencare.com/>

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